Yearly Planning Instrument for Team B.C. Athletes - Target Shooting

Name of Athlete: Example Form to help fill out your yearly plan **Name of Coach:** ____________________ **Date:** ______________

Dates / Events (Competitions: Use Keys below — see Key below)

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
Month	01				02				03				04				05				06				07	
Month Name	Sept				Oct				Nov				Dec				Jan				Feb				Mar	
Taper Week	A	A	A	B	C	T	A	B	C	T	A	B	B	B	C	T	T	A	B	B	C	T	B	C	T	A
Competitions										3						6	6					4			3	

Week	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Month			08				09				10					11					12					
Month Name			Apr				May				June					July					Aug					
Taper Week	A	B	C	T	A	B	C	T	A	B	C	A	C	T	A	B	C	A	B	C	T	-	-	-	-	-
Competitions				5								6		2							1					

Details — Importance (Most / High / Low): rate level of importance for each event

Training / Emphasis (for each period — *List %'s*)

	Prep 1	Competition 1	Prep 2	Competition 2	Break
Periods	*Prep 1*	*Competition 1*	*Prep 2*	*Competition 2*	*Break*
Phases	Specific	Maintain	Review & Maintain	Maintain	
Physical % (List some items you will be working on)	- 20 -	- 15 -	- 12 -	- 10 -	- 60 -
Mental % (example - working on relaxation before a match)	- 20 -	- 35 -	- 25 -	- 35 -	- 30 -
Technical % (constant updating will occur in these 4 areas)	- 45 -	- 35 -	- 53 -	- 40 -	- 0 -
Tactical %	- 15 -	- 15 -	- 10 -	- 15 -	- 10 -

Your Explanatory Notes: My most important competition this year is the Nationals with my goal being to make the Junior (senior) team

Give overview of your goals and any extra explanation of your plans

I will be focused on Air Rifle Training for the first few months as I expect to attend both Richmond air shoots and the Canadian Grand Prix

Specific Training in Free Rifle will start right after the March Richmond Air Shoot - I have important exams in early June

Information in this area will being changing as the year goes on - be sure to include other events - school - family etc which cause changes in schedule

Key Numbers

Suggested Periods would be "Preparation" and "Competition" periods over the year

Example Phases would be Maintain / Review / Specific trng. Etc over the year

Key	Event	Example Taper Plan Details
		Example Taper Plan Details - Build your own based on practise experience
1	Nationals	We are using a 4 week series where we build up the Volume and Intensity over a 3 week period to
2	Provincials	an amount more than normally shot in a competition then on the 4th week we shoot 3 half matches (lower Volume) and score them
3	Richmond Air Match	which raises the Intensity level (we also include 1 or 2 "Finals" - 10 shot competitions to raise Intensity) - Example Below - modify to fit your goals
4	Canadian Airgun Match	A = 40 shots - 2 times per week; B = 50 Shots - Three times per week; C = 70 Shots - Three times per week; T = Taper Week
5	Other Competitions (What are they?)	
6	Time Off - Xmas/Break - School events - end of season - etc	