## Ontario Provincial Shooting Team Annual Strength Training Routine

This is a year long plan, progressing from Phase 1 at the beginning of the year through Phase 7 by the end of the year. For each session, you perform all of the sets and repetitions. For instance, in Phase 1, each session consists of 2 sets of 10 repetitions for each of the following activities:

- Hold weight at least same weight as pistol Goal - strengthen and tone arms\shoulders

- Hold pistol on blank wall, plus trigger release Goal - as above, plus coordinate trigger release with hold

- Hold pistol on a target, no trigger release Goal - strengthen\tone, and coordinate hold with area of aim

As such, during each session, you would perform a total of 60 repetitions during Phase 1.

Progression from each phase is dependant upon your level of physical fitness. Once the sessions become too easy, then you should move on to the next phase. If we looked at a strictly linear progression, you would perform each Phase for 7 - 8 weeks. Once again, listen to your body. If you cannot hold the weight steady, then you are not ready to progress. If you do not feel challenged, then you should move on. If your joints hurt (i.e. elbow), BACK OFF! Rest, recuperate and move back a phase or two. Consult your physician.

	No. of Reps / Sets	<u>Time</u>	Description
Phase 1	10 repetitions x 2 sets	15 seconds	Hold weight at least same weight as pistol
	10 repetitions x 2 sets	15 seconds	Hold pistol on blank wall, plus trigger release
	10 repetitions x 2 sets	15 seconds	Hold pistol on a target, no trigger release
Phase 2	10 repetitions x 2 sets	20 seconds	Hold weight at least same weight as pistol
	10 repetitions x 2 sets	20 seconds	Hold pistol on blank wall, plus trigger release
	10 repetitions x 2 sets	20 seconds	Hold pistol on a target, no trigger release
Phase 3	10 repetitions x 3 sets	30 seconds	Hold weight at least same weight as pistol
	10 repetitions x 3 sets	30 seconds	Hold pistol on blank wall, plus trigger release
	10 repetitions x 3 sets	30 seconds	Hold pistol on a target, no trigger release
Phase 4	10 repetitions x 2 sets	20 seconds	Hold weight at least twice the weight as your pistol
	10 repetitions x 3 sets	30 seconds	Hold pistol on blank wall, plus trigger release
	10 repetitions x 3 sets	30 seconds	Hold pistol on a target, no trigger release
Phase 5	10 repetitions x 2 sets	20 seconds	Hold weight at least twice the weight as your pistol
	10 repetitions x 3 sets	30 seconds	Hold pistol on blank wall, plus trigger release
	10 repetitions x 3 sets	30 seconds	Hold pistol on a target, no trigger release
Phase 6	10 repetitions x 3 sets	20 seconds	Hold weight at least twice the weight as your pistol
	10 repetitions x 3 sets	30 seconds	Hold pistol on blank wall, plus trigger release
	10 repetitions x 3 sets	30 seconds	Hold pistol on a target, no trigger release
Phase 7	10 repetitions x 3 sets	30 seconds	Hold weight at least twice the weight as your pistol
	10 repetitions x 3 sets	30 seconds	Hold pistol on blank wall, plus trigger release
	10 repetitions x 3 sets	30 seconds	Hold pistol on a target, no trigger release

## Notes:

- The above schedule should progress downwards as your fitness allows.
- If you are just starting these exercises, do the first step every other day and when your fitness allows, do them everyday.
- Some of you may also want to do these exercises twice a day, morning and evening.
- As you progress, you may want to adjust the routines to suit your fitness.
- Whenever possible, do the same exercises with your non-shooting hand. It is important to have a balanced body.
- All exercises should be done slowly and at a constant speed.
- Avoid using heavy weights as this will not help you. Stamina is required, not muscles (bulk).

## Courtesy of Richard Horne, Ontario Provincial Pistol Team Coach, 2002-2003.

Minor revisions and additions by Patrick Haynes for TargetShooting Canada (http://www.targetshooting.ca) November 2002