# **New Brunswick Fencing Training Plan**

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| **Athlete name** |  | **Gender** |  |
| **Target age category** |  | **Season** |  |
| **Personal Coach** |  | | |
| **LTAD level** | ☐Learn to Train ☐Train to Train ☐Train to Compete ☐Train to Win ☐Active for Life  [See this booklet](http://fencing.ca//wp-content/documents/ltad/CFF_LTAD_program-en_r5-web.pdf) for more detail about LTAD | | |

**SMART Goals**

As an athlete it is important to orient your training towards a set of goals. These can be end-of-season goals, or ones you wish to achieve during the season. As for the goals themselves, they can concern technical development, physical capability, competition results, and more. To create training goals, we recommend that you try to make them SMART (Specific, Measurable, Achievable, Relevant, Time-bound). Adding these details to your goals will help you track and achieve them.

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? * What kinds of activities will help me achieve this goal? * Why is this goal important? |
| **Measurable**  Provide a way to evaluate | * How much? * How many? * How will I know when it is accomplished? |
| **Achievable**  Possible to accomplish | * What do I need to 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) |

Note: the SMART Training Goals, Weekly Training Goals, and Monthly Activity Planning sections can be adjusted, expanded or added to; please do not let their current set-up limit your planning.

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| **SMART Training Goals** | |
| **Goal:** | |
| **Specific** |  |
| **Measurable** |  |
| **Achievable** |  |
| **Relevant** |  |
| **Time-bound** |  |

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| **SMART Training Goals** | |
| **Goal:** | |
| **Specific** |  |
| **Measurable** |  |
| **Achievable** |  |
| **Relevant** |  |
| **Time-bound** |  |

**Weekly Training Goals**

Once you have developed a series of SMART Goals, you can use them to guide your training on a weekly basis: what you do every week should be aimed at meeting your goals, it is what will make those goals achievable. That is why we measure it with weekly check-in. Finally, when planning your weekly activity, you do not need to limit yourself to just what you do during fencing practice, all other forms of cross-training (cardo, strength-training, etc.) are also important to plan and commit to.

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| **Weekly training goals** | **Minutes** | **Activities** |
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**Monthly Activity planning**

With your SMART goals in mind, make a list of events that you plan on doing this year and mark down what you plan to do to prepare for those events. Preparation for these events can be bouting, conditioning, drills with your coach or other training focus activities.

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|  | **Events**  (Tournaments, Camps, Others) | **Training focus**  (Conditioning, technique, mental preparation, bouting, etc.) |
| September |  |  |
| October |  |  |
| November |  |  |
| December |  |  |
| January |  |  |
| February |  |  |
| March |  |  |
| April |  |  |
| May |  |  |
| June |  |  |
| July |  |  |
| August |  |  |