This document was exported from Numbers. Each table was converted to an Excel worksheet. All other objects on each Numbers sheet were placed on separate worksheets. Please be aware that formula calculations may differ in Excel.

Numbers Sheet Name	Numbers Table Name	Excel Worksheet Name
YTP Summary		
	Table 1	YTP Summary
Definitions		
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Guidelines		
	Table 1	Guidelines

Yearly Training Plan Template

Phase	Week	Micro	Events	Testing	500 Hours	550 Hours	Load Scale	# Intensity & Race	# Strength Sessions	# Dryfire Sessions	Physical Focus	Strength Focus	Shooting Focus	Psychological Focus	Tactics
General Prep	May 3	1			9	9	2	0	2	1	continuous zone 1 and strengthening, technique	proper technique and execution	rifle fit, position	self awareness	none
	May 10	2			9	10	3	1	3	2					
	May 17	3			9	10	2	1	2	2					
	May 24	4			10	11	2	1	3	2					
	May 31	5			12	13	2	0	2	2			position		
	Jun 7	6	Recovery		7	7	1	0	1	2					
	Jun 14	7			10	11	2	1	3	2	begin building zone 3 intensity		sight picture, shot analysis	goal setting	
	Jun 21	8			12	12	2	2	3	2					
	Jun 28	9	Recovery		7	7	1	0	1	2					
	Jul 5	10	Testival		10	11	3	4	3	1	high volume zone 1, some zone 3		some combo but prioritize continuous zone 1 outside of shooting	positive self talk	
	Jul 12	11			10	12	2	1	3	2					
	Jul 19	12			10	12	2	1	2	2					
	Jul 26	13	Dev Camp - Whistler		14	15	3	1	1	2					
	Aug 2	14	Recovery		7	7	1	2	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 9	15			10	11	2	1	2	2					
	Aug 16	16			11	12	3	2	2	2					
	Aug 23	17			14	15	1	1	1	2					
	Aug 30	18			11	12	3	1	2	2			installation speed	visualization	race planning
	Sep 6	19	1st week of school		10	10	1	1	1	2					
	Sep 13	20			11	13	2	2	2	2					
Specific Prep	Sep 20	21	Dev Camp - Whistler		12	14	3	3	3	3	high volume zone 1, some zone 3				
	Sep 27	22	Recovery		7	7	1	1	2	3			rhythm and breath control	goal setting	course segmentation
	Oct 4	23			10	11	2	2	2	3					
	Oct 11	24			10	12	2	3	2	3					
	Oct 18	25			10	12	3	3	2	3					
	Oct 25	26	Recovery		7	7	1	1	2	3					
Pre-Comp	Nov 1	27			10	11	2	2	1	3	zone 1 volume and continue intensity progression, start on skis and speed workouts		control and consistency	technical key words	ski tactics
	Nov 8	28			11	12	2	3	2	3					
	Nov 15	29	Dev Camp- Vernon		13	14	3	3	2	3					
	Nov 22	30	Recovery		7	7	1	1	1	3	volume and technique on skis. Add some recovery before the first races				
	Nov 29	31			9	10	2	2	2	3				ideal performance state	
	Dec 6	32			9	10	2	3	2	3					
Competition	Dec 13	33	BC Cup 1 - Whistler		9	10	2	3	2	3	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		
	Dec 20	34			9	10	2	2	2	3					
	Dec 27	35	WYCH Trials - Quebec		9	10	3	4	2	3					race and recovery Tactics
	Jan 3	36			9	10	2	1	2	3					
	Jan 10	37			9	10	2	2	2	3					
	Jan 17	38	BC Cup 2- Vanderhoof		9	10	3	4	2	3				coping stategies	
	Jan 24	39			9	10	2	2	2	3					
	Jan 31	40	BC Cup 3 - Quesnel		9	10	3	4	2	3					
	Feb 7	41			9	10	2	2	2	3					
	Feb 14	42			9	10	3	3	2	3			build confidence by working on control and consistency	confidence	
	Feb 21	43			9	10	2	2	2	3					
	Feb 28	44			9	10	1	3	2	3					
	Mar 7	45			9	10	1	2	2	3					
	Mar 14	46	Biathlon Nationals - PG		9	10	3	4	2	3	peaking for Nationals				
	Mar 21	47	XC Nationals - Whistler		9	10	3	4	2	3					
Transition	Mar 28	48			9	10			2	3	build confidence on skis through obstacle courses, safe jumps, adventure skiing, fun races				
	Apr 4	49			9	10			2	3					
	Apr 11	50			9	10			2	3					
	Apr 18	51			9	10			2	3					
	Apr 25	52			9	10			2	3					
					498	547		92	105	134					

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												