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



Stephen Ostrow

a few seconds ago · Updated

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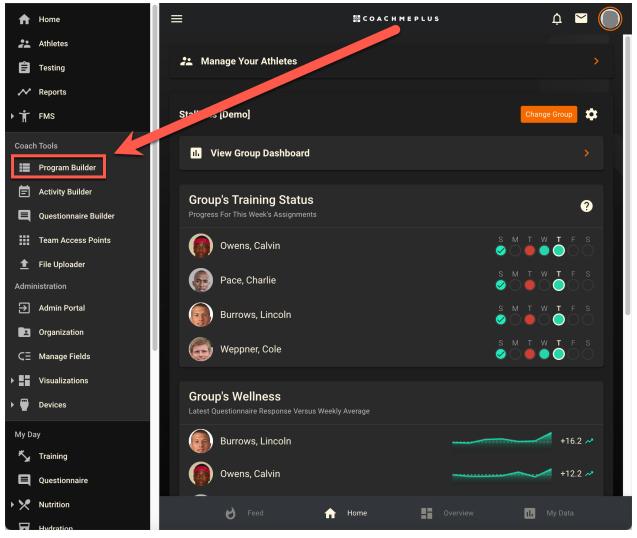
• How To: Change the Start Date of an Athlete's Program

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**.



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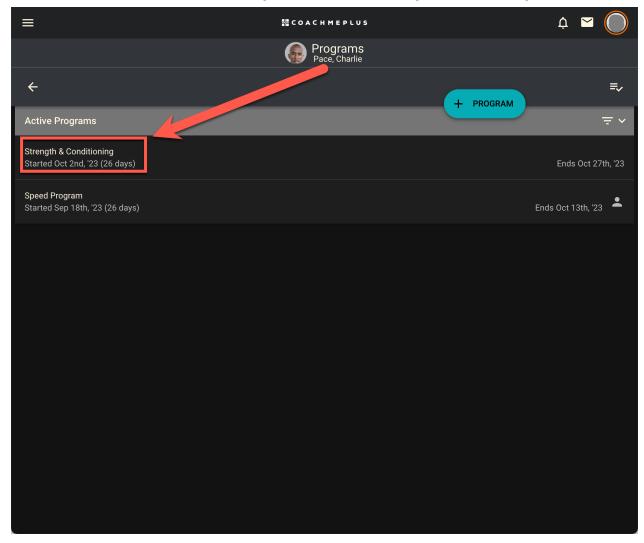
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	Athletes			Library		
	Manage your athletes' programs		Manage your lib	rary of programs, circuits, exercises	and	

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

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	Athletes	Filters
← Search by name	×	Options
Stallions [Demo]	^	Pinned Athletes Only
Forwards	^	
Pace, Charlie		
Weppner, Cole		
Defensemen	~	
Goalies	*	
Prospects [Demo]	^	
Forwards	~	
Defensemen	~	
Users	^	
Athletes	~	
Staff	^	
Administrators	~	
Extra [DEMO]	^	

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

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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.

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	Sunday	Monday	Tuesday	Wednesday				
1 ≎		Oct 2nd Day 1 Dynamic Warmup 2 Plyometrics Day 1 Interval Running Olympic Cycle Day 1	<b>Oct 3rd</b> Day 2	<b>Oct 4th</b> Day 3 Dynamic Warmup 3 Olympic Cycle Day 3 Plyometrics Day 3 Rowing Intervals				
2 \$	<b>Oct 8th</b> Day 7	Oct 9th Day 8 Dynamic Warmup 2 Plyometrics Day 1 Olympic Cycle Day 1 Interval Running	<b>Oct 10th</b> 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	<b>Oct 17th</b> Day 16	Oct 18th Day 17 Dynamic Warmup 3 Plyometrics Day 3 Olympic Cycle Day 3 Rowing Intervals				
4 ≎	<b>Oct 22nd</b> Day 21	Oct 23rd Day 22 Dynamic Warmup 2 Plyometrics Day 1 Olympic Cycle Day 1 Interval Running	<b>Oct 24th</b> Day 23	Oct 25th Day 24 Dynamic Warmup 3 Plyometrics Day 3 Olympic Cycle Day 3 Rowing Intervals				

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