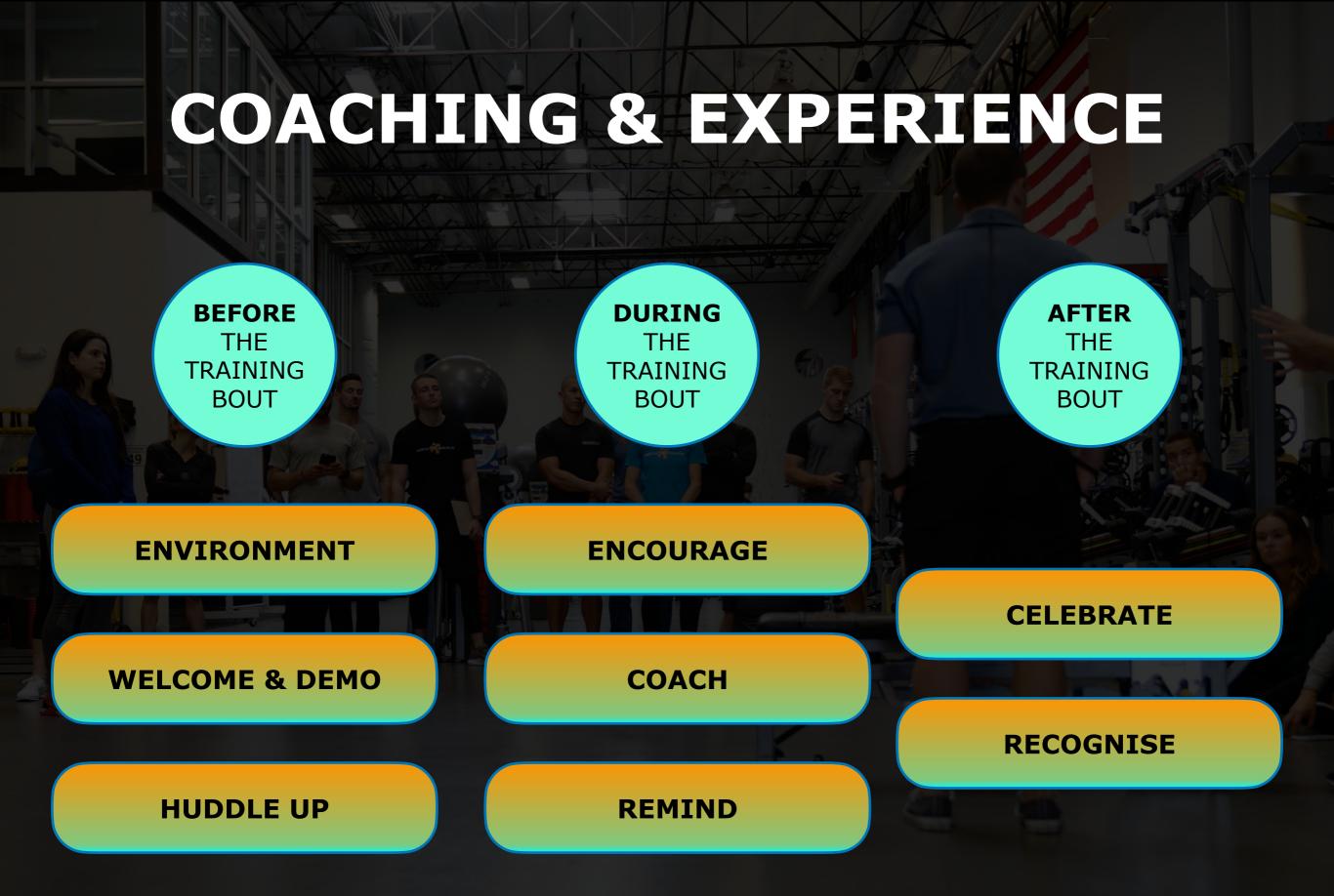
TRAINING CAMP (TC) COACHING & EXPERIENCE

