INRECOIL ANNUAL PERIODIZATION TRAINING PLAN (YTP)

OLYMPIC & PRECISION MARKSMANSHIP

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ATHLETE NAME: _____ DISCIPLINE / EVENT: _____ HEAD COACH: _____ SEASON / YEAR: _____ DATE SUBMITTED: _____

PERIODIZATION PHASE	GENERAL PRE-SEASON		SPECIFIC PRE-SEASON		PRE-COMPETITIVE		COMPETITION	POST-COMP. (PRE)		TRANSITION / RECUPERATION		
MONTH / CALENDAR	**Jan**	**Feb**	**Mar**	**Apr**	**May**	**Jun**	**Jul**	**Aug**	**Sep**	**Oct**	**Nov**	**Dec**
Microcycles (Weeks 1 – 52)	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 • 48-52
COMPETITION CALENDAR & MATCH TIERS												
Tier 1: International / Trials												
Tier 2: National Championships												
Tier 3: State / Regional Matches												
Tier 4: Club / League / Postal												
INTENSIVE TRAINING CAMPS & CLINICS												
Location & Facility Name												
Dates / Duration / Focus												
TRAINING SCHEDULE & LOAD DISTRIBUTION (VOL / INTENSITY)												
Physical — Strength & Stability	High Vol (85%)	High Vol (80%)	Spec. Str (70%)	Spec. Str (65%)	Power (50%)	Maint. (40%)	Maint. (30%)	Maint. (30%)	Taper (25%)	Active Rec	Cross-Train	Base Rest
Physical — Aerobic / Cardio	Base Cardio (Zone 2)	Base Cardio (Zone 2)	Threshold / Intervals	HR Recovery Drills	Intervals (HIIT)	Match HR Sim	Match Maint.	Match Maint.	Low Recovery	Recreation	Recreation	Hiking/Swim
Mental — Tactical & Routines	Arousal Control	Breath Anchor	Pre-Shot Routine	Shot Visualization	Pressure Training	Distraction Drills	Peak Mental State	Peak Focus	Debrief / Reset	Mental Detach	Season Review	Goal Setting
Technical — Shooting Volume	Holdings / Dry Fire	Position / Grip Build	Scatt Trace / Sight	Trigger Isolation	Match Timings	Finals Simulation	Peak Match Fire	Championships	Post-Match Eval	Tech Overhaul	Equipment Mod	Zero Range Rest
Testing / Benchmarks (AR/MN/...	AR Base	MN Test	TS Match 1	AR VO2	TS Match 2	MN Stress	TS Trial	TS Peak	AR Post	Medical Eval	Physio Screening	Annual Review

SEASON GOALS & PERFORMANCE OBJECTIVES (SPECIFIC & MEASURABLE)

1. Target Qualification Score (Avg): _____ Match Peak: _____
2. Key Technical Focus: _____
3. Physical Conditioning Goal: _____
4. Priority Championship / Selection: _____

TESTING & EVALUATION CODES

AR **Aerobic & Cardio:** VO2 Max, Resting HR, 3-min Recovery Step Test.

MN **Mental Toughness:** Arousal recovery, Pre-shot adherence under clock.

TS **Technical Score:** 60-shot benchmark, Scatt 10.0 holding trace stability.

SIGNATURES & REVIEW PROTOCOL

Athlete Submission: _____ Signature & Date

Head Coach Review: _____ Signature & Date Approved

PERIODIZATION PHASE ARCHITECTURE (TUDOR BOMPA MARKSMANSHIP DOCTRINE)

1. Pre-Season (Build Foundation)

General: Groundwork, high volume, lower intensity. Physical conditioning is primary.
Specific: Blends training categories; physical volume remains high, technical drills become specific.

2. In-Season (Stabilize & Peak)

Pre-Competitive: Incorporates skills into match performance. Fine-tunes mechanics under pressure.
Competitive: Pure results focus. High intensity, reduced volume, stress adaptation, and active recovery.

3. Post-Season (Recuperation)

Active rest, physical fitness maintenance, rehabilitation of musculoskeletal strain.
Participation in complementary non-specialized sports. Training intensity and volume kept low.

Volume vs. Intensity Rule

Training volume and intensity have an inverse relationship. As major matches approach, volume tapers sharply while execution intensity peaks.

