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How To: Change the Start Date of an Athlete's Program



Stephen Ostrow

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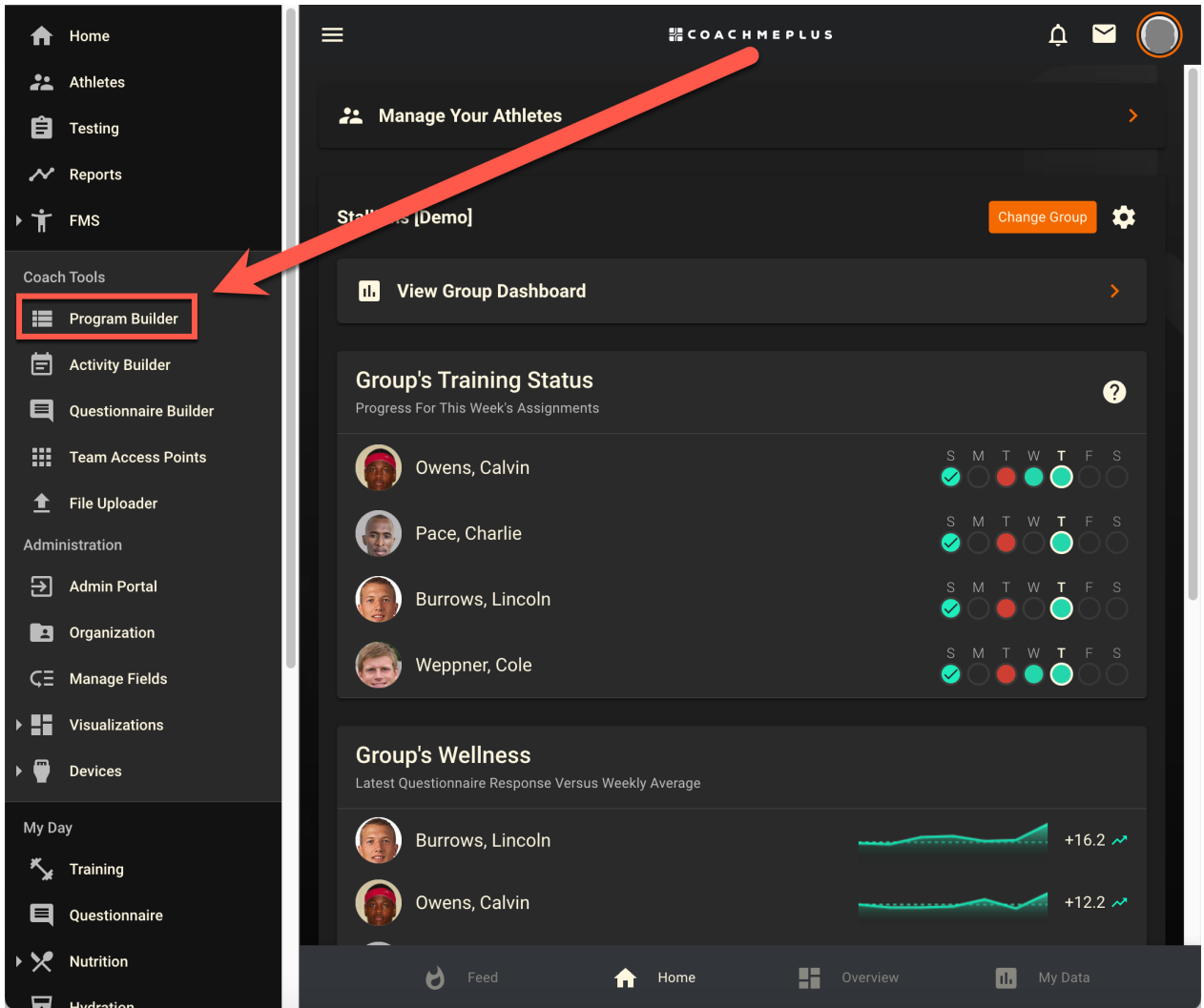
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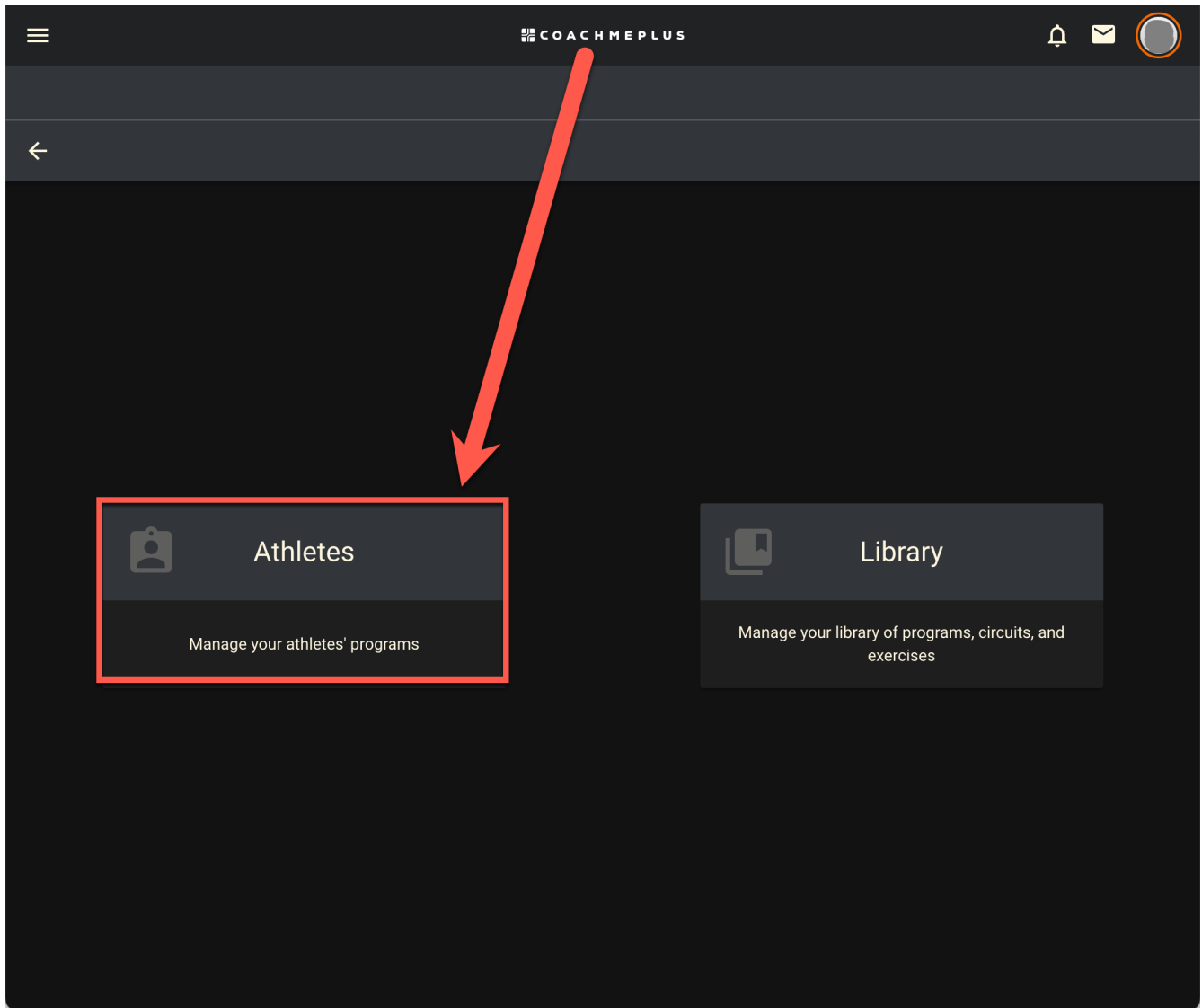
Watch the How-To video here and follow the steps below:

