

Yearly Training Plan Template

Phase	Week	Micro	Events	Testing	400 Hours	450 Hours	Load Scale	# Intensity & Race	# Strength Sessions	# Dryfire Sessions	Physical Focus	Strength Focus	Shooting Focus	Psychological Focus	Tactics		
General Prep	Apr 26	1			7	7	1	0	2	0							
	May 3	2			7	7	1	0	2	1							
	May 10	3			7	7	1	1	2	2	continuous zone 1 and strengthening, technique	proper technique and execution	rifle fit, position	self awareness	none		
	May 17	4			7	7	1	1	2	2							position
	May 24	5			8	9	2	0	2	2							
	May 31	6			9	10	3	0	2	2							
	Jun 7	7			7	7	1	0	2	2							
	Jun 14	8			9	10	2	1	3	2							
	Jun 21	9			10	11	3	3	2	2	begin building zone 3 intensity		sight picture, shot analysis	goal setting			
	Jun 28	11			9	9	1	0	2	2							
	Jul 5	12			10	11	2	1	3	1							
	Jul 12	13	Talen Squad - Whistler		11	12	3	2	2	2	high volume zone 1, some zone 3	ABCS, CT2, strength endurance, body weight exercises. Core stability exercises should be done 3 times per week (not included in strength session count)	some combo but prioritize continuous zone 1 outside of shooting	positive self talk			
	Jul 19	14	Recovery		6	6	1	0	1	2							
	Jul 26	15			8	8	2	1	2	2							
	Aug 2	16			9	10	2	1	2	2							
	Aug 9	17	Talent Squad - PG		12	12	3	3	3	2	very high volume zone 1, some zone 3	ABCS, CT2, strength endurance, body weight exercises. Core stability exercises should be done 3 times per week (not included in strength session count)	trigger control, follow through	focus control		recovery	
	Aug 16	18	Recovery		6	6	1	0	1	2							
	Aug 23	19			11	13	2	1	2	2							
	Aug 30	20			12	14	3	1	2	2							
	Sep 6	21	1st week of school		6	6	1	1	2	2							
	Specific Prep	Sep 13	22			7	8	2	2	2	2	high volume zone 1, progression of intensity	ABCS, CT2, strength endurance, body weight exercises. Core stability exercises should be done 3 times per week (not included in strength session count)	installation speed		visualization	race planning
Sep 20		23			8	9	3	3	2	2							
Sep 27		24			9	9	1	1	2	2							
Oct 4		25			7	8	2	2	2	2							
Oct 11		26			8	9	2	2	2	2							
Oct 18		27			9	10	3	3	2	2							
Oct 25		28			7	8	1	1	2	2							
Pre-Comp	Nov 1	29			8	9	2	1	2	2	zone 1 volume and continue intensity progression, start on skis and speed workouts	control and consistency	technical key words	ski tactics			
	Nov 8	30			9	10	2	2	2	2							
	Nov 15	31			9	10	2	2	2	1							
	Nov 22	32	Talent Squad - Vernon		12	14	3	3	2	2							
	Nov 29	33	Recovery		6	6	1	2	2	2							
	Dec 6	34			7	7	2	2	2	2							
Competition	Dec 13	35	BC Cup 1 - Whistler		8	7	2	4	2	2	balance intensity and speed work with sufficient recovery through zone 1 and active recovery training to suit the race calendar of the athlete	maintenance through ABCS, body weight strength / core	target skills using gap analysis from competitions	ideal performance state	race and recovery Tactics		
	Dec 20	36			7	6	2	2	2	2							
	Dec 27	37			7	8	3	2	2	2							
	Jan 3	38			7	8	2	2	2	2							
	Jan 10	39			7	8	2	1	2	2							
	Jan 17	40	BC Cup 2 - Vanderhoof		7	8	3	4	2	2							
	Jan 24	41	Recovery		7	8	1	1	2	2							
	Jan 31	42	BC Cup 3 - Quesnel		7	8	3	4	2	2							
	Feb 7	43			7	8	2	1	2	2							
	Feb 14	44			7	8	3	2	2	2							
	Feb 21	45	BCWG - Vernon		7	8	3	3	2	2							
	Feb 28	46			7	8	1	2	2	2							
	Mar 7	47			7	8	1	1	2	2							
	Mar 14	48	Biathlon Nationals - PG		7	8	3	4	2	2							
	Mar 21	49	XC Nationals - Whistler		7	8	3	4	2	2							
Transition	Mar 28	50			7	8	1	0	2	2	build confidence on skis through obstacle courses, safe jumps, adventure skiing, fun races						
	Apr 4	51			7	8	1	0	2	2							
	Apr 11	52			7	8	1	0	2	2							
	Apr 18	53			7	8	1	0	2	2							
					404	441		80	103	99							

