

Overall Training Plan

Objectives of the Overall Training Plan

Below is a glance at the training plan as suggested by World Archery to young archers:

- wanting to compete internationally;
- and
- having up to 20 hours per week available during the competitive season (not the plan long).

This glance is mainly made according to the ratio between shooting and other developments. The percentages below should **help you to figure out how you can split your practice** between these two areas of developments for a competitive archer.

Notes

- #1 The **Youth Archery World Championship** has been chosen as International goal #1. The **Indoor Archery World Championship** has been chosen as International goal #2. It is up to you to adapt this plan to the preparation of different events.
- #2 Consequently to the choice of the early scheduled championships, only 3 week of break are scheduled within this plan.
- #3 Psychological developments are mainly included to the Shooting and the Yoga sessions (Yoga or similar disciplines: Corporal expression, Tai-chi, Sophrology, Classical dance ...).
- #4 If you have less or more available time, it is up to you to adapt these suggestions accordingly. Perhaps you will have to drop some developments? If so, we suggest preserving the maximal shooting time. A minimum of 45% is recommended for your shooting time (maximum 75 to 80%).
- #5 To get the details of this plan, open the document entitled "**WA Training Plan**" that is posted on the WA Web site.
- #6 The duration of the shooting sessions is a weekly average per session since some sessions are:
 - light and short, for instance the one from Monday
 - intense and long, like the ones from Wednesday and Friday.We will strive to not exceed the total number of hours that is indicated.
- #7 Suggestions for your weekly sessions (technical, physical and psychological) have been published some years ago on the WA Web site: www.archery.org
Click on (from Home page) "*WA Committees*", then on "*Coaches Committee*" and finally on "*Weekly Training suggestions in English / Française*" or type the URL direct access as follow:
http://www.archery.org/fita_committees/coaches/trainings_plan2008/start.html

Make a good plan for the competitive archery seasons!

On behalf of the WA Coaches Committee.
Pascal COLMAIRE
WA Development & Education Director

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Content of the Overall Training Plan

Step #1

1st half of October

- Time sharing: **50%** shooting and **50%** for other developments.
Total volume: Low, about **8 hours** per week
of sessions: **3** of shooting & **3** of **stretching** per week of **1: 20** hour each
of arrows: **84** arrows each(*)
Stretching (start): We suggest an [isometric contraction](#) followed with a 2 second rest then a stretching period having the [same duration](#) as the contraction.

(*) # of arrows:

- This is the number of arrows per HEAVY session. One week includes between 3 to 6 shooting session, pending the period of the year and the closeness to a tournament. All these sessions do not have the same number of arrows.. For instance, a week of May 2001: 159 arrows on Monday – 195 arrows on Tuesday – 218 arrows on Wednesday – No shooting on Thursday – 218 arrows on Friday – no shooting on Saturday – 180 arrows during a tournament on Sunday (warm-up and practice arrows inclusive). According to this example, Wednesday and Friday sessions are the “heavy” ones.
- Every week, 7 arrows will be added to the heaviest shooting sessions (those having the highest number of arrows – about 2 heavy sessions per week). So, we will start the training season with a low number of arrows per “heavy” session (+/- 80 arrows), and we will reach a high number of arrows during the heavy sessions of the competitive season (more than 300 arrows).

Why 7 additional arrows per week?

The proposed plan is covering 48 weeks, with main objective during the 42nd week. We could anticipate an increase of the weekly arrow number over 41 weeks. But we have schedule 2 week of rest before this main goal Furthermore we anticipate 3 weeks without training for exams, unavailability, sickness, ...
After each of these 5 weeks of absence, no arrow will be added to the sessions. Hence there will be no progression in the number of arrow during 10 weeks: hence 41 less 10 = 31 weeks, during which the number of arrows will be increased..
 $31 \times 7 = 217$ arrows of progression over the period cover by the training plan; added to the 84 arrows of the first week, we reach a total of 301 arrows during the heavy sessions of the final competitive period.

Why striving to reach 300 arrows per heavy session?

Due to the extra energy spent during a tournament (especially for behaviour and thoughts control), it seems good to handle an heavier workload during practice sessions that the prepared tournament. Practice shows that an appropriate practice workload has a number of arrows that is more or less the double than a standard WA event (144 arrows).

Step #2

2nd half of October

- Time sharing: **47 - 48%** Shooting and **53 - 52%** for other developments (6 hours).
Total volume: **11 :20 hours** per week
Shooting: **4** sessions per week – **1 :20** hour each 5 :20 hours
Stretching: **4 sessions per week of 1 :15 each** 5 hours
Cardio (start): 2 sessions per week of 30 min. each 1 hour

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Running on rough field is recommended for body balance, but the archer can choose any activity that he/she enjoys. Priority is given to the development of the **Aerobic capacity**

Step #3 *1st half of November*

Time sharing: **45%** Shooting and **55%** other Developments (8:25 hours).

Total volume: **15 :05 hours** per week

Shooting: **4** sessions per week of **1 :40 hour** each = 6:40 hours

Stretching: **2** sessions per week of **1 :20** each = 2:40 hours

Cardio : **2** sessions per week of **45 min.** each = 1:30 hours

Strengthening : **3** sessions per week of **1 :25 hour** each = 4:15 hours

Endurance Strength development is recommended to start this long strengthening period (Endurance strength = light weights / high number of repetitions). Emphasis on low limbs and belt

Step #4 *2nd half of November*

Time sharing: **47 to 48%** Shooting and **53 to 52%** for other developments (8:45 hours).

