

CoachMePlus Help > FAQ > FAQ - Workouts

Q Search

Articles in this section

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



Stephen Ostrow 18 days ago · Updated

Follow

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:



 \sim



You can also follow these steps:

Step 1: Open the Program Builder and select Library

| Library | |
|--|--|
| Manage your library of programs, circuits, and exercises | |
| | |

Step 2: Select Programs

9/11/23, 11:13 AM



Step 3: Select the program you wish to assign for Mon/Wed/Fri

| | P rra |
|--|-------------|
| | |
| | My Recent P |
| Conditioning Cycle 1 - Tue/Thur (26 days, starting Jul 30th, '23) Last edited July 27th, 2023 | |
| Olympic Oycle 1 - Mon/Wed/Fri (27 days, starting Jul 30th, '23) Last edited July 27th, 2023 | |
| Body Weight Program (5 days, starting Jun 24th, '23) Last edited January 26th, 2015 | |
| This program can be used without any equipment | |
| Fat Burner (26 days, starting May 20th, 23) Last edited January 26th, 2015 | |
| Linear Template (53 days, starting Aug 25th, '22) Last edited January 26th, 2015 | |

Step 4: Once happy with the programmed work, select the assignment button

9/11/23, 11:13 AM

| | | | ¢ 🖻 🖂 |
|---|--------------------|---|--------------------|
| | | | |
| | | | : < : • • • • |
| | 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.)



Step 6: Click on Assign

| | When should the assignment start? | | Olympic 🕻 🖂 Ра |
|----|--|------------------------|--|
| h | Today Program's Default: Sun, Jul 30th, '23 Specific Date Assignment Date mm/dd/yyyy | ug 17th 3y 19 | Aug 18th Day 20 Dynamic Warmup Olympic Cycle Da |
| кd | CANCEL AS Olympic Cycle Day 2 | ug 24th SSIGN ay 26 | Aug 25th Day 27 Dynamic Warmup Olympic Cycle Da |
| h | Aug 30th Day 32 | Aug 31st Day 33 | Sep 1st Day 34 |

Step 7: Repeat the steps above for the Tues/Thur program.

| | Was this article helpful? |
|--------------------------------------|-------------------------------|
| | ✓ Yes X No |
| | 0 out of 0 found this helpful |
| | |
| | |
| Return to top 🔿 | |
| | |
| Recently viewed article | es |
| How To: Add Exercises | to Athlete On the Fly |
| How to: Use the Progre | ssion Editor |
| ala adadhmanlus adm/ha/an us/artiala | /360043250753 |

| 9/11/23, 11:13 AM How To: C | Can I Assign an Athlete Two Programs at the Same Time? Say at Mon/Wed/Fri Strength Program and a Tues/Thur Conditioning Program? – C |
|--------------------------------|--|
| How To: C | reate Categories |
| How To: A | rchive a Program |
| Related ar | ticles |
| How to: Us | se the Progression Editor |
| What is a F | Flexible Program? |
| How To: U | se the New Program Builder (Create a Program) |
| What is a (| Circuit? |
| How To: Vi | ew Programs in List, Calendar, Month and Week |
| | |

Comments

0 comments



Be the first to write a comment.

CoachMePlus Help