

Welcome to this e236 screencast on Athlete Builder. My name is Ben Langdown and I'm going to take you through some of the key features of Athlete Builder the E236 WebApp that will allow you to put some of your professional knowledge gained through studying Study Topic 4, on E236 to the test.

So, as you can see on the screen here the key aim of Athlete Builder is to put strength and conditioning session designs to the test and I'll show you how to do that through the WebApp in a moment. The two options we've got are create session where you can dive straight into the WebApp or we've got the help options that takes you through a few of the screens and ultimately ends up at the blog page where you've probably accessed this screencast. So, we're going to go straight into creating a session and the opening screen allows you to see the case studies that we've got on the WebApp. On the left hand side, you've got the menu options as well. So, you've got the case study, the needs analysis of each one, the planner where you start pulling your session design together and then the test section where you can actually test the plan that you've put in place. So, we're going to go into this case study here – Alan, a water polo player. At the top here you can see his bio, so this gives you an understanding of who he is what he's trying to achieve and the needs analysis that has actually been done with the athlete. So, in this specific example we've got three tests - the back-squat bench press and active ankle dorsiflexion test and you can see the results here from these tests that were completed during that needs analysis phase. In the brackets you can see the normative values for those tests and for this one it's based on British Swimming standards; not 100 percent specific to water polo but it's as close as we could get so it gives us a good understanding of actually what should they be trying to achieve through their strength and conditioning. So, as you can see in the next paragraph it says that over the next six weeks Alan will complete three land-based sessions a week. Now, we're not asking you to design the whole programme, what we're asking you to do is come up with one specific session that will target the three needs and the results that he's trying to look to gain. So, you need to pull together three exercises that target need one, two that target need two, and one that targets need three. So, you need to understand what is this test actually looking at in terms of what area of the body and what sort of function is it trying to achieve in terms of - is it strength? is it power? Speed? Plyometrics? Mobility? Etc. and then from there you can start to pull together your programme which is going to be effective and will give you good scores on the testing part of the WebApp.

So, let's go ahead and build a session plan for Alan. When we click through to view plan we can see three different options - we can go back to viewing the needs so that we can always refer to those as we go through, we can test the plan over here once we've built the session and we can add exercises using this plus icon. So, first of all we go into all of the categories now we know that the first need was geared around his back squat one rep max so I'm going to add some lower body exercises just as examples. So, you can scroll down through, you can see images for them you can even click into more and you can see a video play there which gives you information about which muscles the exercise is targeting and the transcript for the video is below in the text. So, I'm going to put in Romanian deadlift. We'll put the sets and reps in - I'm just going to select the top ones here so I don't give too much away in terms of what we're trying to achieve, but remember you need to gear these answers to the specific needs of the athlete. So, you can see that this is coming in at order one, so that's the first exercise that he would do. Let's then put in the goblet squats, again we'll just put in the top options on each of these, so the rest period there, and then we'll add in a final. So, remember we needed to do three exercises for Alan's needs – his first need. So, we'll put in the top exercises here as well.

Okay, so now we've got three exercises that are geared around this back squat one rep max test. Now, at this point we can test the plan and it will just give us some idea as to how we're doing with this first need, So, when we go into here what we're looking to do is try and get a score of a hundred percent.

So, actually just using three random exercises and using the top criteria for each of those on the set, reps, intensity and rest I've actually scored 80, so not done too badly there. If you get it terribly wrong then you can make the athlete worse and that's where you'll start to see a minus score. So, if we go back into here, what we now need to consider is have we got the sets and the reps and the intensity and the rest correct. Have we selected the most appropriate exercises that are going to allow for the most weight to be added, in order to increase his strength around this test? So, actually consider what we've got here - the goblet squat and possibly the straight lunge. Can we load these up enough to stress his body to a point where he's actually going to adapt and improve his levels of strength? Okay, so that's what you need to consider. I'm just going to change these to the bottom option just to show you what would happen if we got some different criteria in place here. So, 12 plus reps, a much lower intensity and a much shorter duration of rest time, so this is for need one again using exactly the same exercises so all targeted at the lower body and there's no reason why this might not be appropriate for somebody at some point but for this specific athlete you can see that it's not appropriate at all.

Okay. So, if we go back into here, we can then start to play around with things, so I want to remove the goblet squat and I want to go into here and let's add the back squat - seems appropriate. So, that's come in as exercise three, if I wanted to swap it around, I can do - shouldn't make too much difference anyway, let's put in the top options for this one. So, remember we were on minus 30. I've left the others the same. I'm going to test the plan and actually that's taken it from minus 30 percent up to 13 percent improvement. Okay, so you can see how changing just one exercise will alter the outcomes and the adaptations that that athlete will achieve. Then we go on to need two, so this was the bench press 80 kilograms he was lifting so you can either add in some full body exercises or you could look at some other categories like core or upper body exercises. Up to you. So, you have to decide what's most appropriate. I'm going to add in a couple of upper body exercises here, let's add in the first one on the list and we'll just pop in again the top options here and you'll start to see that we can test the plan for need two and there we go we've got 50 improvement. So, again things need to be slightly adjusted there in order to get up to this 100 percent progress. And finally, the third one, so this was the ankle dorsiflexion test. So, I'm going to put in a mobility one and I'm going to add in the first one on the list. Seems appropriate. Duration, I'm going to just put in 2 times 10 seconds and naught to 2 on the pressure and pain. Okay, so there we go, it's actually not helped at all, so his ankle stiffness gets 10 percent worse. Okay, so again, you'd have to play around with the duration and the perceived pressure or pain on any of those foam rolling activities.

So that's what you need to do; you need to go through test your plan, remember in that testing of the plan you can look at the table (if that makes more sense to you), to try and get up to a hundred percent. You can go back to any of the case studies using the menu on the left. You can look at the needs for the last one that you were working on. You can go into the planner and that will remain in your area and you can just delete those if you want to try again and start from fresh. And again, if you go into the test menu it will go back to your last athlete that you were working on. So, have a play, use your professional knowledge from Study Topic 4 on E236 and see if you can improve or allow the athlete to benefit from the adaptations from your training session. So, that's for all of the case studies in here - read the bios, look at the needs analysis, and try and consider what do they actually need from their session design that you're going to put in place.