



# TRAINING CAMP (TC)

COACHING & EXPERIENCE



# COACHING & EXPERIENCE

**BEFORE  
THE  
TRAINING  
BOUT**

**ENVIRONMENT**

**WELCOME & DEMO**

**HUDDLE UP**

**DURING  
THE  
TRAINING  
BOUT**

**ENCOURAGE**

**COACH**

**REMIND**

**AFTER  
THE  
TRAINING  
BOUT**

**CELEBRATE**

**RECOGNISE**

# COACHING & EXPERIENCE

**BEFORE  
THE  
TRAINING  
BOU**

**ENVIRONMENT**

**WELCOME & DEMO**

**HUDDLE UP**

# BEFORE THE TRAINING BOUT

## SET UP THE ENVIRONMENT

1 **Print or Download PDF**  
cheatsheet

Download in PART 2

2 **Write** guidance on the  
board/ground/or in the  
sand

Cues | Exercises | #onlygoodrepscount

3 **Make sure** you have all ViPR  
PROs ready

1:1 ratio | Sizes based on the program

4 **Demo** "workout" exercises

Ask clients to follow you | Avoid over coaching

# BEFORE THE TRAINING BOUT

## WELCOME

6

**Ask** for injuries, limitations

Decide on ViPR PRO allocation | Have exercises modifications ready

8

Talk about "Juice Level"

**Welcome** EVERYONE and thank them for coming

5

Acknowledge that you appreciate their time

**Explain** the structure of the session

7

Training blocks, ASAP, AMRAP, specific metrics

# JUICE LEVEL

## LAY LOW

LOW VOLUME  
LIGHT LOAD

## FEEL OK

HIGH VOLUME  
LIGHT LOAD

## READY

HIGH VOLUME  
HEAVY LOAD

**THINGS TO CONSIDER:** Sleep quality, workload, HRV, measurement, recent injuries, menstrual cycle, hydration and nutrition during the day, weather,

# BEFORE THE TRAINING BOUT

## HUDDLE UP & SET UP EXPECTATIONS

9

Ask everyone to get together

Showcase your energy and preparedness - Socially distance in necessary

Grab two or three MOTIVATIONAL STATEMENTS from Chapter 8

10

Set expectations

Quality

Pacing

Recovery



# TRAINING CAMP (TC)

## COACHING & EXPERIENCE: Part 1.