Total volume: **16:45 hours** per week

Shooting: **4** sessions per week of **2 hour** each = 8 hours

Cardio: **2** sessions per week of **1 hour** each = 2 hours

Strengthening : **3** sessions per week of **1 :15 hour** each = 3:45 hours

Pending your experience in strengthening, either you will continue the Endurance strength, or you will start the use of other strengthening methods.

Yoga (start) : **2** sessions per week of **1:30 min.** each = 3:00 hours

Unless that you already have an excellent background in Yoga, classes conducted by a teacher are mandatory. If you cannot find any Yoga classes, look for another discipline that also develop: General perceptions – Body, breathing and mind control – Relaxation ... For instance: Corporal expression, Tai-chi, Sophrology, Classical dance.

Step #5 *December - January*

Programme: **Same** as step #4.

For strengthening: **Various General Types of Strength** – mainly with maximal contractions, including isometric strength.

Step #6 *February – early March*

Time sharing: **2/3** Shooting and **1/3** for other developments (5 hours).

Total volume: **15 hours** per week

Shooting: **5** sessions per week of **2 hours** each including 3 sessions of SHOOTING STRENGTH = 10 hours

Cardio: **2** sessions per week of **1 hour** each = 2 hours

Yoga : **2** sessions per week of **1:30 min.** each = 3 hours

Specific Strength: Means strengthening exercises while shooting.

During Yoga sessions, emphasise flexibility of the lower body, to recover the flexibility level as before strengthening, and Cardio (running).

Step #7 *1st half of March*

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1st week: **World Indoor Championship January**
2nd week: Rest

Step #8 **2nd half of March**

Time sharing: **52-53%** Shooting and **48-47%** for other developments (9 hours).

Total volume: **19 hours** per week

Shooting: **5** sessions per week of **2 hours** each = 10 hours

Cardio: **2** sessions per week of **1 hour** each = 2 hours

Yoga : **1** session per week of **1:20 hour** each = 1:20 hours

Strength: **1** maintenance session per week of **1:30 hour** = 1:30 hours

General Body balance: 5 sessions per week of 50 min.
= 4:10 hours

Exercises aiming the improvement of the upright position.

During Yoga sessions, emphasise flexibility of the top body, to recover the flexibility level as before strengthening.

Step #9 **April**

Time sharing: Shooting **60%** and **40%** for other developments (8 hours).

Total volume: **20 hours** per week

Shooting: **5** sessions per week of **2 hour** each (including 3 SHOOTING BODY BALANCE sessions), and **one** test or tournament = 12 hours

Cardio: **2** sessions per week of **1 hour** each = 2 hours

Yoga : **1** session per week of **1:30 hour** each = 1:30 hour

Strength: **1** maintenance session per week of **1:30 hour** = 1:30 hour

General Body balance: **3** sessions per week of **1 hour** (out of shooting) = 3 hours

Shooting Body Balance: **Mainly made of shots from unstable platforms.**

Step #10 **1st half of May**

Time sharing: Shooting **2/3** and **1/3** for other developments (6:45 hours).

Total volume: **20:15 hours** per week

Shooting: **5** sessions per week of **2:15 hour** each (including 3 SHOOTING PERCEPTION sessions), and **1** test or tournament = 13:30 hours

Cardio: **3** sessions per week of **1:15 hour** each = 3:45 hours

Yoga : **1** session per week of **1:30 hour** each = 1:30 hour

Strength: **1** maintenance session per week of **1:30 hour** = 1:30 hour

Shooting Perceptions: made of blind shot: eyes closed or masked, hidden target,

Cardio: Running on rough field is recommended. It is suggested to develop the various energy sources: *Capacity and Power, Aerobe and Anaerobe, lactic and Alactic*. As per this beginning of the competition season, it is interest to allow the archer to drag his/her energy from any of these sources.

Step #11 **2nd half of May**

Program: **Similar** as step #10.

Shooting: **5** sessions per week of **2:15 hour** each (including 3 AIMING OFF sessions), and **1** test or tournament = 13:30 hours

Aiming off: Skill to aim off the target centre to hit this centre in case of disturbed environment, particularly win and rain.

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Step #12 *June to August* (even further pending your **competition period**)

Time sharing: **78%** Shooting and **22%** for other developments.

Total volume : **19:15 hours** per week

Shooting: **5** sessions per week of **2:30 hour** each, and **1** test or tournament= 15 hours

Cardio: **1** session per week of **1:15 hour** each = 1:15 hours

Yoga : **1** session per week of **1:30 hour** each = 1:30 hour

Strength: **1** maintenance session per week of **1:30 hour** = 1:30 hour

Step #13 *Month of September until mid-October 2009*

Transition period: **Rest** or different sport activities.

About NUTRITION:

The line Nutrition has not been completed because it is not easy to include any nutrition detail in a training plan since:

- Diet is a part of our daily life, hence it is on-going and cannot be quantify in sessions &/or hours;
- Most of the authors of dietetic research in archery state that a regular and well balanced diet is enough for an archer;
- These authors do not recommend any diet change for tournaments.

Some habits from the elite:

1. Out of competition

Just take food that is well balanced, various and well distributed along the day in a total quantity consumed by the body.

2. During Local and National tournaments.

Simply avoid to be ravenous or to have a too heavy meal. Hence food should be spread the entire competition long. In other words, eat few at a time but often.

Hydrate your body (drink) regularly, especially when it is hot.

3. During International championships

Similar as above

Bring (dry – durable) nutriments that are part of your diet habits that we are not sure to get on site.

In case of long journey in a country that has different diet habits than ours **and** where an international cooking is not available (seldom case because nowadays grub is becoming internationalized), get progressively used during several weeks to the expected food.

Drink water in sealed bottle.