FULL STACK GUIDE

Build the programme, follow it and watch the field work run, all in one tool. Three tabs sit at the top: **Builder**, **Programme** and **Field Viewer**.

FOR ATHLETES

Build it, then see it run

Build your own lifting, speed and running block, then open any running or speed day in the Field Viewer and follow it on the pitch.

FOR COACHES

Prescribe and show

Prescribe a programme and send the athlete straight from each day to its drills. Save the file and a PDF as you would from the Programmer.

Open it from www.stperformanceglobal.com/athlete-support/full-stack/ or from Athlete Support in the website menu. It asks for an access code, so ask Simon. Add it to your home screen to use it like an app.

HOW THE THREE TABS FIT

1 BUILDER

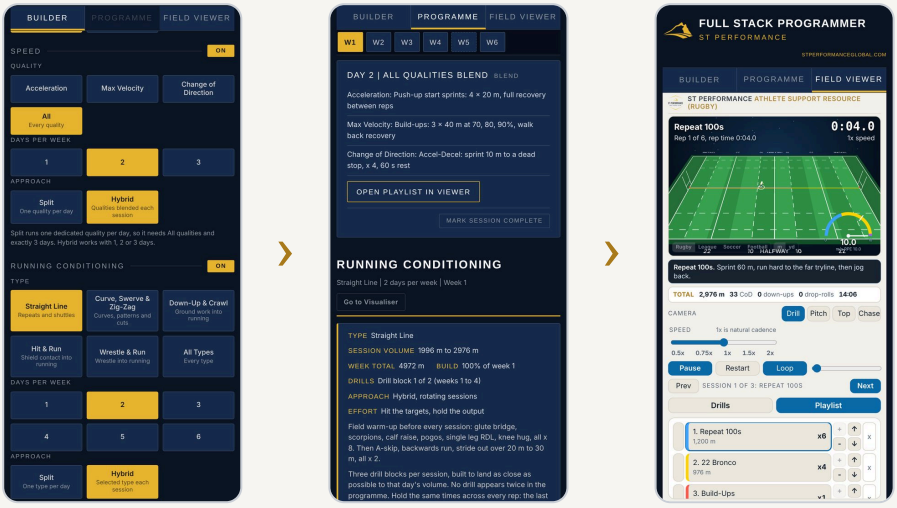
Choose length, lifting, speed and running, then press **Build programme**.

2 PROGRAMME

Step through the weeks. Each speed and running day has its own button.

3 FIELD VIEWER

The day opens as a playlist of drills, ready to play.



BUILD AND OPEN A DAY

1. In **Builder** set the programme length and switch on **Speed** and **Running Conditioning** with the days per week you want. Add **Lifting** and **Indoor Conditioning** if you need them.
2. Optional: arrange the week in the **Weekly layout** grid (page 2). Then press **Build programme**. The **Programme** tab opens with week tabs (W1, W2 and so on). Tap a lift to swap it, exactly as in the Programmer.
3. On any speed or running day press **Open playlist in Viewer**. The **Field Viewer** tab opens with that day loaded as the playlist and the first drill ready.
4. Press **Play in order** and follow the drills. **Next** and **Prev** move through the day. Use the **Programme** tab to go back and open another day.

> Gym lifts and indoor conditioning stay in the Programme tab. Only speed and running days have a button because those are the days with a drill to watch.

BUILD A PROGRAMME

1. Set **Programme length** from 4 to 16 weeks. Start with 4 to 8 weeks for a first block.
2. Switch on **Lifting**, **Speed**, **Running Conditioning** and **Indoor Conditioning** as needed, each with its own days per week.
3. For lifting choose the equipment you really have, then the body emphasis, focus and session structure. Use a Simple focus if unsure and keep Advanced focuses for experienced lifters.
4. For running choose the type, days per week, approach and a session volume range in metres or yards. **Fixed** holds the volume and **Build 10%** adds 10% every two weeks up to your ceiling.
5. Arrange the week. Choose **Day labels**, tick the days each section trains on, press **Populate Week** and use the arrows or drag in the **Weekly layout** grid until each session sits on the right day. Details below.
6. Press **Build programme** to confirm, then use the week tabs in the **Programme** tab. Tap a lift to swap it, for **This week** or **All weeks**. **Edit settings** changes a setting and rebuilds.

