

4-Week Concealed Carry Plan

Name: _____ Start Date: _____ End Date: _____

Use this plan to build safe, consistent reps. Log times/hits. Stop if safety breaks.

Dry-fire: confirm unloaded, remove ammo from room, double-check.


Weekly Targets


First shot from concealment at 7 yards: target 1.7–2.2s by Week 4

Draw → Reload → A-zone at 7 yards: target <4.5s by Week 4

Safe, eyes-on reholster every rep

Week 1 Dry Fire (10 min, 3×/week)

 **Focus:** garment clear, full firing grip, sights steady, clean press.

 **Par times:** 2.5–3.0s to sight picture at extension (no shot).

Session 1

Time:

Notes:

Session 2

Time:

Notes:

Session 3

Time:

Notes:

Drills


20 reps: Clear garment → full grip in holster (no draw)


20 reps: Draw to sights (press check only; no trigger press)

20 reps: Draw to sights → smooth trigger press (click)

10 reps: Safe, eyes-on reholster

Week 2 Dry Fire (10 min, 3×/week)

 **Focus:** garment clear, full firing grip, sights steady, clean press.

 **Par times:** 2.5–3.0s to sight picture at extension (no shot).

Session 1

Time:

Notes:

Session 2

Time:

Notes:

Session 3

Time:

Notes:

Drills


20 reps: Clear garment → full grip in holster (no draw)


20 reps: Draw to sights (press check only; no trigger press)

20 reps: Draw to sights → smooth trigger press (click)

10 reps: Safe, eyes-on reholster

Week 3 Dry Fire (10 min, 3×/week)

 **Focus:** garment clear, full firing grip, sights steady, clean press.

 **Par times:** 2.5–3.0s to sight picture at extension (no shot).

Session 1

Time:

Notes:

Session 2

Time:

Notes:

Session 3

Time:

Notes:

Drills


20 reps: Clear garment → full grip in holster (no draw)


20 reps: Draw to sights (press check only; no trigger press)

20 reps: Draw to sights → smooth trigger press (click)

10 reps: Safe, eyes-on reholster

Week 4 Combine Skills (2 range sessions)

 **Focus:** timer, reloads, low-light if available.

 **Par times:** 1.7–2.2s first shot; <4.5s draw → reload → A-zone.

Session 1

1 First-shot avg:

Drill time:

Notes:

Session 2

1 First-shot avg:

Drill time:

Notes:

Drills

20 reps: Clear garment → full grip in holster (no draw)


20 reps: Draw to sights (press check only; no trigger press)

20 reps: Draw to sights → smooth trigger press (click)

10 reps: Safe, eyes-on reholster

Reliability Checklist (Pre-Carry)


200 rds FMJ with no gun-caused stoppages


50 rds of your carry JHP with zero malfunctions


Slide locks on empty; reloads positive


Log cleaned & lubricated; parts inspected

Notes / Lessons Learned

Legal Reminder

Know and follow your local and state laws. This card is training info, not legal advice. Stop any drill if safety is compromised.