COACH AND PRACTITIONER GUIDE

How to prescribe a programme with the ST Performance Programme Builder, deliver it in the format that suits each athlete and use the Visualiser to show every running drill.

THE TWO TOOLS

PROGRAMME BUILDER

www.stperformanceglobal.com/athlete-support/programmer/

Builds a lifting, speed, running and indoor conditioning programme from your settings. A programme stays on the device that built it and moves between people as a saved file or a PDF.

VISUALISER

www.stperformanceglobal.com/athlete-support/conditioning/

Shows each rugby conditioning drill run by a player on a field with distance, changes of direction and work to rest. It imports the field work from a builder PDF and builds sessions and plans of its own.

You will also find all three tools under **Athlete Support** in the top menu of the ST Performance website. Each sits behind an access code, so ask Simon for them. For short notice sessions there is also a lightweight **Drill Viewer** that a player can open from a link. It has its own one page guide, the Drill Viewer Guide.

PRESCRIBE A PROGRAMME PROGRAMME BUILDER

1. Open the builder on a laptop or tablet and set **Programme length** from 4 to 16 weeks.
2. Switch on the sections the athlete needs from **Lifting** **Speed** **Running Conditioning** and **Indoor Conditioning**. Each section has its own days per week.
3. For lifting set the equipment the athlete actually has, then the body emphasis, focus and session structure. The Advanced focuses such as Contrast Pairs and Cluster Sets suit experienced lifters.
4. For running set the type, days per week, approach and a session volume range in metres or yards. Choose **Fixed** to hold the volume or **Build 10%** to add 10% every two weeks. Set the session ceiling (up to 5000 m) and the builder works out the weekly ceiling for you.
5. Optional: choose **Day 1, 2, 3** or **Mon, Tue, Wed** under **Day labels**. With weekdays, tap the days each section trains on (**Match Lifting** puts Indoor Conditioning on the lifting days). Then press **Populate Week** in the **Weekly layout** grid and swap sessions with the arrows or by dragging until the right session sits on each day (LB lower, UB upper, FB full body, Acc, Max Spd, COD). Switch on **Map to calendar** and set a start date so every week and session carries its date. Teams on a cycle other than seven days stay on Day 1, 2, 3.
6. Press **Build programme**. The builder collapses so the programme sits at the top of the page.
7. Review every week. The **Programme** tab at the top shows only the programme and the **Builder** tab takes you back to the settings. Use the week tabs (W1, W2 and so on) to step through the block. Sets and reps change week by week and the deload weeks are marked.
8. Tap any lift to swap it for a progression, regression or substitution. The builder asks whether the swap is for **This week** or **All weeks**. Press **Edit settings** to change a setting and rebuild.
9. Press **Library** for the reference booklet of every exercise, prescription and drill the builder can use.

CHOOSE HOW THE ATHLETE WILL FOLLOW IT

FORMAT	HOW IT WORKS	BEST FOR
On a phone	The athlete opens the builder link and loads the saved file. Add to Home Screen makes it behave like an app. The **Record On** switch turns recording on for every lifting day at once (**Record Off** hides the boxes) so the athlete can log numbers. The grey figure in each box shows last week's load and reps as a reminder.	Athletes who train with a phone in hand
PDF: Programme	Opens a print view with an overview page and then one page per week holding that week's lifting, speed and conditioning. Print it or choose Save as PDF. It carries no recording boxes.	A clean sheet for the wall or clipboard
PDF + Recording	The same print view with boxes to write loads, reps and effort by hand.	Paper logging in the gym
Fillable PDF	A PDF with typeable boxes that opens on any device. Anything already recorded in the app is filled in. It needs a connection to build.	Logging on a device without the builder
Save	Writes ST_Performance_Programme.json. **Load** restores it exactly with any recorded values.	The master copy and the live hand over

SEND A PROGRAMME TO AN ATHLETE

1 BUILD

Build and review the programme in the builder.

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2 SAVE AND EXPORT

Press **Save** for the programme file and export the PDF format the athlete will use.

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3 SEND

Email or message both files. The athlete opens the builder, presses **Load** and picks the file.

Send the file as well as the PDF. The PDF is a fixed copy while the file reopens the live programme so the athlete can record in it. Every week travels in both, so nothing needs to be sent week by week.

RECEIVE A PROGRAMME AN ATHLETE BUILT

1. Ask the athlete to press **Save** and send you the file. A PDF works if that is all they have.
2. Open the builder, press **Load** and pick their file. You see exactly what they built with any numbers they recorded.
3. Adjust it with **Edit settings** or by swapping lifts. Press **Save** and send the file back with a short note on what changed.
4. To see their running drill by drill upload their programme PDF into the Visualiser as set out below. Every week comes across.

> Weights and ticks save automatically in the browser on that device only. Clearing browser data, a private window or a change of device loses them, so press **Save** regularly. The saved file is the real backup for you and the athlete. The builder shows a quiet **Last backup** line and prompts after a finished session once a week has passed. If your device offers it, choose Replace so the backup keeps the same file name and is easy to find. The Visualiser has its own **Save backup** and **Restore backup** in Programme view for plans and My drills.

USE THE VISUALISER SHOW, CHECK AND BUILD FIELD SESSIONS

Import your prescription

Turn a phone sideways for a wide view. The Panel tab on the right edge slides the session and programme column in and out so the video keeps its size.

Open **Programme view** and press **Upload programme PDF** with a programme or fillable PDF from the builder. Every week of running and speed sessions loads, with gym and indoor conditioning ignored. Use the week tabs and session tabs to move through it day by day. Set the programme start date and **Jump to today** opens the current week. Reps stay capped at 10. **Build programme in builder** jumps back to the builder to make a new one.

Look up and show a drill

Drill view shows the visual, the controls and the searchable drill list. Search by name or open a group, then tap a drill to run it in the viewer. Switch the camera between Drill, Pitch, Top and Chase and slow it to 0.5x to coach the detail. The field shows distance markings on both sidelines, and the soccer pitch is a full 110 m. The camera icon beside each drill saves a short video you can send to an athlete.

Build a session

Session view holds the session builder and session import. Set a target in metres and an energy system. Press **Roll the dice** or add drills one at a time. The filters narrow the list by phase, changes of direction and down-ups or by contact and crawl work. It also scales reps to land on the target.

Build a plan

Programme tools in Programme view generates a week plan from weeks, days per week, blend and weekly progression. **Save current session** adds a session to the plan and **Add progressed copy** builds the next step.

Add your own drill

Add drill builds a drill step by step on the field. Preview it and save it to My drills. **Copy drill code** shares it with another coach, or send the code to Simon for the shared catalogue.

Share sessions and the library

Save PDF writes the session as a PDF and the athlete reopens it with **Import PDF or file**. **Download drill library PDF** prints every drill with its diagram, script and volume.

Plans, sessions and My drills stay in the browser that made them, so export a PDF of anything you want to keep.

COACH AND PRACTITIONER MENTORING

Work through programme design, session planning or a season with Simon Thomas.

Book a call

General guidance only. Coaches remain responsible for drill selection, loading, supervision and contact work and for the suitability of each programme for the athlete.