# **New Brunswick Fencing Training Plan**

|  |  |  |  |
| --- | --- | --- | --- |
| **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.

|  |  |
| --- | --- |
| **Specific**  State what you’ll do | * What do I want to accomplish? * Why is this goal important? * Where is it located? |
| **Measurable**  Provide a way to evaluate | * How much? * How many? * How will I know when it is accomplished? |
| **Achievable**  Possible to accomplish | * How can I accomplish this goal? * How realistic is the goal? |
| **Relevant**  Makes sense for you | * Does it make sense for you to do? * Does this seem worthwhile? |
| **Time-bound**  State when you’ll get it done | * When will it be done? (Be specific on your dates or time frame) |

|  |  |
| --- | --- |
| **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. |

|  |  |  |
| --- | --- | --- |
| **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:**

|  |  |  |
| --- | --- | --- |
|  | **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. |
| September | Club starts training | * Don't slack off on sprints. * Stay low during footwork drills. * Maintain workout goals. |
| October | Fundy Open  Canada 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. |
| November | Moncton Open | * Visit another club for extra practice. * Review competition results with coach or teammates. * Maintain workout and club training goals. |
| December | NB Camp | * Visit another club for extra practice. * Get the most out of camps. * Maintain workout and club training goals. |
| January | Alfred Knappe | * Visit another club for extra practice. * Review competition results with coach or teammates. * Maintain workout and club training goals. |
| February |  | * Visit another club for extra practice. * Maintain workout and club training goals. |
| March | UNB Shield  NB 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. |
| April | NB Provincials | * Visit another club for extra practice. * Review competition results with coach or teammates. * Maintain workout and club training goals. |
| May | 2019 Nationals  Challenge 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. |
| 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. |