@viprprpo



FASSA KAR



COACHING & EXPERIENCE

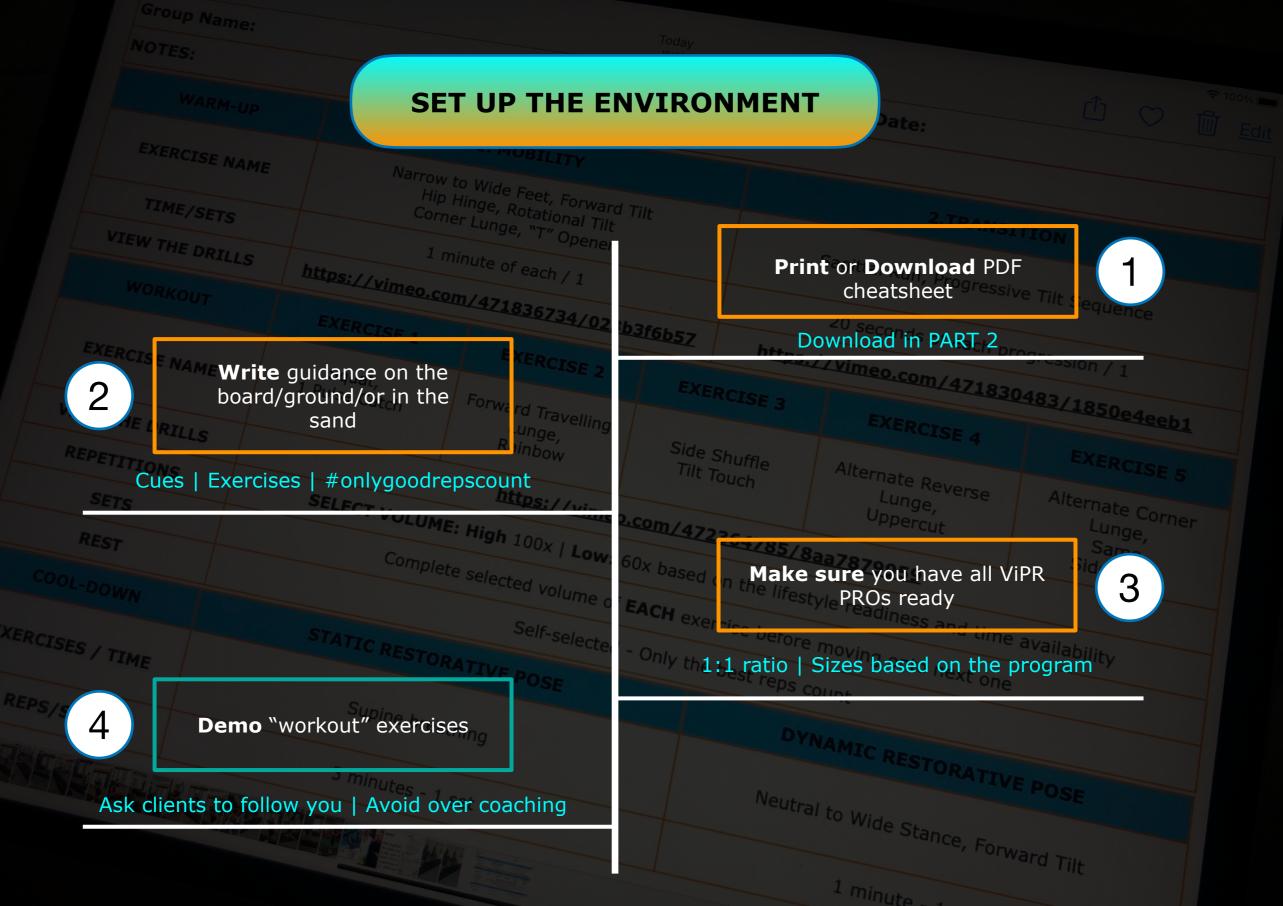
BEFORE THE TRAINING BOUT

ENVIRONMENT

WELCOME & DEMO

HUDDLE UP

BEFORE THE TRAINING BOUT



BEFORE THE TRAINING BOUT

WELCOME



Ask for injuries, limitations

Decide on ViPR PRO allocation | Have exercises modifications ready **Welcome** EVERYONE and thank them for coming



Acknowledge that you appreciate their time

Explain the structure of the session



Training blocks, ASAP, AMRAP, specific metrics



Talk about "Juice Level"

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

Ask everyone to get together

9

Showcase your energy and preparedness - Socially distance in necessary

Grab two or three MOTIVATIONAL STATEMENTS from

Chapter 8



IRAININ G CAMP (TC) COACHING & EXPERIENCE: Part 1.

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