ONLINE ARCHERY ACADEMY

6 WEEK TRAINING PLAN

Technical Focus		SESSION 1		SESSIC
 Posture - flat back. Straight body. Set position learning. Open the bow and setup position learning. 	MON Core Circuit		it	Skill 1: Pe - Mirror band 10 - Light bow s repeats - Formaster with rubber
 Anchor position, alignment and position at full draw. Continuous expansion and aggressive release and follow 	TUE	Wrist Circu	it	Skill 1: Po - Repeat fror Sessio
through. Physical Focus	WED	Skill 1: Postu - Repeat fro Monday Sessi	m	Skill 2: Fu - Repeat fror sessio
General strength.Finger/wrist/forearm strengthCore conditioning	THU	Core Circuit & Wrist Circuit		Bow Trainin
 Mental Focus Complete training diary daily Visualise your shot process x 12 arrows per day minimum. 	FRI	Skill 2: Full Draw - Repeat from Monday session 3.		Skill 1: Po - Repeat fror Sessio
	SAT	Core circuit in reverse order		Skill 2: Fu - Repeat fror sessio
	SUN	Rest day		
	 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 se 1c. L-side plank 30 se 2a. Deadbugs x 10 2b. Press ups x 10 3. Alecknas x 15 4a. Squats x 10 4b. Split squats x 10	

SESSION 1	SESSION 2	SESSION 3		
Core Circuit	 Skill 1: Posture Mirror band draw ups x 100 Light bow set position repeats x 50. Formaster draw ups with rubber band x 50. 	 Skill 2: Full Draw Light bow draw and hold reps with 'arrow in elbow' device x 150 Use overhead or 5 o'clock video delay feedback. 		
Wrist Circuit	Skill 1: Posture - Repeat from Monday Session 2.	Bow Training Circuit		
Skill 1: Posture - Repeat from Monday Session 2	Skill 2: Full Draw - Repeat from Monday session 3.	Skill 1: Posture - Repeat from Monday Session 2.		
Core Circuit & Wris Circuit	Core Circuit & Wrist Circuit Bow Training Circuit			
Skill 2: Full DrawSkill 1: Posture- Repeat from- Repeat from MondayMonday session 3.Session 2.		Bow Training Circuit		
Core circuit in reverse order	Skill 2: Full Draw - Repeat from Monday session 3.	Bow Training Circuit		
Rest day				
ger Circuit: Core Circuit:		Bow Training Circuit:		
1b.	Front plank 30sec 1 R-side plank 30 sec L-side plank 30 sec	. Full draw formaster hold with light (~20lb) bow (30 sec).		
radial/ulnar	Deadbugs x 10 Press ups x 10	 Formaster setup to full draw reps with band x 25 		

Repeat x 4

Repeat x 20