

Biathlon BC Yearly Training Plan Template 2018-2019

Phase	Week	Meso	Micro	Events	300 Hours	350 Hours	400 Hours	Load Scale	# Intensity & Race	# Strength Sessions	Physical Focus	Strength Focus	Shooting Focus	Psychological Focus	Tactics		
General Prep	Apr 30	1	1	Spring Camp	8	8	8	2	0	2	zone 1 training and strengthening, focusing on technique, ABCS	proper technique and execution, not weight	Precision, rifle fit, position	Self Awareness	None		
	May 7		2		5	6	6	1	0	2							
	May 14		3		5	6	8	1	0	2							
	May 21	2	4		5	6	8	1	0	2	zone 1 training and strengthening, focusing on technique, ABCS	proper technique and execution, not weight	Precision, position				
	May 28		5		5	6	8	1	0	2							
	Jun 4		6	shooting tests	5	6	8	1	0	2							
	Jun 11	3	7		6	7	9	2	1	3	start loading/unloading with zone 1, begin zone 3 intensity, ABCS		Precision, sight picture, shot analysis	Goal Setting	None		
	Jun 18		8		7	9	11	3	1	3							
	Jun 25		9	recovery	5	5	6	1	0	2							
	Jul 2	4	10		8	8	10	2	1	3	High volume zone 1, some zone 3, ABCS		shot analysis, transition to biathlon/combos				
	Jul 9		11	July Camp	12	12	14	3	1	3							
	Jul 16		12	recovery	5	5	6	1	1	2							
	Jul 23	5	13		7	9	10	2	1	3	High volume zone 1, some zone 3		trigger control	Self Talk	Race Planning		
	Jul 30		14		8	12	14	3	1	3							
	Aug 6		15	recovery	5	5	6	1	1	2							
	Aug 13	6	16		10	10	12	2	1	3	Very high volume zone 1, some zone 3	alternate among ABCS, CT2, strength endurance, body weight exercises / core	follow through				
	Aug 20		17	August Camp	14	14	16	3	2	3							
	Aug 27		18	recovery	6	6	8	1	0	2							
Specific Prep	Sep 3	7	19		6	7	8	1	1	2	Begin transition from high volume zone 1 to intensity		installation speed	Visualization	Course Segmentation		
	Sep 10		20		8	9	10	2	2	3							
	Sep 17		21	Fall Camp	8	9	10	3	3	3							
	Sep 24	8	22	recovery	5	6	6	1	0	2	Build intensity and begin speed workouts		Re-check rifle fit and review fundamentals				
	Oct 1		23		6	7	8	2	2	3							
	Oct 8		24		6	7	8	3	3	3							
	Oct 15	9	25	recovery	6	7	8	1	1	2	Build intensity and continue speed workouts		Installation speed				
Oct 22	26			6	7	8	2	2	3								
Oct 29	27			6	7	8	3	3	3								
Pre-Comp	Nov 5	10	28	recovery	6	7	8	1	1	2	High intensity and zone 1 volume on skis		Rhythm and breath control	Focus Control	Shooting Tactics		
	Nov 12		29		8	9	10	2	2	3							
	Nov 19		30	Snow Camp	12	12	14	3	3	3							
Competition	Nov 26	11	31	NorAm 1	5	6	7	2	2	1			Rhythm and and breath control			Ideal Performance State	Ski Tactics
	Dec 3		32	BC Cup 1 / NorAm 2	5	6	7	2	2	1							
	Dec 10		33	recovery	6	7	8	1	1	1							
	Dec 17	12	34		6	7	8	2	1	2	Balance intensity and speed work with sufficient recovery through zone 1 and active recovery training to suit the race calendar of the athlete		Control and Consistency				
	Dec 24		35		6	7	8	1	2	3							
	Dec 31		36	BC Cup 2	5	6	7	2	3	1							
	Jan 7	13	37	recovery	6	7	8	1	1	1	alternate among ABCS, body weight strength / core		Target skills using gap analysis from competitions	Coping Strategies	Race and recovery Tactics		
	Jan 14		38	BC Cup 3	5	6	7	2	3	1							
	Jan 21		39	recovery	6	7	8	1	1	1							
	Jan 28	14	40	BC Cup 4	5	6	7	2	3	1							
	Feb 4		41	recovery	6	7	8	1	1	1							
	Feb 11		42		6	7	8	1	1	2							
	Feb 18	15	43		6	7	8	1	2	3							
	Feb 25		44	BC Cup 5	5	6	7	2	3	1							
	Mar 4		45	recovery	6	7	8	1	1	1							
	Mar 11	16	46		6	7	8	2	2	1	Recovery before Nationals		Build Confidence by working on control and consistency	Confidence			
	Mar 18		47	Nationals	6	6	6	3	4	0							
Transition	Mar 25			Break													
	Apr 1			Break													
	Apr 8			Break													
	Apr 15			Break													
	Apr 22			Break													
					305	346	402		67	98							

## Definitions

# Intensity & Race	the number of intensity sessions and races planned for the week
ABCS	agility, balance, coordination and speed
active recovery	55-65% of max heart rate. Really low speed. The goal is to flush your muscles and activate blood flow to recover faster. Short sessions (<45min)
Competition	the competition phase of the season
coping strategies	developing athletes ability to manage set backs and distractions
course segmentation	breaking down a course into sections to plan technical and tactical strategies
CT2	circuit training, 10-15 reps with a 1:1 ratio of work/recovery
focus control	providing tools and methods for athletes have to have an appropriate focus
General Prep	the general preparation phase of the season
goal setting	Setting S.M.A.R.T (specific, measurable, achievable, realistic, timely) goals for the season
hours	the number of hours of active training planned for each week. Precision shooting sessions where there is no physical training involve are not included in training hours
ideal performance state	Achieving a mental and physiological state for peak performance.
Load Scale	an indication of the training load (volume x intensity) for the week. YTPs for development squad athletes are based on a 3 week progressively loading mesocycle.
Meso	Mesocycle, or 3 week block
Micro	Microcycle, or 1 week
Physical Focus	The type of physical training that should be focussed on during a mesocycle.
Pre-Comp	the pre-competition phase of the season
Psychological Focus	The type of psychological training that should be focussed on during a mesocycle
race planning	creating a strategic and tactical plan for race day.
recovery	a week in the mesocycle where the training load is light in order to recover for the next mesocycle
self awareness	an athletes awareness of themselves including strengths, weaknesses, thoughts, beliefs, emotions and motivations
self talk	developing tools for increasing self confidence and curbing negative emotions
Shooting Focus	The type of shooting training that should be focussed on during the mesocycle
Specific Prep	the specific preparation phase of the season
speed	very high rate of tempo while maintaining basic technique. 10 seconds or less in duration.
strength endurance	Repetitive movements (double pole, free skate) over a long duration. 15 mins +
Strength Focus	The type of strength training that should be focussed on during the mesocycle
Tactics	The tactical focus for the mesocycle
Transition	the transition phase of the season, where athletes take a break from biathlon
visualization	A mental performance tool to achieve positive outcomes
zone 1	65-75% of max heart rate. Fundamental endurance training. Long slow training (from 45min to 3-4H+).
zone 2	75-85% of max heart rate. High speed endurance (between 1H00 and 1H30) Max speed without building lactic acid.
zone 3	85-92% of max heart rate. Intensity training. This zone is above the anaerobic threshold where athletes will start to build lactic acid.
zone 4	92-100% of max heart rate. High intensity training. Race speed. High muscular pain and maximal breathing
gap analysis	determining weaknesses in athletes performance