

Australian International Shooting - Annual Plan 2009

Months	January	February	March	April	May	June	July	August	September	October	November	December
Monday	5 12 19 26	2 9 16 23	2 9 16 23	30 6 13 20 27	4 11 18 25	1 8 14 21 29	6 13 20 27	3 10 17 24 31	7 14 21 28	5 12 19 26	2 9 16 23 30	7 14 21 28
Microcycle	1 2 3 4	5 6 7 8	9 10 11 12	13 14 15 16 17	18 19 20 21	22 23 24 25 26	27 28 29 30	31 32 33 34 35	36 37 38 39	40 41 42 43	44 45 46 47 48	49 50 51 52
Transition stage												
Equipment selection												
Analysis/Planing												
Goal setting												
General fitness												
Holding/Dry/Scatt												
Experiments/Tests												
Preparation stage												
Technique/Skills												
Scatt/Rika/Noptel												
Fitness												
Score based train.												
Competitions st.												
Technique/Skills												
Control competition												
Fitness												
Training Camps												
Domestic Competitions												
International Competitions												
HP Squad/A Team												
Competition												
CG/Under 25												
Competition												
Rest/Break												
SS/SM												
Med Screening												
Phys Testing												
Testing												
Massage												
Vision testing												
Psychology												
Biomechanics												
Nutrition												
Coach												
Reports												
Reviews												
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