COACHMEPLUS

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Can I Assign an Athlete Two Programs at the Same Time? Say at Mon/Wed/Fri Strength Program and a Tues/Thur Conditioning Program?

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18 days ago · Updated

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Yes!

Long answer short: there is no limit to how many programs an athlete can have assigned. The important part is making sure the start date of each program is the same so the calendars align and the programmed days fall on the proper date. The basic procedure for this is included below:

? **Help**

How to Assign Multiple Programs to Athletes in CoachMeP…

You can also follow these steps:

Step 1: Open the **Program Builder** and select **Library**
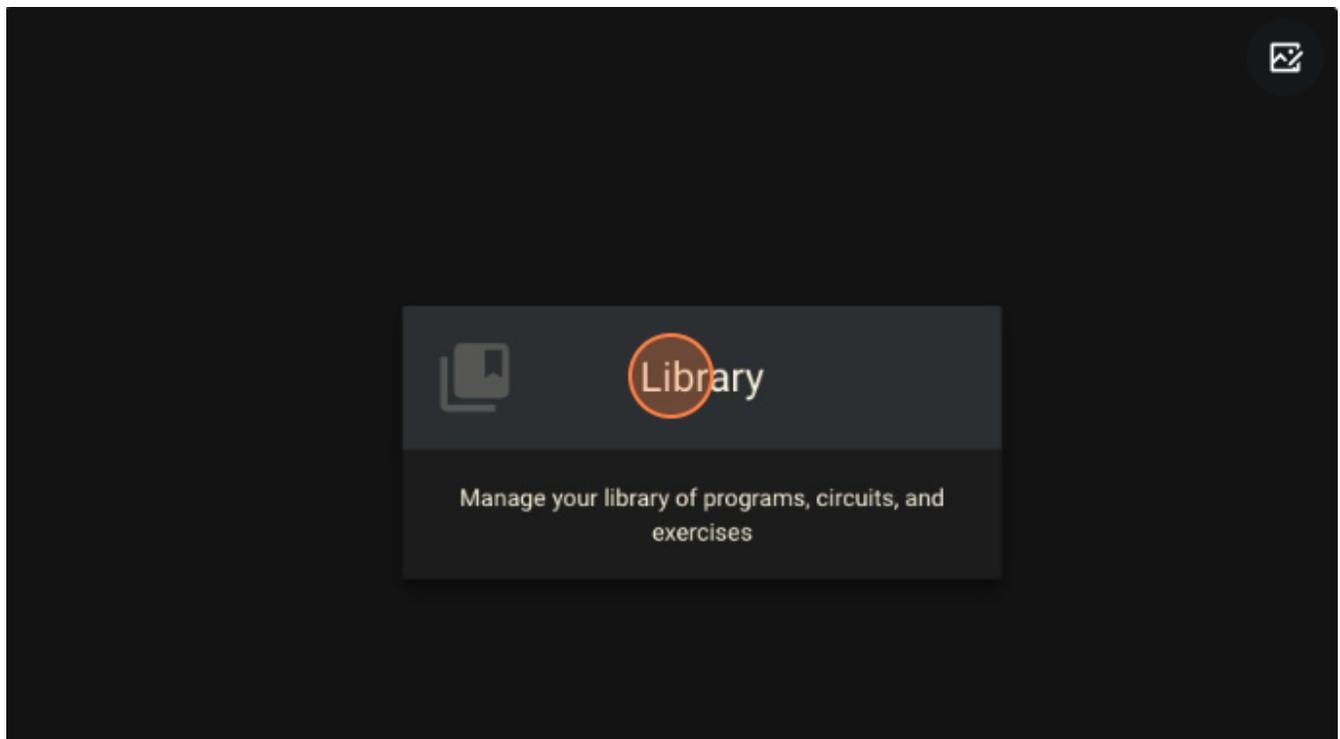
Step 2: Select **Programs**
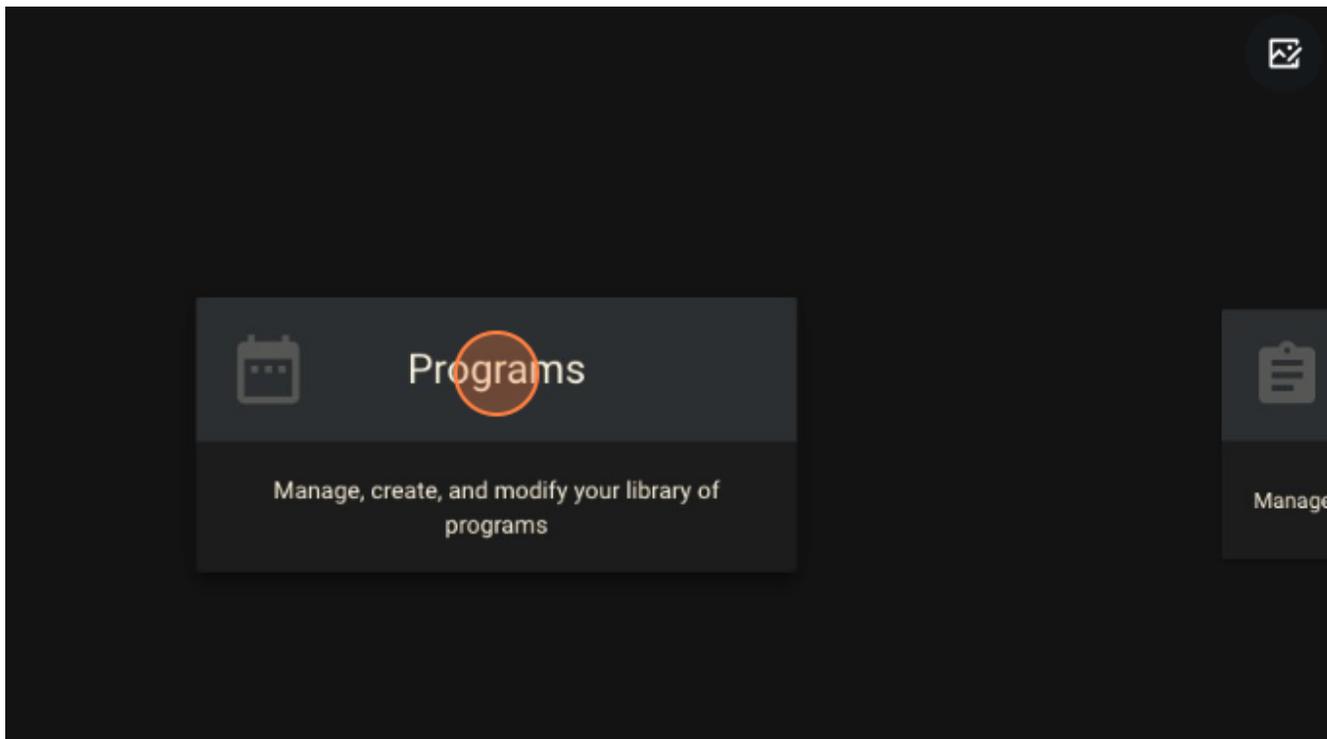
Step 3: Select the program you wish to assign for Mon/Wed/Fri
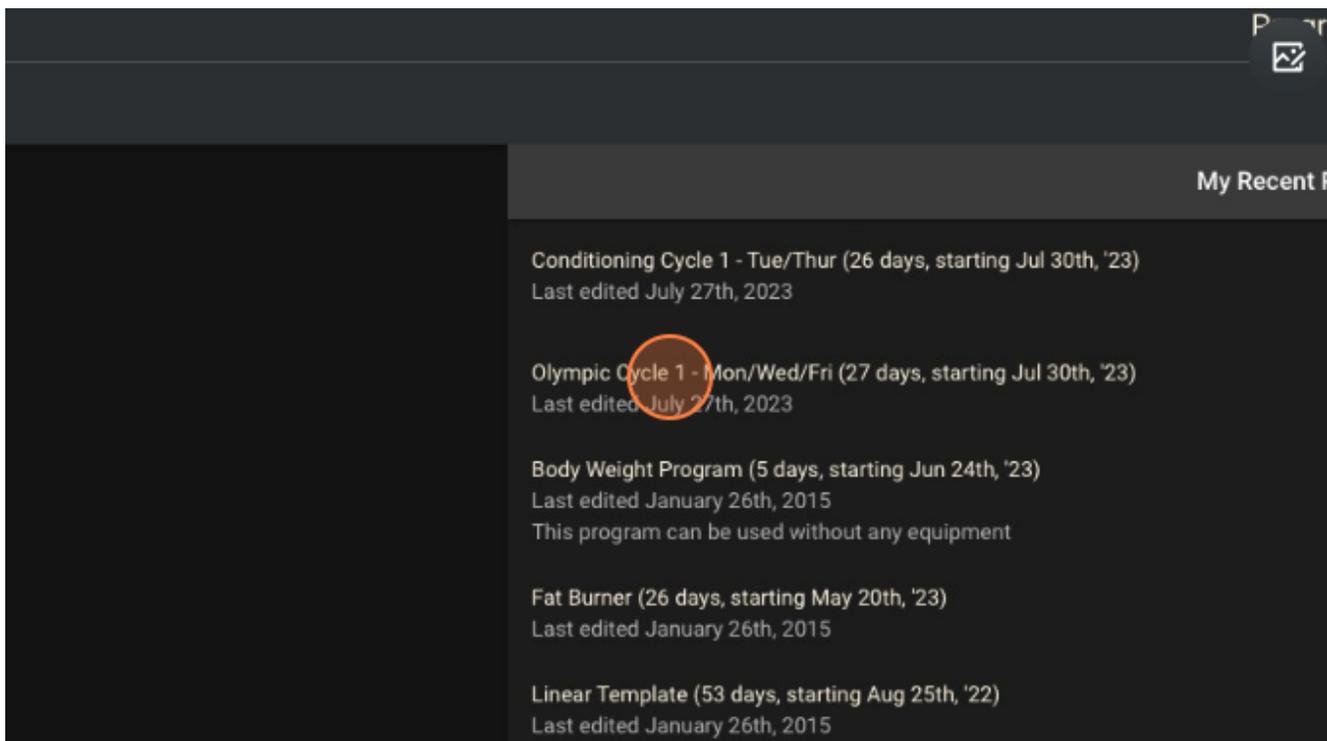
Step 4: Once happy with the programmed work, select the assignment button