Every setting, the PDF options and sending a programme are in the full Programmer Guide.

NAME THE DAYS AND PUT DATES ON THEM

- **Day labels**: choose **Day 1, 2, 3** or **Mon, Tue, Wed**. With weekdays, tap each section's training days. **Match Lifting** puts Indoor Conditioning on the lifting days by default.
- **Weekly layout**: press **Populate Week** to fill the grid above **Build programme** with the real sessions, shown as short codes such as LB, UB, FB, Acc, Max Spd and COD. Select a session and use the arrows, or drag it, to swap it with another session in its row so the right session sits on each day. Crossed-out days are not picked and are skipped. With Day 1, 2, 3 any session can go on any day and gaps become rest days.
- **Map to calendar**: switch it on and pick a start date. Weeks run seven days from that date, or from the weekday you choose in **Start all weeks on**. Day numbers get dated week headings. Weekdays get a date on every session. The PDFs match the app, and the playlist name in the Field Viewer carries the same day and date.

IN THE FIELD VIEWER

CONTROL	WHAT IT DOES
Drills and **Playlist**	Two tabs switch the list. Search **Drills** by name and tap **+** to add one to the playlist. In **Playlist** the **+** and **-** change reps, the arrows reorder and **x** removes a drill.
Camera	**Drill**, **Pitch**, **Top** and **Chase** show the drill from the player, the stands, above or behind.
Speed	The slider runs from 0.5x to 2x with 1x as natural cadence. Slow a drill down to learn the route or speed it up to check the rhythm. **Loop** repeats it.
Total strip	Distance, changes of direction, down-ups, drop-rolls and time for the playlist, updated as you build. Pitch (Rugby, League, Soccer, Football) and metres or yards sit in the corner of the video.
Programme sections	In the **Programme** tab each section starts closed. Tap the gold arrow or heading to open it, then close it when the session is done. **Expand all** opens everything and the PDFs print in full.
Copy link	Copies a link to the playlist that opens in the Running Drill Viewer. Message it to a player. They need the access code for that tool.

WHAT YOU WILL SEE FOR SPEED WORK

- Every speed option in the Programmer has drills in the viewer, from the Acceleration Ladder and Sled Sprints to Flying Sprints, Weave Run and Change of Pace and Swerve. A day with several parts opens as several drills in order.
- The original prescription stays under the playlist as a text card. It holds the cues such as intensity, rest and the plyometric pairing.
- Jumps and throws are text only. The viewer shows hill sprints on the flat, bounds as a run and partner drills with one athlete.

OUTPUT FORMATS

FORMAT	WHAT YOU GET
On a phone	Follow the programme in the **Programme** tab. **Record On** adds weight and rep boxes for every lifting day, with last week's figures in grey. Tick **Mark session complete** as you go.
Open playlist in Viewer	Any speed or running day opens in the **Field Viewer** tab as a playlist of drills you can watch and play.
PDF: Programme	A print view with an overview page and then one page per week, with the day names and dates you chose. Print it or choose Save as PDF.
PDF + Recording	The same print view with boxes to write loads, reps and effort by hand.
Fillable PDF	A PDF with typeable boxes that opens on any device. It needs a connection to build.
Save and **Load**	Save writes a programme file with everything recorded, including your weekly layout. Load restores it exactly. Send the file as well as the PDF so the other person can record in the live programme.
Copy link	In the Field Viewer, copies a playlist link for a player who has the Running Drill Viewer.

KEEP IT SAFE AND ON YOUR PHONE

- Weights and ticks save in the browser on that device only. Press **Save** in the Programme tab to keep a file and send it to your coach. **Load** reopens it.
- iPhone: open it in Safari, tap Share and choose Add to Home Screen. Android: open it in Chrome and choose Add to Home screen.
- The tool loads the Field Viewer the first time you open that tab, so give it a moment on a slow connection.

PROGRAMMING AND PRESCRIPTION

Have Simon Thomas build the programme with you and set the checkpoints.

Book a call

General guidance only. Warm up first and choose loads, drills and surfaces that suit you. Coaches remain responsible for drill selection, loading and supervision.