TRAINING PLAN						Year overview							
MONTHS		JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Competitions	*Major*												
	Minor												
Balance of Training time													
Physical													
Mental													
Technique													
Training Load	high												
	meduim												
	low												
Codes	NAT	Nationals					PB	AIR					
	SC	State Championships						3P					
	WIN	Winchester						Prone					
	GL	Lawler Air Rifle											
	AC	Australia Cup											