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## **8 Goals for 2012**

### Training (Process) Goals

1. Complete a 10-mile Field Test @ 250 watts AP and/or 25:30
2. Complete a 3-mile Pinnacle Peak Hill Interval in less than 11:30
3. Complete 5 Hill Intervals in a single workout on Pinnacle Peak
4. Climb South Mountain in 27:30 during a HC workout

### Racing (Outcome) Goals

1. Finish South Mountain TT in 24:30
2. Finish the Thunder Road TT in sub-40:00
3. Set a PB in a 20K TT (31:14 current PB)
4. Set PB in a 40K TT (1:03:57 current PB)



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