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

Name of Athlete: ______________________ **Name of Coach:** ______________ **Date:** __________

		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
Dates	Month	01				02				03				04				05				06				07	
	Month Name	Sept				Oct				Nov				Dec				Jan				Feb				Mar	
	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
	Taper Week																										
Events	Competitions *(see Key below)*																										
Details	Importance **Most**																										
	High																										
	Low																										

		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
Dates	Month			08				09				10					11					12					
	Month Name			Apr				May				June					July					Aug					
	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
	Taper Week																										
Events	Competitions *(see Key below)*																										
Details	Importance **Most**																										
	High																										
	Low																										

Training	Periods	
	Phases	
Emphasis *for each period*	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	