

STRENGTH ACADEMY

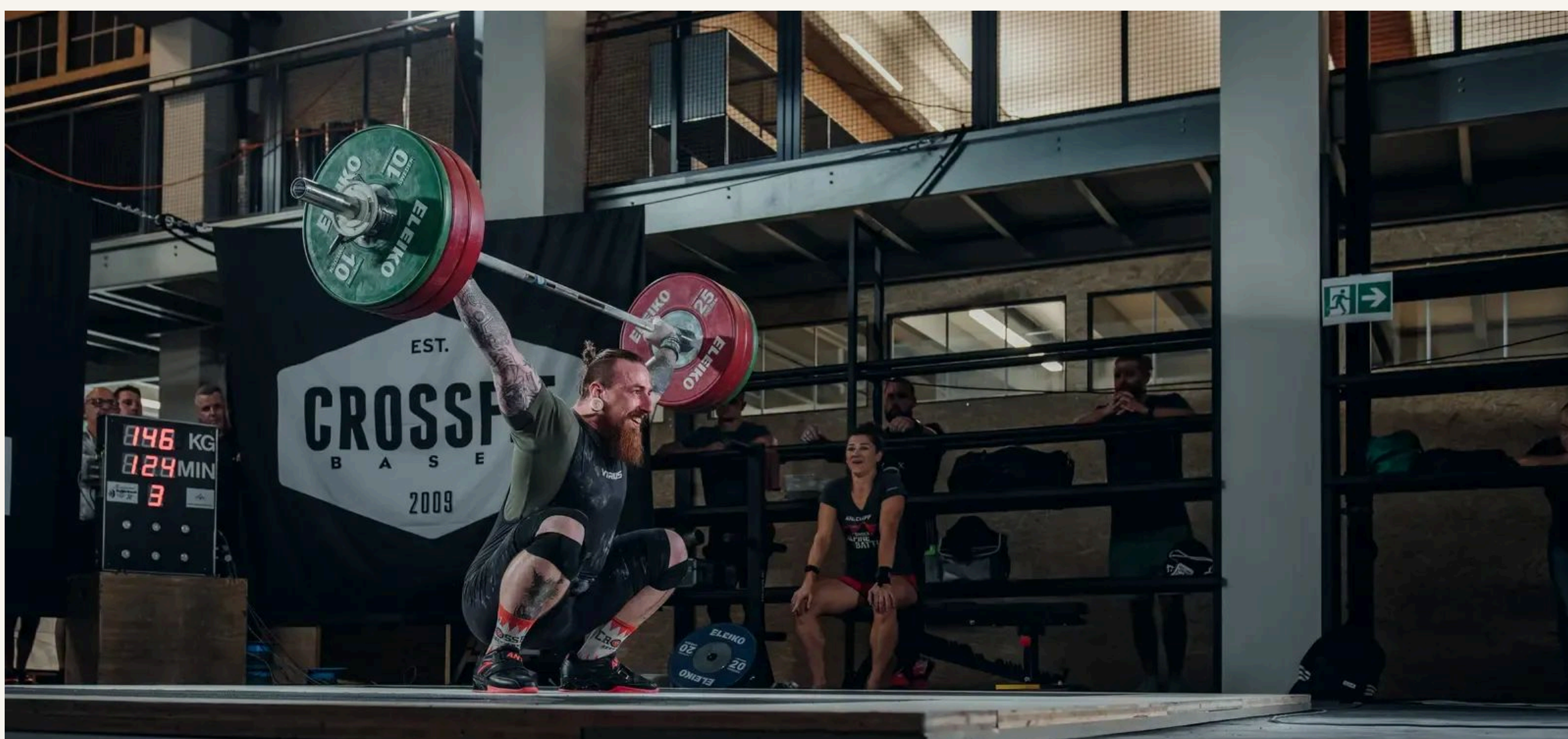
CASE STUDY · FOR COACHES WHO PROGRAM NEXT TO A JOB

6 athletes in 4 hours a week, next to a job and his own training

Yannick finished 8th at the European Championships and has won the Swiss title more than eight times. He also works a job. He wrote his first programs this year and now coaches 6 athletes in about 4 hours a week.

**Yannick Tschan**

Weightlifter, Swiss champion more than 8 times



IN NUMBERS

6

athletes on his programs

FROM THE APP, 26 OCTOBER 2026

300

PRs logged by his athletes in 6 months

FROM THE APP, 26 OCTOBER 2026

4 h

of coaching a week

AS REPORTED BY YANNICK

60%

less time spent programming

AS REPORTED BY YANNICK

BEFORE

Yannick competes at European level and works a job. Coaching had to fit into what was left of the week.

His first programs started in Excel, and online coaching was new to him.

GOING ONLINE

He coaches weightlifters, and CrossFit athletes who want to lift better. He also started running seminars.



RESULTS

- 6 athletes training on his programs, in about 4 hours a week.
- His athletes logged 300 PRs in the last 6 months.
- They logged 96 training days in the last 90 days, and he sees every one of them.

WHAT YANNICK USES MOST

01 **Macrocycles and week duplication**

He plans a cycle once, copies the weeks and changes the percentages. Every athlete sees their own kilos.

02 **Video review**

Athletes send their lifts between seminars and get technique feedback on the video.

03 **Coach web page**

The link athletes and seminar attendees use to find him.



6 athletes in 4 hours a week, next to a job and his own training

Yannick Tschan, Weightlifter, Swiss champion more than 8 times

AT A GLANCE

Background	8th at the European Championships, Swiss champion more than 8 times, Swiss record holder
Coaching time	About 4 hours a week, next to a job and his own training
Programs before	Excel
Athletes	Weightlifters, and CrossFit athletes who want to lift better

Set up your coaching like Yannick

Start your 14-day trial: strengthacademy.app/coach-onboarding
Book a free setup call: strengthacademy.app/book