

# EUC 2023 S&C

Welcome to TOP Training! To the side you'll see some key points to help you navigate most successfully through your plan. You are very welcome to contact me any time however with questions and for coaching advice.



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## Content

On the home screen of the app, there is a menu called 'Content'. Click on this and swipe across to the members folder on top to see some optional theory you can delve into any time.

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## Training Diary

RYPT is like an all in one digital training diary. You can record extra activities, nutrition data and lifestyle markers as well as your workouts. This makes it very useful for monitoring your training loads and spotting trends later on, e.g. if you get injured. You can log into [RYPT.app](https://RYPT.app) on a computer to see your analysis dashboard.

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## Recovery Session

There will be a thoroughly updated document called 'Recovery Session' for you to use the week before and during EUC. A draft is already available in your members content folder but this will be upgraded quite a bit over the year!



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With this plan, you don't just get the workouts. You get access to me as your online/remote trainer - though feel free to also coordinate with a trainer in your area as there's a lot of benefit to being coached through movements in the moment!



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## Slack

You will be invited to Slack, a communication app where you can access me easily through direct messaging and also enjoy the presence of others on TOP plans. There will be tips along the way shared within the Slack channels too. This is optional and not necessary in order to benefit in full from the programme.

## Adapting your Training

Life can derail even the best laid plans. If you miss a chunk outside of your control and need help figuring out how to get back into the plan appropriately, I'm on hand to help.

As a qualified physiotherapist I can also guide you if you get injured and aren't sure what you should or shouldn't be doing on the plan. I am always happy to work with other professionals and they can contact me likewise!

## Zoom Sessions

If you're not in a position to come see me in person, I am only a Zoom call away! You can book in for consultations to discuss your training, develop a way to adapt the plan to your needs and/or for physio assessment if you unfortunately pick up an injury (or indeed are starting off with one).

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# Calendar

Though all athletic qualities are trained simultaneously, these descriptions give you an idea of you what the primary focuses are for each mesocycle.

The number in the circles represents the number of weeks in each phase.

