PLAYER AND ATHLETE GUIDE

Two ways to get a programme, how to follow it on your phone or on paper and how to use the Visualiser when you are not sure how a drill runs.

TWO WAYS TO GET YOUR PROGRAMME

BUILD YOUR OWN

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

For players who know their training history, their equipment and what the season needs. Follow the steps below in the Programme Builder.

BUILD IT WITH ST PERFORMANCE

Book an individual athlete programming call

We build the programme with you, agree how you will follow it and set any follow up and checkpoints along the way.

BUILD YOUR OWN PROGRAMME BUILDER

1. Open the builder and choose **Programme length**. Start with 4 to 8 weeks if this is your first block.
2. Switch on what you need from **Lifting** **Speed** **Running Conditioning** and **Indoor Conditioning**. Choose days per week for each and keep the total realistic around team training.
3. Under Lifting pick the equipment you really have and your focus. If you are unsure choose a Simple focus rather than an Advanced one.
4. Under Running Conditioning pick the type of running and a session volume range in metres or yards. **Fixed** keeps the volume the same while **Build 10%** adds 10% every two weeks up to your session ceiling.
5. Optional: choose **Mon, Tue, Wed** under **Day labels**, tap the days you train, then press **Populate Week** and swap sessions in the **Weekly layout** grid until each one sits on the right day. Switch on **Map to calendar** with a start date to see real dates on every session.
6. Press **Build programme** then open the **Programme** tab and step through the weeks with the week tabs. Each section starts closed, so tap its gold arrow to open it and close it again when the session is done. Tap any lift to swap it for an easier, harder or different option and choose **This week** or **All weeks**.
7. Press **Save** and keep the programme file somewhere safe such as your email or cloud storage.

FOLLOW IT YOUR WAY

WAY	WHAT TO DO
On your phone	Open the builder link and add it to your home screen. On iPhone use Share then Add to Home Screen in Safari. On Android use the browser menu. Your programme reopens where you left it.
On your phone with recording	Switch **Record On** once and every lifting day opens its boxes. Enter your numbers as you go. The grey figure shows last week's load and reps. Tick the session done and press **Save** so the file holds it all.
Printed	Press **PDF: Programme**. You get an overview and then one page for each week. Print it or choose Save as PDF.
Printed with recording	Press **PDF + Recording** and write your loads, reps and effort in the boxes.
On any device	Press **Fillable PDF**. Open it on any device, type into the boxes and save it.

Your weights and ticks save on this device in your browser as you type. Clearing browser data or changing phone loses them, so press **Save** often. The saved file is your backup. After a finished session the builder reminds you once a week if you have not saved. Choose Replace when your device asks so your backup always has the same name and is easy to find. The Visualiser has its own **Save backup** and **Restore backup** in Programme view.

BUILD IT WITH ST PERFORMANCE BOOK A CALL

1. **Book an individual athlete programming call** at a time that suits you.
2. We talk through your training history, your season, your equipment and what you want from the block.
3. We build the programme together in the builder. You leave with the programme file and the format you will follow it in.
4. We agree any follow up and the checkpoints between blocks where we review your numbers and set the next step.

YOUR COACH HAS GIVEN YOU A PROGRAMME

1. If your coach sent a file ending in .json open the builder, press **Load** and pick it. If they sent a PDF just open it or print it.
2. Not sure how a running drill works? Open the **Visualiser** and in **Drill view** type the drill name into the search. Tap it to watch a player run it on the field.
3. Use the camera buttons to watch from above or behind the player and slow it to 0.5x. **Loop** repeats it while you learn where the cones go.
4. To load every field session open **Programme view** and press **Upload programme PDF** with the PDF your coach sent. Pick a week tab then a session tab. Enter the start date and tap **Jump to today** to land on this week.
5. At training open **Session view** and press **Run session** to play each drill in order. Time your own rests with a stopwatch or your phone. Tick a drill when it is done or press Next and it ticks for you.
6. Set Field to the pitch you are using and choose your speed units. On a phone, turn it sideways for a wider view and use the Panel tab to slide the session list in and out.

> Gym lifts and indoor conditioning do not appear in the Visualiser. If a lift is new to you ask your coach or open **Library** in the builder.

SEND YOUR PROGRAMME TO YOUR COACH

1 SAVE

Press **Save** in the builder. It writes ST_Performance_Programme.json with everything you recorded.

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2 EXPORT

Press **PDF: Programme** or **Fillable PDF** for a copy your coach can read anywhere.

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3 SEND

Email or message both. Your coach opens the file with **Load** and can upload the PDF into the Visualiser.

When your coach changes the programme they will send a new file back. Load it in the builder so your phone holds the latest version.

BUILD A RUNNING SESSION IN THE VISUALISER

In **Session view** set a target in metres and an energy system. Press **Roll the dice** for a session that fits or add drills from the list. **Save PDF** keeps the session or sends it to your coach and **Import PDF or file** reopens a session you have been sent.

Only need to watch drills from a link? The **Drill Viewer** opens a session your coach messages you, and the Drill Viewer Guide covers it.

INDIVIDUAL ATHLETE PROGRAMMING AND PRESCRIPTION

Build your programme with Simon Thomas, agree how you will follow it and set the checkpoints that keep it on track.

Book a call

General guidance only. Make sure you are cleared to train and check with a doctor or qualified professional if in doubt. Warm up first and choose drills, loads and surfaces that suit you.