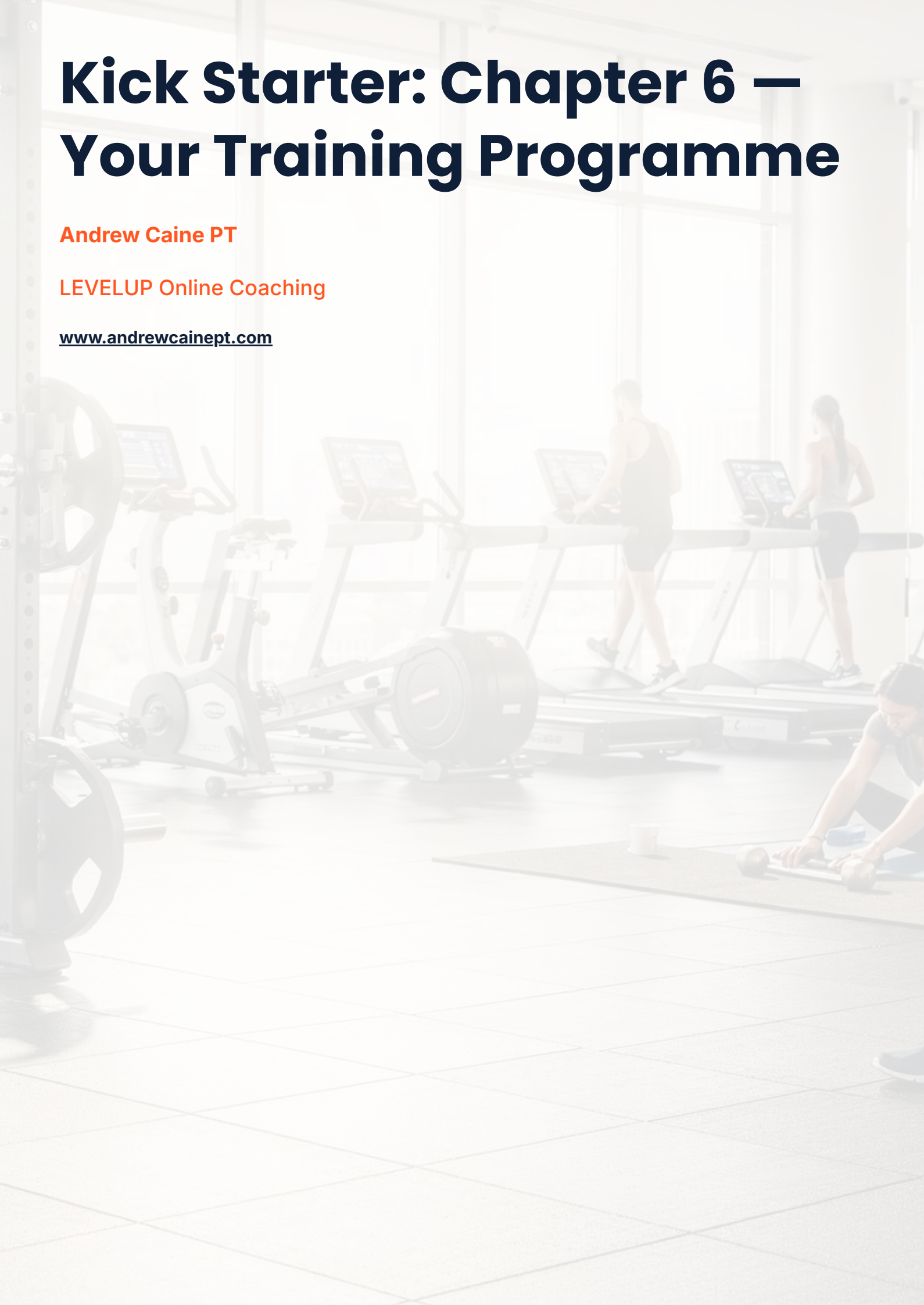
Kick Starter: Chapter 6 — Your Training Programme

Andrew Caine PT

LEVELUP Online Coaching

www.andrewcainept.com



Welcome

Hi There!

Welcome to the LEVELUP Online Coaching Kick Starter.

Whether you are picking up a barbell for the first time or you have been training for years and are finally ready to do it properly — this is where we build the foundation.

I have put together 7 chapters, each covering a key topic that will set you up to get the most from your coaching. Training, nutrition, mindset, progress tracking, sleep — everything you need to understand what you are doing and why.

