

Yearly Planning Instrument for Team B.C. Athletes

Name of Athlete: _____

Name of Coach: _____

Date: _____

Dates	Month	01			02			03			04			05			06			07			08			09			10			11			12																		
	Month Name																																																				
	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
	Taper Week																																																				
Events	Competitions <i>(see Key below)</i>																																																				
		Details	Importance	Most																																																	
				High																																																	
				Low																																																	
Training	Periods																																																				
	Phases																																																				
Emphasis <i>for each period</i>	Physical %	_____																																																			
	Mental %	_____																																																			
	Technical %	_____																																																			
	Tactical %	_____																																																			
Your Explanatory Notes:																																																					
Key Numbers		Suggested Periods would be "Prep" and "Competition" periods over the year																	Phases would be Maintain / Review / Specific trng. Etc over the year																																		
1	Nationals	Taper Plan Details - fill in blanks below																																																			
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	an amount more than normally shot in a competition then on the ___th week we shoot ___ half matches (lower Volume) and score them																																																			
4	Canadian Airgun Match	which raises the Intensity level (we also include 1 or 2 "Finals" - 10 shot competitions to raise Intensity)																																																			
List	5 Other Competitions	A = __ shots - 2 times per week											B = __ Shots - Three times per week											C = __ Shots - Three times per week											T = Taper Week																		
6	Time Off - Xmas/Break - School events - etc																																																				