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MACROCYCLE DYNAMICS: THE INVERSE VOLUME-INTENSITY LAW

FOUNDATIONS

Periodization is the systematic planning of athletic training to achieve peak physical, technical, and psychological performance at specific competition dates while preventing overtraining and injury. In shooting sports, where neurological fatigue and autonomic arousal directly dictate sight stability, managing training volume against intensity is paramount.



MACROCYCLE WORKLOAD ALLOCATION STANDARDS

RATIOS

Phase	Vol %	Int %	Physical / Technical / Mental Split	Primary Training Objective
General Pre-Season	85-100%	30-50%	50% Phys • 35% Tech • 15% Mental	Aerobic base, scapular core stability, dry-fire holding volume.
Specific Pre-Season	70-85%	50-70%	30% Phys • 50% Tech • 20% Mental	Scatt trace stability, trigger break consistency, position refinement.
Pre-Competitive	50-70%	70-85%	20% Phys • 50% Tech • 30% Mental	Match tempo, finals simulation, elimination shoot-offs, stress adaptation.
Competitive Peak	30-50%	85-100%	15% Phys • 45% Tech • 40% Mental	Tapering, maximum performance delivery, psychological arousal mastery.
Transition / Rest	15-25%	15-25%	60% Phys • 10% Tech • 30% Mental	Musculoskeletal rehab, cross-training, mental detachment, season audit.

THE FOUR INVARIABLE LAWS OF PERIODIZED MARKSMANSHIP

- **Law of Supercompensation:** High training loads temporarily depress performance. Adequate planned rest (microcycle recovery) is where biological adaptation and skill consolidation occur.
- **Avoid Premature Peaking:** Introducing maximum competitive intensity too early in the calendar induces neural burnout and technical regression by mid-season.
- **Respect the Taper:** In the 10 to 14 days preceding an Olympic or National selection trial, physical volume must drop by 40-50% while match mental routines remain razor-sharp.
- **Continuous Diagnostic Auditing:** Every flyer and erratic match series must be fed back into the training log via the InRecoil Shooter Fault Diagnostic System.

STANDARDIZED TESTING & EVALUATION PROTOCOLS

DIAGNOSTICS

Test Category	Evaluation Metric	Target Benchmark (Elite Standard)
AR Aerobic & Cardio	• Resting Heart Rate (BPM) • 3-Minute Step Recovery Test • Max Breath-Hold Stability	• Resting HR ≤ 55 BPM • HR returns to baseline within 90 sec • 35s calm respiratory pause holding
MN Mental & Tactical	• Pre-shot Routine Duration • Heart Rate Variability (HRV) • Shot Execution under Clock	• Variance ≤ 0.8 seconds across 60 shots • High parasympathetic tone at release • Zero hesitation / freeze on late breaks
TS Technical Score	• 60-Shot Match Benchmark • Scatt 10.0 Holding Diameter • Scatt Follow-Through Speed	• ≥ 575/600 (Air Pistol) / ≥ 580 (Rifle) • Holding area ≤ 8.5mm at 10 meters • Smooth blue/yellow deceleration vector

QUARTERLY COACH-ATHLETE REVIEW CHECKLIST

MONITORING

Periodization is a living document, not an unchangeable script. Athletes and coaching staff must conduct formal reviews at the conclusion of each mesocycle using the following agenda:

- **Volume Compliance Check:** Compare logged training hours/shots against the target allocation. Was under-training or chronic over-training present?
- **Autonomic Fatigue Assessment:** Evaluate morning resting heart rate, sleep quality scores, and grip dynanometer values to detect overreaching.
- **Equipment & Position Audit:** Verify grip torque, shoe orthotics, sight iris settings, and trigger weight compliance before moving to the Pre-Competitive phase.
- **Psychological Resiliency Debrief:** Analyze performance under final-round shoot-off simulations. Did the shooter execute their visual focal routine?

INTEGRATED INRECOIL TRAINING ARCHITECTURE

This Annual Periodization Plan operates seamlessly alongside the complete InRecoil training ecosystem. Cross-reference with our **Shooting Sports Training Architecture Guide**, the **Shooter Fault Diagnostic Manual**, and our **Match Finals Pressure Simulation Guide**.

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