**R7 Program Design Checklist**

* **Review the goals of your client/athlete.**
  + What is their short-term goal(s)?
  + What is their long-term goal(s)?
* **Review the needs or your client/athlete.**
  + Are there specific areas they need to work around?
  + Equipment limitations?
* **Program the R1 - Release section of the workout.**
  + What areas are tight/stiff? Focus on those.
  + Limit this to no more than five areas!
* **Program the R2 - Reset section of the workout.**
  + What specific areas of the body do they struggle to move air into? Or what specific resets increase range of motion? Focus on those.
  + Limit this to no more than three (and ideally one or two) exercises.
* **Program the R3 – Readiness section of the workout.**
  + What specific areas or movement patterns need to be addressed? Focus on those. (If you’re training athletes, you may need to tweak these slightly from day-to-day).
  + Progress from Isolated🡪Integrated Movements.
  + Are you covering all three areas?
    1. Physiology (warming them up).
    2. Biomechanics (helping them move better).
    3. Specific (do you have elements that are specific to this particular workout).
* **Program the R4 – Reactive section of the workout.**
  + Everyone should be doing some power work – put *something* in here!
  + Find exercises that are appropriate for the client/athlete standing in front of you.
  + What movements will they perform in their sport? Or daily life? Find exercises/movements that are planar specific (i.e. horizontal, vertical, or lateral).
  + Should last no more than 15-20 minutes!
* **Program the R5 – Resistance section of the workout.**
  + Choose the appropriate progression/regression FIRST! Remember movement efficiency is key first and foremost.
  + Prescribe an appropriate set/rep scheme based on the needs/goals of the athlete.
    1. Lower reps/set = Focus on the neural end (speed/strength/power)
    2. Higher reps/set = Focus on the metabolic end (fat loss/hypertrophy)
  + Prescribe an appropriate tempo/TUT based on how much stretch-shortening cycle contribution you want.
  + Prescribe a rest period that’s in-line with your set/rep scheme.
    1. Neural end = More rest
    2. Metabolic end = Less rest
* **Program the R6 – Resiliency section of the workout.**
  + Remember to build the aerobic engine FIRST!
    1. Extensive🡪Intensive
  + For athletes, find conditioning methods that move from general to specific with regards to how the tissues are loaded.
  + Over the long haul, work to increase the intensity while decreasing the rest periods.
* **Program the R7 – Recovery section of the workout.**
  + The focus here is on shifting from sympathetic🡪parasympathetic dominance.
  + Use this breathing pattern:
    1. 3-4 second inhale,
    2. 6-8 second exhale,
    3. 5 second pause in fully exhaled position.
  + When in doubt, just have them bang out 10 good breaths!
* **Online-Specific Training Notes**
  + Triple check your exercise selection!
    1. Remember you can’t coach, cue or regress them during the session, so exercise selection is even more important here than in a regular session!
  + Check your coaching cues – are they clear, concise and easy to follow?
  + Check to make sure all your exercises are hyperlinked to videos that demo proper form/technique.
    1. Your own branded videos are always preferred, but in the interim if you need help I’ve got a ton you can use: [Robertson Training Systems You Tube page](https://www.youtube.com/user/RobTrainSystems)
* Sit back and relish in the fact that you just wrote an awesome training program!