

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 Press **Build programme**. Use the **Programme** tab and the week tabs (W1, W2 and so on) to step through the block. Deload weeks are marked.
- 6 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.

FOLLOW IT YOUR WAY

FORMAT	HOW IT WORKS
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. 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. Load restores it exactly.

SEND AND RECEIVE A PROGRAMME

1 BUILD

Build and review the programme.

2 SAVE AND EXPORT

Press **Save** and export the PDF the athlete will use.

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.