How To: Change the Start Date of an Athlete's Program

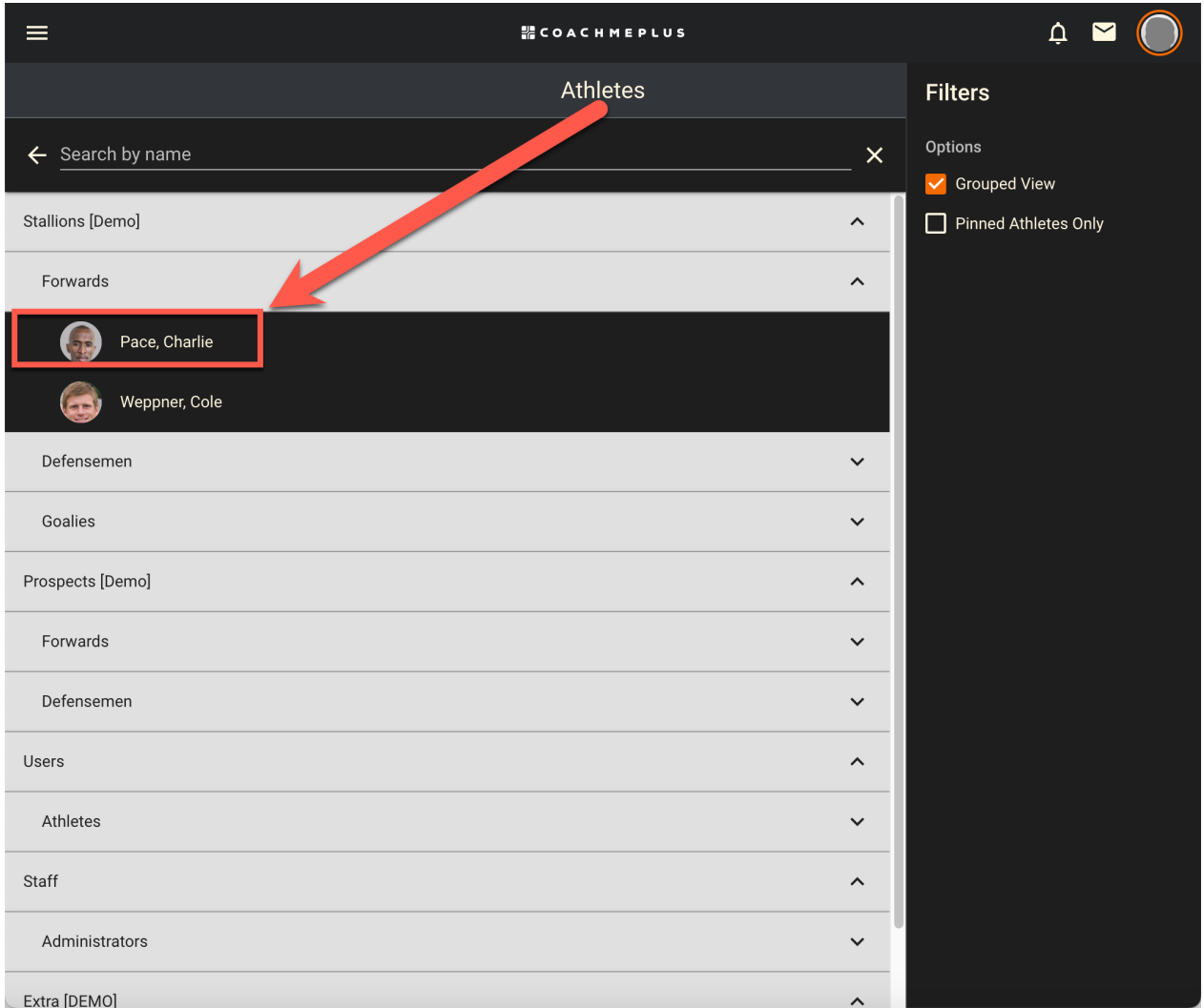
When you have put together your **Programs** in **CoachMePlus**, assigned them to your **Athletes**, but would like to change the start date for one of your **Athletes**, use the following simple steps to do so. This will adjust the days of the **Program** to properly assign the sequence of **Program** days.