Thursday	Friday	Saturday
Aug 3rd Day 5	**Aug 4th** Day 6 Dynamic Warmup 3 Olympic Cycle Day 3	**Aug 5th** Day 7
Aug 10th Day 12	**Aug 11th** Day 13 Dynamic Warmup 3 Olympic Cycle Day 3	**Aug 12th** Day 14
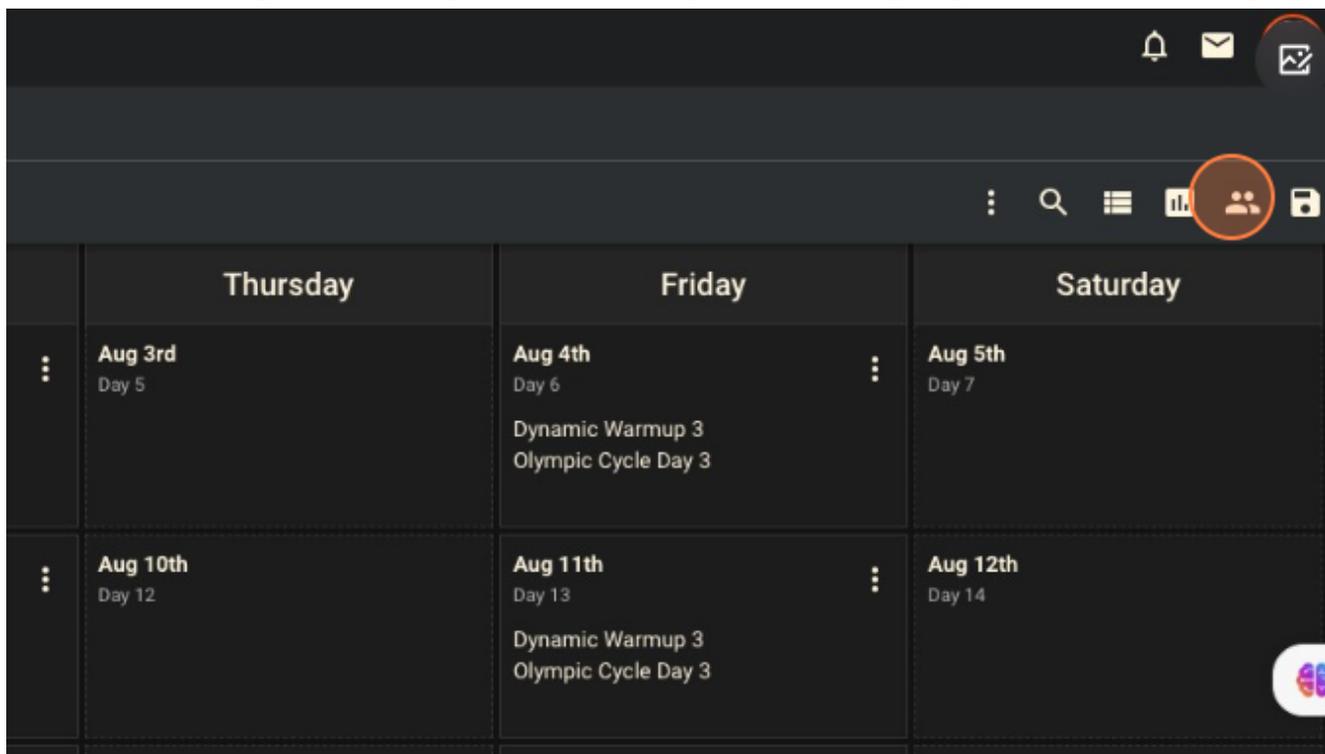
Step 5: Add the desired athletes to your list, then continue to select the start date of the program. (Note: this is important to keep consistent between the two programs. It is recommended that you select a Sunday for the programs to start on and keep that start date so that the calendars match up.)

