PROGRAMMER GUIDE

Build a lifting, speed, running and indoor conditioning programme in minutes. For athletes building their own block and for coaches prescribing one.

FOR ATHLETES

Build it yourself

Pick your length, sections and equipment, press Build programme and follow it on your phone or on paper. Save the file as your backup and send it to your coach.

FOR COACHES

Prescribe and review

Build for an athlete, swap any lift, then send the saved file and a PDF. Load an athlete's file to see exactly what they built and recorded.

Open it from www.stperformanceglobal.com/athlete-support/programmer/ 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.

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 what you need from **Lifting** **Speed** **Running Conditioning** and **Indoor Conditioning**, each with its own days per week.
3. For lifting choose the equipment you really have, then the body emphasis, focus and session structure. Choose a Simple focus if unsure and keep Advanced focuses such as Contrast Pairs and Cluster Sets for experienced lifters.
4. For running pick 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 session 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 and produce it. Use the **Programme** tab and the week tabs (W1, W2 and so on) to step through the block. Deload weeks are marked.
7. Tap any lift to swap it for a progression, regression or substitution, for **This week** or **All weeks**. **Edit settings** changes a setting and rebuilds. **Library** opens the exercise and drill reference.

NAME THE DAYS AND PUT DATES ON THEM

- **Day labels**: choose **Day 1, 2, 3** or **Mon, Tue, Wed**. With weekdays, a Mon to Sun row of small squares appears under each days per week choice. Tap the days that section trains on, up to the number of days you chose. Tap a picked day again to clear it. **Match Lifting** on Indoor Conditioning copies the lifting days and is on by default.
- **Weekly layout**: the grid above **Build programme** shows which session sits on which day. Press **Populate Week** to fill it with the real sessions, shown as short codes: LB lower body, UB upper body, FB full body, Acc, Max Spd, COD, Blend, Aer Pwr and so on. Days you did not pick are crossed out with a dashed line, and arrows and dragging skip them. Select a session and use the arrows, or drag it, to swap it with another session in its row. **Reset layout** starts again. With Day 1, 2, 3 there are no pickers, so any session can go on any day.
- **Map to calendar**: switch it on and pick a start date. Week 1 begins on that date. If it is not a Monday, **Start all weeks on** fills in that weekday, and you can tap another. Weeks run seven days. Teams not on a seven day cycle stay on Day 1, 2, 3.

SETTING	WHAT THE PROGRAMME AND PDFS SHOW
Day numbers, calendar on	Days stay numbered. Each week is dated, for example **Week 3 | Mon 23 Nov to Sun 29 Nov**.
Weekdays, calendar off	Sessions named Mon, Wed, Fri.
Weekdays, calendar on	Every session dated, for example **Fri 13 Nov | Upper**, with dated week headings. The PDFs match the app.

FOLLOW IT YOUR WAY

FORMAT	HOW IT WORKS
Sections	In the **Programme** tab each section (Lifting, Indoor Conditioning, Speed, Running) starts closed. Tap the gold arrow or the heading to open it, follow the session, mark it complete, then close it. **Expand all** opens everything. The PDFs always print every section in full.
On a phone	The **Record On** switch turns recording on for every lifting day (**Record Off** hides the boxes). Enter your numbers as you go. The grey figure shows last week's load and reps.
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 ST_Performance_Programme.json with everything recorded and your weekly layout. Load restores it exactly.

SEND AND RECEIVE A PROGRAMME

1 BUILD
Build and review the programme.

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2 SAVE AND EXPORT
Press **Save** and export the PDF the athlete will use.

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3 SEND
Message both files. The other person presses **Load** and picks the file.

Send the file as well as the PDF. The PDF is a fixed copy and the file reopens the live programme so the athlete can record in it. Coaches who receive an athlete's file open it with **Load**, adjust it and send it back.

> Weights and ticks save in the browser on that device only. Clearing browser data, a private window or a new device loses them, so press **Save** regularly. The builder shows a **Last backup** line and prompts after a finished session once a week has passed. Choose Replace if your device offers it so the backup keeps one name.

Want to see the running drill by drill? The programme PDF carries the speed and running work, and the Conditioning Tool imports it with **Upload programme PDF**.

PROGRAMMING AND PRESCRIPTION
Have Simon Thomas build the programme with you and set the checkpoints.
Book a call

General guidance only. Make sure you are cleared to train, warm up first and choose loads and drills that suit you.