

A master plan

THERE IS a secret to a training plan: keep it simple or you will not keep to it, particularly if you are new to the exercise. Set realistic development goals to achieve your performance goals, but do not try to set all your goals at once. Your plans are likely to be amended and will develop as you progress.

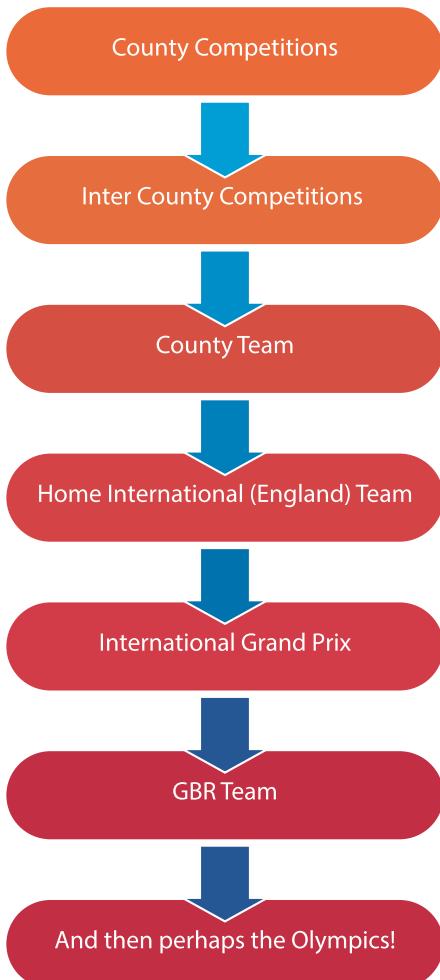
A training plan will help you realise where you were, analyse where you are and focus on where you intend to be. Consider the goals you set; just saying: "I want to make the GBR team" or: "I want to shoot at the Olympics" is not enough, question how and why you want these. Is it to gain an England or GBR badge or to be a regular, successful team member? Are you in a position to work hard to achieve your very best level, whatever that may be?

Depending where you are in your shooting career, these are some performance and development goals you may use:

plan

SARAH DALY ADVISES HOW TO FORM A TRAINING PLAN AND HIGHLIGHTS THE ADVANTAGES OF HAVING ONE

Performance Goals



Development Goals



WHY START A TRAINING PLAN?

Training plans can establish your weaknesses and strengths. Consider:

- Which targets are hit consistently/inconsistently
- Energy levels generally, through the day and over a two/three day period
- Food and liquid intake requirements leading up to and during competition
- Physical fitness
- Performance at specific venues
- Differences in training and competition scores – training scores do not always translate to competition scores
- Mental preparation – decline or increase in confidence over the training/competition
- Establishing a calendar for training sessions and competitions
- Establishing equipment adjustments and purchases required
- Establishing a budget to support the training plan

HOW DO YOU START A TRAINING PLAN?

Hopefully, you have been keeping records of where and when you have been training on and off the ranges and subsequent results at competitions. If so, you are part way there to developing your plan. If not, then now is a good time to start.

There are various categories you may consider including in your plan:

- Training – on the shooting range, frequency is individual, dependent upon accessibility and your budget, but little and often is a great advantage
- Emotions – how you felt and why during a training session or competition. Did the pressure affect your performance? Did you start well, but then the scores declined to your usual level? Did you shoot exceptionally well?
- Patterns – are patterns developing? Particular venues or situations, certain targets or shooting stations, energy levels or physical performance, increase or decrease in confidence, etc.



A TRAINING PLAN WILL HELP YOU REALISE WHERE YOU WERE, ANALYSE WHERE YOU ARE AND FOCUS ON WHERE YOU INTEND TO BE

SAMPLE OF A SIMPLE RECORD SHEET

DATE	ACTIVITY	VENUE	WEATHER	COMMENT
02/04/17	Skeet with coach	Southern counties	Light wind, drizzle, cold	Worked on pairs, shooting the first bird
04/04/17	Dry training	Home	Fine	Dry mounting in slow motion
05/05/17	Training on own	Southern counties	Light wind, drizzle, cold	Practised work done with coach on 2/4. % increased to X%

A more detailed diary might include:

- Date, venue, weather, time of day
- Activity – competition/lesson/practice/dry training/pattern plate/mental exercises/gym
- Activity plan – what to work on with the coach/ implementation and analysis of technique changes/analyse best pattern on plate/setting goals
- Actual activity – scores achieved/description and result of technique changes/description of timings/who else was on the range
- Activity analysis – what was learned/describe improvements (or not)
- Future activity – what to work on on or off the ranges/mental training/training plan amendments
- Emotions – how did you feel in a specific situation?
- Energy levels – before, during and after activity (include anything exceptional such as late night, work stress, etc.)
- Diet – your general eating/drinking habits and the effects if they change on training/ competition days
- Goals – set development and performance goals for short, medium and long term
- Training plan – may also include mental training, dry training, range training. Is your training plan on track or does it need amending/does the training plan relate to goals set?

2016 Olympic Double Trap bronze medallist Steve Scott: "I found using a training plan and diary gave me a big advantage as it allowed me to realise the areas where I was weak and the areas for improvement for when I was next working with my coach. Also, I would talk through things with my coach either during training or after the session if he wasn't there."

It is certainly well worth considering a training plan and diary to help you on your journey. ●

