2003-2004 Annual Planning Overview - Phase Goals - Avianna Chao

Work in Progress October 18/03

Phase	Mental Training Goals	Physical Training Goals	Technical Training Goals
General Preparatory	1 Evaluate mental skills.	Physical training is the main focus.	Return to basics and build consistency.
	2 Learn basic mental skills in a quiet setting.	Develop base skills and abilities as a foundation for later high intensity training	Stress technical perfection and development over immediate scores.
	3 Set goals.	Volume is high but the intensity is low in order to build strength and increase one's aerobic capacity in continuous activity sports (basketball, biking and swimming) that work large muscle groups.	Lots of group shooting and dryfiring - non-discipline shooting exercises.
	4 Assess last year's program / plan.	Building shoulder strength and endurance: tubing, stressing full range of motion.	Make any equipment changes now.
	5	Stretching - daily and pre-match.	Explore changes in technique.
(08-Sep-03 - 14-Dec-03)	6		
Specific Prepatory	1 Maintain basic mental skills.	Continue building the aerobic base.	Narrow down techniques and equipment options.
	2 Use mental skills to help attain training objectives.	Make gains in sport specific strength and stamina that relate directly to sport's movements.	Groups are evaluated and tracked by measurable size, not by score.
	3 Adapt and practise mental skills in sport-specific situations.	Develop shoulder muscles to support quick, stable single shots within 3 seconds for sport pistol.	Shooting exercises become more sport specific (i.e. timing and delivery.)
	4	Develop muscles that relate to a long and steady hold for air pistol.	
	5	Volume will increase slightly, but more gains will take place in training intensity.	
(15-Dec-03 - 14-Mar-04)	6		
Pre-Competitive	1 Develop and practise focus plan.	Energy systems (aerobic) will be trained in a sport specific environment.	Fine tune the skills and determine where the athlete truly stands (performance-wise.)
	2 Use focus plan in simulations.	Volume of training remains high and there will be a significant increase in the number and degree of high intensity sessions.	Athlete must constantly adapt to rationalize training with performance.
	3 Maintain basic mental skills.	Sport specificity becomes more important in training.	Match simulations start with scores being recorded.
(15-Mar-04 - 02-May-04)	4		Tactical work will be introduced.
Main Competitive	1 Use mental skills to prepare for specific opponents and competitions.	Maintain aerobic base and muscle tone.	Getting out and competing is the focus.
	2 Evaluate and refine focus plan.	Incorporate active rest to aid in recovery.	Place emphasis on technical and tactical work.
	3 Use mental skills to aid regeneration and lower stress.		Finalise equipment choices in competitive environment.
	4 Use mental skills for stress management.		Decrease volume but keep intensity high with competitions and simulations.
	5 Gauge responses to fear, nervousness and stress.		Expose yourself to different competitors and environments.
	6		Learn from the experiences and adapt your training.
	7		Evaluate training by the progress of your scores and adjust the plan as you see fit.
(03-May-04 - 04-Jul-04)	8		
Tapering	1 Mental practice is critical at this point.	Recuperate and save energy (mentally and physically) such that she can peak at the defining competition.	Training volume and intensity decrease, along with the number of practices and competitions.
	2	Maintain areobic base and muscle tone.	Maintain a few high intensity simulations and the major competition.
(05-Jul-04 - 25-Jul-04)	3		
Transition	1 ***Relax: you're on vacation!***	Use general physical activity to maintain levels of fitness.	Athletes may participate in similar sports, but they must avoid specialization in them.
		Rehabilitate any injuries.	
		Remember to keep training intensity and volume low, as this is the athletes' recovery phase.	
(26-Jul-04 06-Sep-04)			

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