



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.

