

Yearly Planning Instrument for Team B.C. Target Sport Athletes

Name of Athlete: _____

Name of Coach: _____

Date: _____

Dates	Month	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	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	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
	Month Name																																																																						
Week Date (Mon Start)																																																																							
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	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	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	
Peak Index (see below)	L	M	H	T	Ø																																																																		
Events	Importance																																																																						
	HIGH MED LOW																																																																						
Details	School Activities																																																																						
Training	Periods	Pre-Comp Period 1																					Competition Period 1																					Competition Period 2																											
	Details																																																																						
Emphasis <i>for each period</i>	Physical %																																																																						
	Mental %																																																																						
	Technical %																																																																						
	Tactical %																																																																						
Peak Index	Low	- 40 shots, 2 X per week (These are example amounts for a tapering program)																																																																					
	Med	- 60 shots, 2 X per week (Modify amounts to best suit an individual athlete)																																																																					
	High	- Full practice match plus Finals																																																																					
	Taper	- Low volume/High intensity																																																																					
	Ø	- No Practice (School event or vacation time)																																																																					