



Evaluation of Current Exercise Program

Purpose:

This plan is for athletes who have developed and run their own workouts. The purpose is to help you understand your workouts from a scientific perspective. That is to say, this is how what you are currently doing affects your body and performance.

Program Overview:

The athlete will be responsible for recording a detailed log of their workout information over the course of a month. The month long time frame is important because it allows us to see what improvements you are currently seeing from your current program. We will then provide feedback as it pertains to your current plan, and what you might consider altering to get the most out of your workouts.

Program Steps:

Step 1: Record Workout Information:

Step 2: Email Workout information to Development Coaches:

Record Workout Information:

- For every workout record the following information:
 - What day the workout took place along with what time.
 - What stretches you did along with how long and how many sets
 - What workouts you did along with how many sets and reps you did for each workout
 - What you did for your cooldown if you did one

Email Workout Information to Development Coaches:

- Email recorded information to coaching staff via our website.
 - The link for this will be on our Strength and Conditioning page