

FITNESS HEPTATHLON COACH INFO.

Link to: Fitness Heptathlon Weekly Training Guide (FH Weekly Training Guide)

➤ Click here and Scroll down to Training.

Coach Responsibilities

- Determine the platform you will use to **meet with your athletes** - Facebook, Zoom, etc.
- **Week 1** - Meet with the athletes twice!
 - ✓ Training 1 - Review exercises with athletes, try each one and choose the seven exercises that they will compete in throughout the season.
 - ✧ Make sure the athletes are challenging themselves!
 - ✧ Determine who may need more help and ensure they receive it.
 - ✓ Training 2 - Create baseline score. Have athlete perform each of the seven skills and record scores/times
 - ✓ Submit baseline scores/times to your programs Sports & Competition Coordinator.
- **Week 2 - 4**

Athlete should have 2 training sessions each week.

 - ✓ Training 1 - Provide athletes with link/copies of Week 2,3,4 Work Out 1 of the FH Weekly Fitness Workouts, to do on their own or with a teammate. (see link at top of page)
 - ✓ Host Training 2 - Using the FH Weekly Fitness Work outs.
 - ✧ Training's should include Warm-up, Cool Down, and the Weekly Work Out for Endurance, Strength and Agility. Make it fun, add in games, scavenger hunts, etc.!
 - ✧ Fit 5 Educational piece on each training page.
 - ✓ Make the training fun with a game, group trivia, scavenger hunt, etc.!!!
- **Week 5**
 - ✓ Training - Provide athletes with link/copies of Week 5 workout 1 of the FH Weekly Fitness Workouts to do on their own or with a teammate.
 - ✓ Training 2 - Record mid-season scores - Have the athletes perform each of the seven skills and record their scores/times. You may need to work with some 1:1 (virtually) to complete their exercises.
 - ✓ Submit mid-season scores/times to your programs Sports & Competition Coor.
- **Week 6 - 9**

Athlete should have 2 training sessions each week.

 - ✓ Training 1 - Provide athletes with link/copies of Week 6, 7, 8, 9 workout 1 of the FH Weekly Fitness Workouts to do on their own or with a teammate.
 - ✓ Host Training 2 - following the FH Weekly Fitness work outs.
 - ✧ Training's should include Warm-up, Cool Down, and the Weekly work out for Endurance, Strength and Agility.
 - ✧ Review the Fit 5 Educational piece on each training page.
 - Make the training fun and interactive add in a game, trivia, scavenger hunt, etc.!
- **Week 10**
 - ✓ Training 1 - Record the Final Season Scores - Have the athletes perform each of the 7 skills and record their scores/times. Work with athletes 1:1 if needed.
 - ✓ Submit final scores/times to your programs Sports & Competition Coor.