# **New Brunswick Fencing Training Plan**

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| **Athlete name** | Mathieu Paquet | **Gender** | Male |
| **Target age category** | Open (Senior) | **Season** | 2018/2019 |
| **Personal Coach** | Rick Gosselin |
| **LTAD level** | ☒Train to Train ☐Train to Compete ☐Train to Win ☐Active for Life |

**SMART Training Goals**

To help you create training goals, try to make them SMART (Specific, Measurable, Achievable, Relevant, Time-bound) Here are some questions that you can answer to make a SMART goal.

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| **Specific**State what you’ll do | * What do I want to accomplish?
* Why is this goal important?
* Where is it located?
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| **Measurable**Provide a way to evaluate | * How much?
* How many?
* How will I know when it is accomplished?
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| **Achievable**Possible to accomplish | * How can I accomplish this goal?
* How realistic is the goal?
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| **Relevant**Makes sense for you | * Does it make sense for you to do?
* Does this seem worthwhile?
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| **Time-bound**State when you’ll get it done | * When will it be done? (Be specific on your dates or time frame)
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| **SMART Training Goals** |
| **Goal:**I will increase my physical endurance by being able to consistently do 25 double jumps in a minute by National 2019.  |
| **Specific** | I want to increase my physical endurance by doing double jumps.It will help me be less tired during a match.I will jump in a gym where I have enough room. (Before fencing class) |
| **Measurable** | I will do double jumps for 3 rounds of one minute with one minute breaks in between.I will track my score to mark down my progress. Aiming for 25 double jumps for all 3 rounds. |
| **Achievable** | I can accomplish this by practicing at least twice a week. Making double jumps a part of my regular warm up routine. It is very achievable as it does not require too much time and I can do this by myself. |
| **Relevant** | It makes sense for me to do as I can easily do it before fencing and increasing the number of double jumps will improve my physical endurance so I can have a better performance when fencing. |
| **Time-bound** | I will achieve this goal by Nationals 2019. |

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| **Weekly training goals** | **Hours** | **Activities** |
| Physical or cross training | 2-4h | 3-5 workouts per week at 9Round Fitness (1-2 workouts during fencing season) |
| Fencing specific training | 1.5h (Coaching)2.5h (Fencing)2-3h (Fundy Club Visits) | Coaching 6:30 to 7:30 on Tuesday.Fencing class 7:30 to 9 on Tuesday.Bouting and coaching 7 to 8:30 on Wednesday.Fundy club visits on Thursdays and Saturdays |
| Bouting | 1h | About 15 minutes a week at MFC.Over an hour at Fundy Club visits. |

**Monthly activity planning:**

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|  | **Events** | **Training focus** |
| August | Summer Sword | * Get one practice session before the tournament.
* Do one extra round of abs each workout.
* Try to win the challenge of the week every week.
* Have a total peak heart rate time of 2-5 minutes each workout.
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| September | Club starts training | * Don't slack off on sprints.
* Stay low during footwork drills.
* Maintain workout goals.
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| October | Fundy OpenCanada Cup East | * Visit another club for extra practice.
* Get first experience of a high level competition outside the province.
* Review competition results with coach or teammates.
* Maintain workout and club training goals.
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| November | Moncton Open | * Visit another club for extra practice.
* Review competition results with coach or teammates.
* Maintain workout and club training goals.
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| December | NB Camp | * Visit another club for extra practice.
* Get the most out of camps.
* Maintain workout and club training goals.
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| January | Alfred Knappe | * Visit another club for extra practice.
* Review competition results with coach or teammates.
* Maintain workout and club training goals.
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| February |  | * Visit another club for extra practice.
* Maintain workout and club training goals.
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| March | UNB ShieldNB camp | * Visit another club for extra practice.
* Review competition results with coach or teammates.
* Get the most out of camps.
* Maintain workout and club training goals.
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| April | NB Provincials | * Visit another club for extra practice.
* Review competition results with coach or teammates.
* Maintain workout and club training goals.
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| May | 2019 NationalsChallenge Guillemart 2019 | * Use lessons learned from this year’s training to compete at my best for final out of province tournament.
* Maintain workout goals and do 4-5 workouts per week at 9Round Fitness.
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| June |  | Maintain workout goals and do 4-5 workouts per week at 9Round Fitness. |
| July |  | Maintain workout goals and do 4-5 workouts per week at 9Round Fitness. |