1. Go to the **Program Builder** and select **Athletes**.

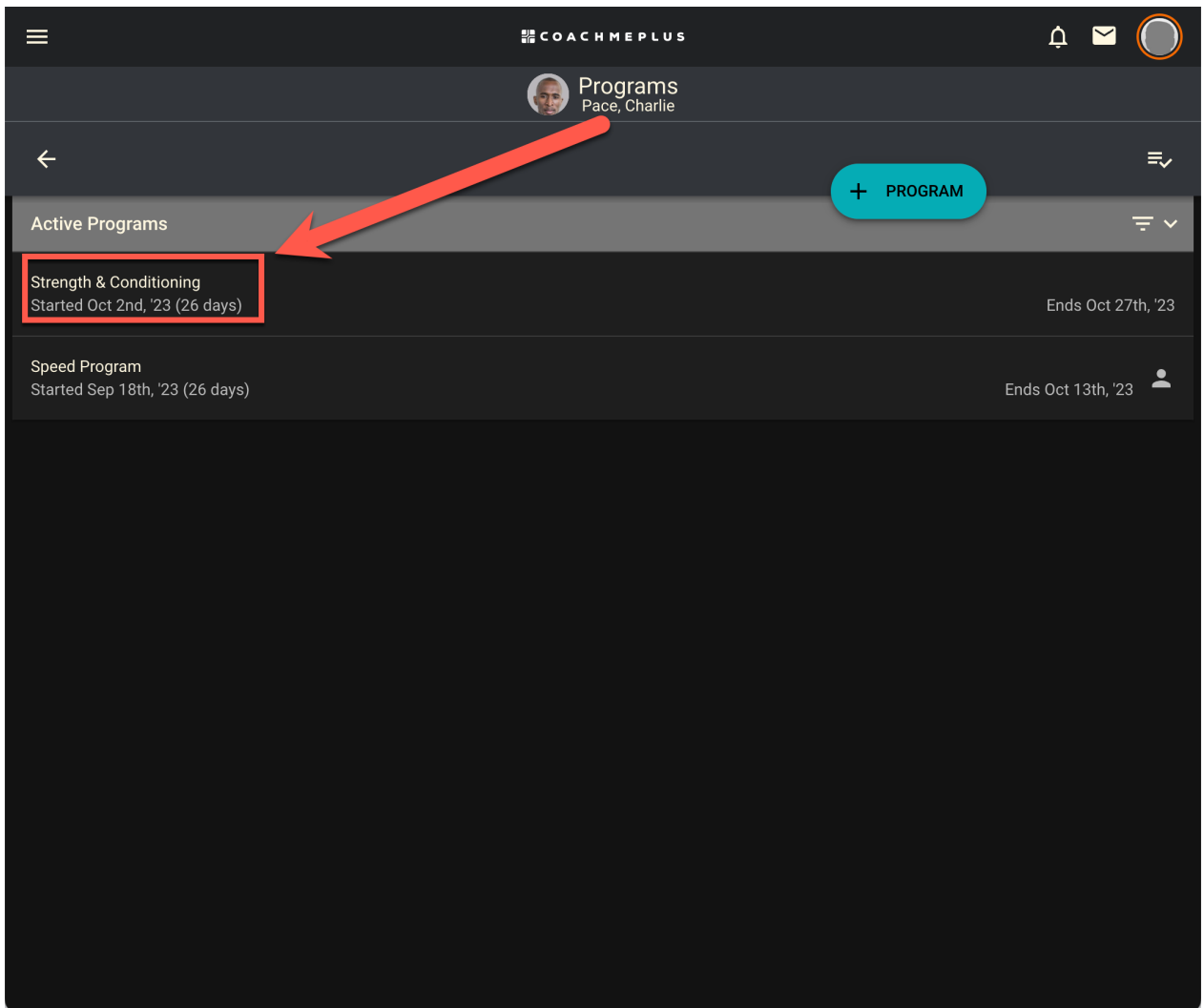




1. Select the **Athlete** you would like.



2. Select the **Program** you want to adjust the start date for.



3. Change the start date by selecting the **Three Dots Icon** and manually entering the date, or select it from the expandable calendar that will open if you select the down arrow. Then

Save.

COACHMEPLUS

Edit Athlete Program
Pace, Charlie

Strength & Conditioning(Pace, Charlie)
2023

	Sunday	Monday	Tuesday	Wednesday
1		Oct 2nd Day 1 Dynamic Warmup 2 Plyometrics Day 1 Interval Running Olympic Cycle Day 1	Oct 3rd Day 2	Oct 4th Day 3 Dynamic Warmup 3 Olympic Cycle Day 3 Plyometrics Day 3 Rowing Intervals
2	Oct 8th Day 7	Oct 9th Day 8 Dynamic Warmup 2 Plyometrics Day 1 Olympic Cycle Day 1 Interval Running	Oct 10th Day 9	Oct 11th Day 10 Dynamic Warmup 3 Plyometrics Day 3 Olympic Cycle Day 3 Rowing Intervals
3	Oct 15th Day 14	Oct 16th Day 15 Dynamic Warmup 2 Plyometrics Day 1 Olympic Cycle Day 1 Interval Running	Oct 17th Day 16	Oct 18th Day 17 Dynamic Warmup 3 Plyometrics Day 3 Olympic Cycle Day 3 Rowing Intervals
4	Oct 22nd Day 21	Oct 23rd Day 22 Dynamic Warmup 2 Plyometrics Day 1 Olympic Cycle Day 1 Interval Running	Oct 24th Day 23	Oct 25th Day 24 Dynamic Warmup 3 Plyometrics Day 3 Olympic Cycle Day 3 Rowing Intervals

COACHMEPLUS

Edit Athlete Program
Pace, Charlie

Strength & Conditioning(Pace, Charlie)
2023

Edit Start Date

Toggle Prompt
Unassign
Pause

	Sunday	Monday	Tuesday	Wednesday
1		Oct 2nd Day 1 Dynamic Warmup 2 Plyometrics Day 1 Interval Running Olympic Cycle Day 1	Oct 3rd Day 2	4th 3 Dynamic Warmup 3 Olympic Cycle Day 3 Plyometrics Day 3 Rowing Intervals
2	Oct 8th Day 7	Oct 9th Day 8 Dynamic Warmup 2 Plyometrics Day 1 Olympic Cycle Day 1 Interval Running	Oct 10th Day 9	Oct 11th Day 10 Dynamic Warmup 3 Plyometrics Day 3 Olympic Cycle Day 3 Rowing Intervals
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Edit Athlete Program
Pace, Charlie

Strength & Conditioning(Pace, Charlie)
2023

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