

# 6 WEEK TRAINING PLAN

## Technical Focus

- Posture - flat back. Straight body.
- Set position learning.
- Open the bow and setup position learning.
- Anchor position, alignment and position at full draw.
- Continuous expansion and aggressive release and follow through.

## Physical Focus

- General strength.
- Finger/wrist/forearm strength
- Core conditioning

## Mental Focus

- Complete training diary daily
- Visualise your shot process x 12 arrows per day minimum.

	SESSION 1	SESSION 2	SESSION 3
MON	<b>Core Circuit</b>	<b>Skill 1: Posture</b> - Mirror band draw ups x 100 - Light bow set position repeats x 50. - Formaster draw ups with rubber band x 50.	<b>Skill 2: Full Draw</b> - Light bow draw and hold reps with 'arrow in elbow' device x 150 - Use overhead or 5 o'clock video delay feedback.
TUE	<b>Wrist Circuit</b>	<b>Skill 1: Posture</b> - Repeat from Monday Session 2.	<b>Bow Training Circuit</b>
WED	<b>Skill 1: Posture</b> - Repeat from Monday Session 2.	<b>Skill 2: Full Draw</b> - Repeat from Monday session 3.	<b>Skill 1: Posture</b> - Repeat from Monday Session 2.
THU	<b>Core Circuit &amp; Wrist Circuit</b>	<b>Bow Training Circuit</b>	<b>Skill 2: Full Draw</b> - Repeat from Monday session 3.
FRI	<b>Skill 2: Full Draw</b> - Repeat from Monday session 3.	<b>Skill 1: Posture</b> - Repeat from Monday Session 2.	<b>Bow Training Circuit</b>
SAT	<b>Core circuit in reverse order</b>	<b>Skill 2: Full Draw</b> - Repeat from Monday session 3.	<b>Bow Training Circuit</b>
SUN	<b>Rest day</b>		

### Wrist/Finger Circuit:

1. Dumbell wrist curl x 15.
2. Dumbell reverse wrist curl x 15.
3. Dumbell radial/ulnar deviations x 15.
5. Neutral grip pull up bar hangs x 45 sec.

**Repeat x 4**

### Core Circuit:

- 1a. Front plank 30sec
- 1b. R-side plank 30 sec
- 1c. L-side plank 30 sec
- 2a. Deadbugs x 10
- 2b. Press ups x 10
3. Alecknas x 15
- 4a. Squats x 10
- 4b. Split squats x 10

**Repeat x 4**

### Bow Training Circuit:

1. Full draw formaster hold with light (~20lb) bow (30 sec).
2. Formaster setup to full draw reps with band x 25

**Repeat x 20**