

OVERALL TRAINING PLAN

Below is a glance at the archery training plan as suggested by FITA to archers who want to compete internationally and who have up to 20 hours per week available during the competitive season. This glance is mainly made according to the ratio between shooting and other developments. The percentages below should help you figure out how you can split your practice between to areas of development for a competitive archer.

Note: Psychological developments are mainly included to the Shooting and the Yoga sessions.

If you have less available time, it is up to you to adapt these suggestions.

Upon request to FITA office, you can get a sample of a training plan chart, a blank one or a complete one.

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 coming competitive season in archery!

Step #1 **50%** shooting and **50%** for other developments

Total Volume: Low, about **8 hours** per week.

Sessions: **3** of shooting & **3** of **stretching** per week of **1:20** hour each.

Stretching *Isometric contraction* follow with a 2 second rest then a stretching period having
(start): the *same duration* as the contraction.

Shooting
sessions: **80 arrows each (*)**

(*) # of arrows: Each week, 6 arrows will be added to the three main sessions.
There are 52 weeks in a year.

4 weeks are spent for the transition period: 48 weeks remain.
We anticipate 5 weeks without training for exams, non-availability, sickness,...
After each of the 5 week of absence, no arrow will be added to the sessions.
Hence there will be no progression in the number of arrows during 10 weeks; 38 weeks remain.

The progression will be spread over 37 weeks (not the first week).
 $37 \times 6 = 202$ arrows of progression over the period covered by the training plan;
added to the 80 arrows of the first week, we reach a total of 302 arrows.

Period: **1st half of Month 1**

Step #2 **47 to 48%** Shooting and **53 to 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.

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.**

Period: 2nd half of Month 1

Step #3 45% Shooting and 55% other Developments (7:45 hours)

Total Volume: 14:45 hours per week

Shooting: 4 sessions per week of **1:45 hour** each = 7 hours

Stretching: 2 sessions per week of **1:15 hour** each = 2.5 hours

Cardio: 2 sessions per week of **45 min.** each = 1.5 hours

Strengthening: 3 sessions per week of **1:15 hour** each = 3.75 hours

Endurance Strength development is recommended to start this long strengthening period. Emphasis on low limbs and belt. Decrease of the stretching work which will stop with the start of the 4th step.

Period: 1st half of Month 2

Step #4 47 to 48% Shooting and 53 to 52% 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

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.

Period: 2nd half of month 2

Step #5 Same time sharing as Step #4

Various General Types of Strength - mainly with maximal contractions, including isometric strength, but also endurance strength.

Period: **Month 3 to mid-Month 4**

Step #6 2/3 Shooting and 1/3 for other developments (5 hours).

Total Volume: **15:00 hours** per week

Shooting: **5 sessions** per week of **2 hour** each, including 3 sessions of SPECIFIC strength = 10 hours

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

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

Specific Strength: Means strengthening exercise on the shooting line, while shooting

Period: **2nd half of Month 4 and Month 5**

Step #7 52 to 53% Shooting and 48 to 47% for other developments (9:00 hours).

Total Volume: **19 hours** per week

Shooting: **5 sessions** per week of **2 hour** 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

Body Balance: **5 sessions** per week of **50 min.** = 4:10 hours

Period: **Month 6**

Step #8 60% Shooting and 40% for other developments (8:00 hours).

Total Volume: **20 hours** per week

Shooting: **5** sessions per week of **2 hours** each, including 3 sessions of SPECIFIC body balance and a test or a tournament = 12 hours

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

Yoga: **1** sessions per week of **1:30 hour** each = 1:30 hour.

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

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

Specific Body Balance: Mainly made of shots from an unstable platform.

Period: **Month 7**

Step #9 **2/3** Shooting and **1/3** for other developments (6:45 hours).

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

Shooting: **5** sessions per week of **2:15 hours** each, including 3 sessions of **shooting perceptions** and test or tournament = 13:30 hours

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

Yoga: **1** sessions per week of **1:30 hour** each = 1:30 hour.

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

Body Balance: **1** sessions per week of **1 hour** (out of shooting) = 1 hours

Shooting perceptions: Made of blind shots, hidden target, ...

Period: **Month 8**

Step #10 **78%** Shooting and **22%** for other developments (4:15 hours).

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

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

Cardio: 1 session per week of **1:15 hour** each = 1:15 hours
Yoga: 1 sessions per week of **1:30 hour** each = 1:30 hour.
Strength: 1 maintenance session per week of **1:30 hour** = 1:30 hour
Period: **Month 9 to end of Month 11**

Step #11 Transition period: **Rest** or different sport activities

Period: **Month 12**

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 session &/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.