

Week #16 Progress Report			
Day	Count	Arrow Average by Round Type/Setup	
		A	B
Mon	0		
Tue	172		9.01
Wed	172		9.07
Thu	140	9.55	
Fri	0		
Sat	90		9.33
Sun	120		
<b>Arrow Count</b>	<b>694/600 [116%]</b>		

**Progress Report: Legend**

A	Indoor: Default Setup
B	Outdoor: Default Setup

Journal Entries for the Week			
<b>Monday, 16 April 2018</b>			
6:41 AM - [93] Rest & Recuperation			
rest day to recover from Sunday competition			
<b>Tuesday, 17 April 2018</b>			
6:39 AM - [92] Arrow Count: 100			
Default Setup			
Blank butt			
working on consistently reaching holding, and complete follow through			
7:42 AM - [94] Practice			
WA: WA 70/720	649/720	9.01	
Xs: 3	10s: 19	9s: 33	Gold: 76.39%
Outdoor: Default Setup (Arrows: 72)			
<b>Wednesday, 18 April 2018</b>			
6:43 AM - [95] Arrow Count: 100			
Default Setup			
Blak butt			
continue to work on process, reach holding and follow through			
6:45 AM - [96] Practice			
WA: WA 70/720	653/720	9.07	
Xs: 7	10s: 17	9s: 30	Gold: 75%
Outdoor: Default Setup (Arrows: 72)			
<b>Thursday, 19 April 2018</b>			
6:46 AM - [99] Arrow Count: 80			
Default Setup			
indoor - team training			
7:48 AM - [100] Practice			
WA: WA 18m (Vertical, Recurve)	573/600	9.55	
10s: 36	9s: 21		Gold: 95%
Indoor: Default Setup (Arrows: 60)			
reached holding 80% of shots			
8:50 AM - [101] Specific Physical Training (SPT)			
10Ã- 20sec holds and 40sec rest			
<b>Friday, 20 April 2018</b>			
6:52 AM - [102] Strength & Conditioning			
worked on strengthening core			
<b>Saturday, 21 April 2018</b>			
9:00 AM - [103] Club			
AA: Drake	840/900	9.33	
Xs: 20	10s: 40	9s: 20	Gold: 88.89%
Outdoor: Default Setup (Arrows: 90)			
Saturday morning club shoot			
<b>Sunday, 22 April 2018</b>			
6:56 AM - [104] Arrow Count: 120			
Default Setup			
blank butt			
continue to work on process; reach holding and follow through			