

From Google Sheets to a coaching app

A checklist for moving your programs out of a spreadsheet and into any coaching app, one athlete at a time.

01 Clean the sheet

- ☐ Work on a copy, so the original stays as it is.
- ☐ Give every week and day a clear label, such as Week 1, Day 2.
- ☐ Put sets, reps, load and notes in their own columns, one exercise per row.
- ☐ Unmerge cells, and write out anything you only show with a colour.
- ☐ Delete old blocks, test tabs and empty rows.

02 Name every exercise the same way

- ☐ Use one name per exercise across every week and every athlete.
- ☐ Write out abbreviations, or keep a short key such as SN = snatch.
- ☐ List the variations you use, such as pause back squat or power snatch.

03 Decide: % of 1RM or kg

- ☐ Choose for each lift whether you write it as a percentage of 1RM or in kg.
- ☐ Keep percentages, kilos and RPE in separate columns, never in one cell.
- ☐ Note which max each percentage uses, such as power snatch from the snatch.

CHECKLIST • CONTINUED

04 Collect current maxes

- ☐ Write down each athlete's current maxes, with the date of each one.
- ☐ Retest or estimate old maxes first. An old 1RM gives loads that are too light or too heavy.

05 Choose who goes first

- ☐ Start with one athlete whose program is simple and current.
- ☐ Move the others when they start a new block, not halfway through one.
- ☐ Tell each athlete when their program moves and where to find it.

06 Test with one athlete

- ☐ Move one block for one athlete before anyone else.
- ☐ Compare every week and day in the app with the sheet.
- ☐ Check the kilos the athlete sees against your own maths.
- ☐ Run one full week before you move the next athlete.
- ☐ Keep the sheet until the first block in the app is done.

IN STRENGTH ACADEMY

Program import is on every plan.

Upload an Excel, CSV or PDF file, or photos of a printed sheet. A Google Sheets link cannot be imported. In Google Sheets, choose File, then Download, then Microsoft Excel or PDF first.

Percentages import as a percentage of 1RM. Without a link, only a few weightlifting lifts and the back and front squat find their max by name. Set Link to 1RM on the rest.

A review shows every week and day before anything lands in a plan.