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	continuous zone 1 and strengthening, technique	proper technique and execution			
	May 10	3			7	7	1	1	2	2			rifle fit, position	- self awareness	none
	May 17	4			7	7	1	1	2	2					
	May 24	5			8	9	2	0	2	2					
	May 31	6			9	10	3	0	2	2	- -		position		
	Jun 7	7			7	7	1	0	2	2	-				
	Jun 14	8			9	10	2	1	3	2		ABCS, CT2, strength endurance, body weight exercises. Core stability exercises should be done 3 times per week (not included in strength session count)	sight picture, shot analysis some combo but prioritize continuous zone 1 outside of shooting trigger control, follow through	goal setting positive self talk focus control	
	Jun 21	9			10	11	3	3	2	2	begin building zone 3				
	Jun 28	11			9	9	1	0	2	2					
	Jul 5	12			10	11	2	1	3	1	high volume zone 1				
	Jul 12	13	Talen Squad - Whistler		11	12	3	2	2	2					
	Jul 19	14	Recovery		6	6	1	0	1	2	some zone 3				
	Jul 26	15			8	8	2	1	2	2	very high volume zone 1, some zone 3 high volume zone 1, progression of intensity				
	Aug 2	16			9	10	2	1	2	2					
	Aug 9	17	Talent Squad - PG		12	12	3	3	3	2					
	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			installation speed	visualization	race planning
	Sep 6	21	1st week of school		6	6	1	1	2	2					
Specific Prep	Sep 13	22			7	8	2	2	2	2					
	Sep 20	23			8	9	3	3	2	2					
	Sep 27	24			9	9	1	1	2	2			rbythm and breath	h goal setting technical key words ideal performance state	
	Oct 4	25			7	8	2	2	2	2					course
	Oct 11	26			8	9	2	2	2	2			control		ski tactics
	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 volume and technique on skis. Add some recovery before the first races 		control and		
	Nov 8	30			9	10	2	2	2	2			target skills using gap analysis from competitions		
	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		maintenance through ABCS, body weight strength / core build by core			
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				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				coping stategies	
	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			build confidence by working on control and consistency	confidence	
	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	or BC xc champs				
Transition	Mar 28	50			7	8	1		2	2	build confidence on skis through obstacle				
	Anr 4	51			7	8	1	0	2	2					
	Δnr 11	52			7	ס פ	1		2	2	adventure skiing, fun				
	Δnr 18	52			7	ס א	1	0	2	2	races	<u> </u>			
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Term	Definition		
# 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 or 4 week progressively loading mesocycle.		
Meso	Mesocycle, a 3 or 4 week block of training with a particular focus		
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 heat 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		

Intensity sessions include training at anaerobic threshold and higher (including races)										
athletes at every age should include 20-40 sprints per week										
Coaches must take into account individual athete training tolerance and adjust the overall load accordlingly										
Limit "going to Max" in training year to help volume sustainability (sweet spot is high AnT + race pace, ie. 4-10mmol or 85-92% MHR)										
Strength training includes sessions done in the weight room and strength on snow or rollerski. Does not include 'core sessions'										
Training should be polarized (i.e. if volume is high one week then intensity should be lower. If intensity is high, volume is lower)										
Age 15+ there needs to be 2+ sessions/week continuous aerobic training for 2+ hours (i.e. not done with combo and with minimal stops)										
Age 12+ there needs to be 2+ sessions/week continuous aerobic training for 1+ hours										
Dryfire sessions should be around 15 minutes										