

S

SPECIFIC



Make goals
clear and
specific.

M

MEASURABLE



Define
measureable
assets.

A

ATTAINABLE



Confirm your
goals are
attainable.

R

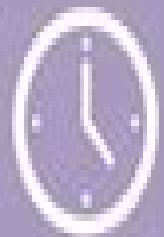
RELEVANT



Verify your
goals are
relevant.

T

TIME-BASED



Set up a time-
based plan.

Smart Sport The Ultimate Reference Manual For Sports People

Tudor O. Bompa



Smart Sport The Ultimate Reference Manual For Sports People:

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