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

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Dates	Month		01			Ī	02			03			04	4	T		05	T		06	6			07			08		T	0	9			10	)	T	Т	П	11	T	П		12	2	T		T
	Month Name		Sept			(	Oct			Nov	/		De	ес			Jan			Fe	b			Mar			Арі			М	lay			Jun	ie			٠,	July				Au	ıg			
	Week		1	2	3	4	5	6	7 8	3 9	10	11 1	2 1	3 14	1 15	16	17	18	19 2	0 21	1 22	2 23	24	25	26 2	7 28	3 29	30	31 3	32 3	33 3	4 35	5 36	37	38	39	40	41	42	43	44	45 4	6 4	7 48	3 49	50 5	i1 5
	Taper Week																																													$\prod$	
Events	Competitions (see Key below)																																				L		<u> </u>				I	<u> </u>			
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Training	Periods																																														
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Your Explan	atory Notes:																																														
Key Numbers	3								s wo			_	nd "(	Com	petiti	ion"	peri	ods o	over t	the y	/ear					Pha	ses	woul	d be	)		1	Mair	ntair	n / F	₹evi	ew	/ Sp	ecifi	c tr	ng.	Etc		ΟV	er th	he ye	ar
	1 Nationals			Тар	er Pla	an D	etai	ils - 1	fill in	blank	s bel	ow																																			
	2 Provincials		We are using a week series where we build up the Volume and Intensity over a week period to																																												
	3 Richmond Air Match		á	an a	mour	nt mo	ore t	than	norma	ally sh	ot in	a com	petiti	on th	nen o	n the	eth	n wee	k we	shoo	ot	half ı	matc	hes (	lower	· Volu	ıme )	and s	core	then	n																
	4 Canadian Airgun Matcl	h	١	whic	h rais	ses t	the I	ntens	sity le	vel ( v	ve als	o incl	ude 1	or 2	2 "Fin	als" ·	- 10	shot	comp	etitio	ns to	rais	e Inte	ensity	y )																						
List	5 Other Competitions		-	A =		shot	ts - 2	2 tim	es pe	er wee	ek			E	B = _	s	Shots	s - Th	ree ti	imes	per	weel	k				C =		Shot	s - T	Thre	e tim	es p	er w	eek					Γ = Τ	Гаре	r Wee	≱k				
	6 Time Off - Xmas/Break	c - Scho	ol ev	ent	s - et	С																																									