	Olympic Cycle Day 2		
Aug 8th Day 10		**Aug 10th** Day 12	
Aug 15th Day 17		ug 17th y 19	
Aug 22nd Day 24		ug 24th y 26	

Program Assignment

When should the assignment start?

○ Today

○ Program's Default: Sun, Jul 30th, '23

○ Specific Date

Assignment Date
mm/dd/yyyy

CANCEL   ASSIGN
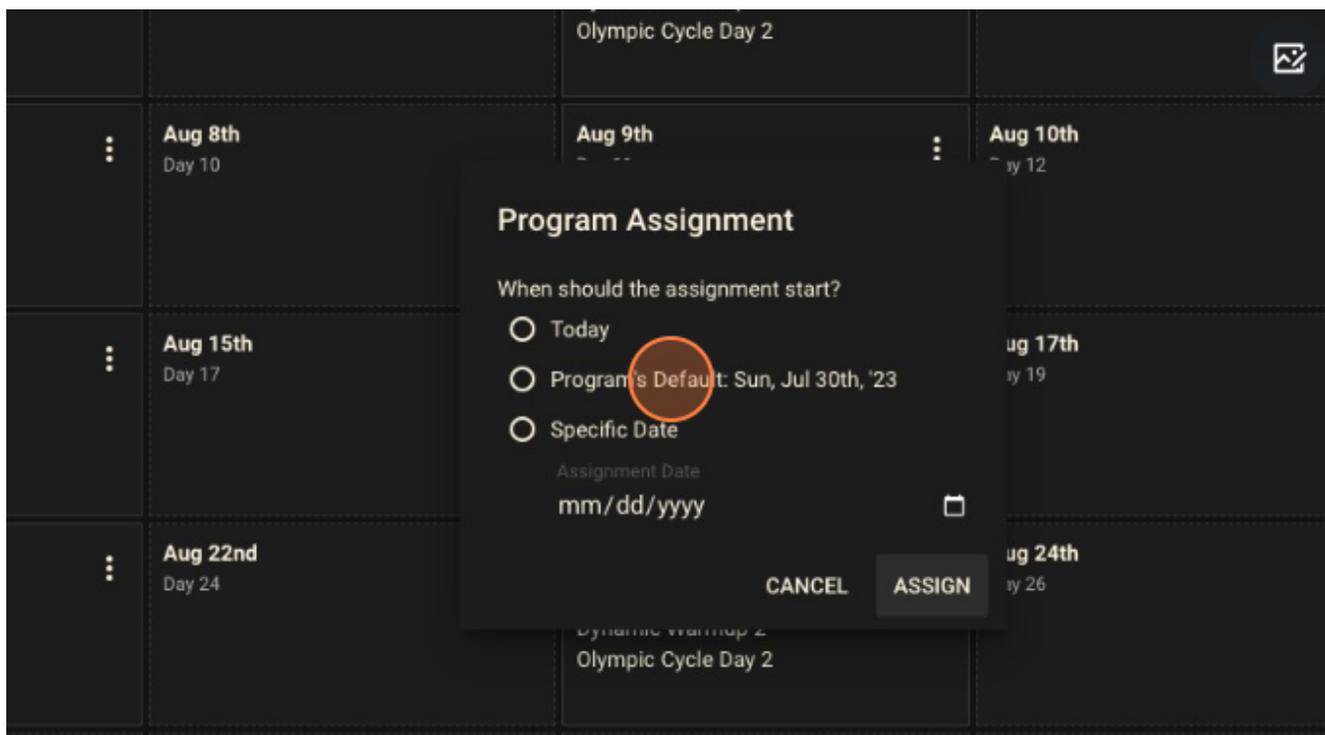
Step 6: Click on **Assign**
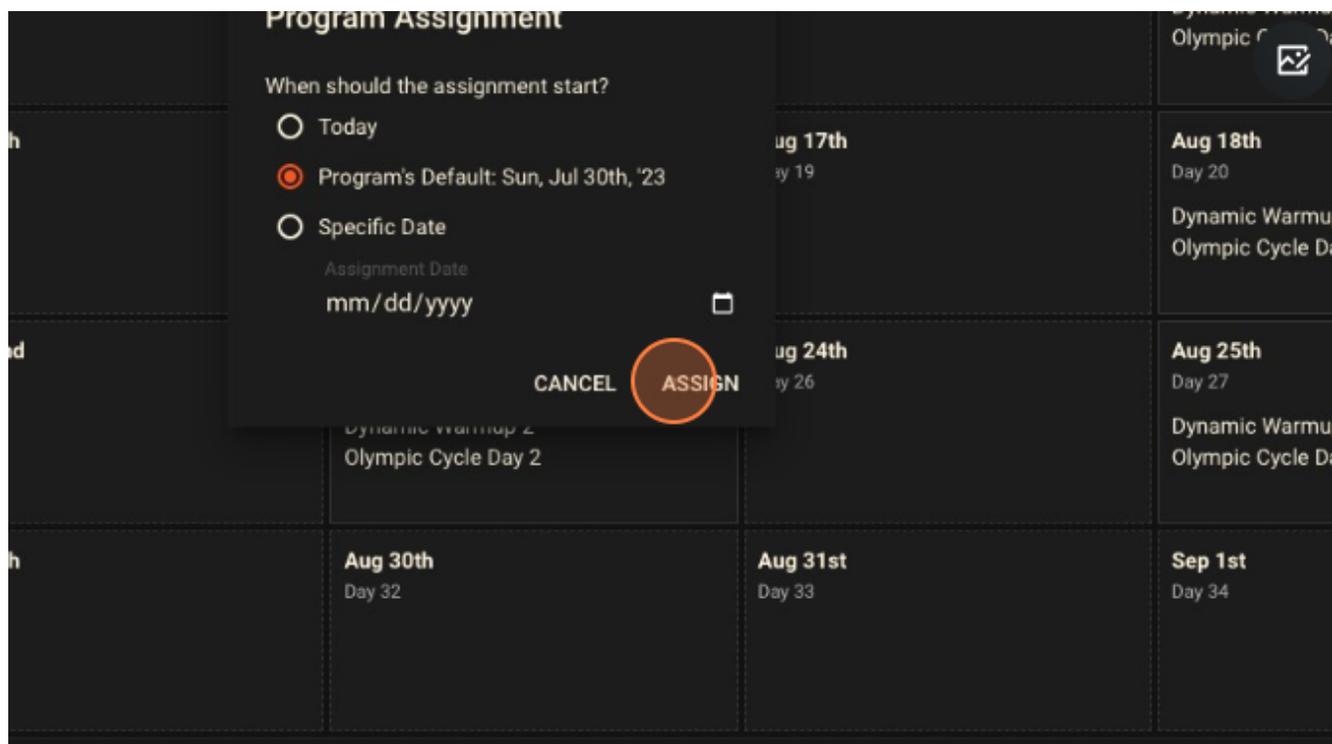
Step 7: Repeat the steps above for the Tues/Thur program.

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