Work through these chapters at your own pace. The more you understand the principles behind your programme, the better your results will be.

Let's get to work.

Andrew

Contents

What to Expect in Chapter 6: Your Training Programme

1 **How Your Programme Is Built**

2 **Your First Few Sessions**

3 **Training Intensity and Logging**

4 **Using Trainerize**

5 **Video Feedback**

How Your Programme Is Built

Your programme is not a template. It has not been pulled from a generic plan and assigned to you because it roughly fits your goal. It has been built specifically for you — around your training history, your schedule, the equipment you have access to, and what you are actually trying to achieve.

Before your programme was written, the information you provided in your startup forms was used to establish your starting point. Your training experience, how many days per week you can train, any injuries or movement limitations, and your primary goal all directly shaped what went into the programme. This is why the startup forms matter — the more accurate and honest your answers, the better the starting point.

Here is what has been considered in building your programme.

Training Frequency

How many sessions per week fits your life without setting you up to fail. Three days is enough to make excellent progress. Four or five days is appropriate if your schedule and recovery allow it. The programme is built around what is realistic for you, not an ideal scenario that falls apart in week two.

Exercise Selection

The movements in your programme have been chosen based on your goals, your experience level, and any limitations you flagged. Compound movements — squats, deadlifts, bench press, rows, overhead press — form the foundation because they produce the most return for the effort invested. Isolation work is included where it supports specific goals or addresses weak points.

Rep Ranges and Structure

As covered in Chapter 5, different rep ranges produce different adaptations. Your programme is structured to match your goal. If you are primarily focused on building muscle and improving body composition, you will predominantly be working in the hypertrophy range. If strength is a priority, lower rep ranges with heavier loads will feature more prominently. Most programmes include both.

Progression

The programme is designed with progressive overload built in. Over the course of a training block the expectation is that weights increase, reps improve, or both. This is tracked through Trainerize and reviewed when your programme updates every four to six weeks.

If anything in the programme does not make sense — an exercise you are unfamiliar with, a rep range that feels off, a session that does not fit your schedule — message me in the app. The programme can be adjusted. What it cannot do is work if you are not doing it.

Your First Few Sessions

The first two to four weeks of a new programme are an adjustment period. As explained in Chapter 5, the initial adaptations are primarily neural — your nervous system learning the movement patterns, your body getting used to the demands being placed on it. You will not look dramatically different in week two. That is normal and expected.

Here is what to focus on in your early sessions.

Learn the movements before chasing the weight.

The first time you do an exercise, the priority is getting the pattern right — the depth of a squat, the hinge in a deadlift, the path of the bar in a bench press. Watch the instructional videos attached to each exercise in Trainerize before your first attempt. If something feels wrong mechanically, film it and send it to me rather than grinding through bad reps.

Start conservatively on load.

It is tempting to go heavy immediately. Resist it. Starting too heavy in week one makes it harder to progress through the block, increases injury risk, and makes recovery more difficult. Start at a weight that feels challenging but manageable — around RPE 7 — and build from there. You will add weight quickly in the early weeks as your nervous system adapts.

Log everything from session one.

The data from your first sessions is the baseline everything else is built on. Record the weights used, the reps completed, and your RPE for each working set. If you skip logging in week one you lose the reference point that makes progressive overload trackable.

Expect some soreness.

Delayed onset muscle soreness — DOMS — is normal when starting a new programme or introducing new movements. It typically peaks 24 to 48 hours after training and fades within a few days. It is not an injury and it is not a requirement for progress — soreness is not a reliable indicator of a good session. Do not let it stop you training the next scheduled session unless the soreness is severe.

Training Intensity and Logging

How hard you train matters as much as what you train. Consistently working well below your capacity produces minimal adaptation.

Consistently training beyond your capacity compromises recovery and increases injury risk. The goal is to find the right level and push within it consistently.

RPE and RIR are covered in the terminology section of Chapter 5. To recap briefly — RPE is a measure of how hard a set felt on a scale of 1 to 10. RIR is how many reps you had left before failure.

Most working sets in your programme should sit between RPE 7 and 9 — genuinely challenging, with a small number of reps left in reserve. Very rarely should you be training to complete failure.

How to log a session in Trainerize

Open the app and navigate to your scheduled workout. As you complete each set, log the weight used and the reps completed. Add your RPE for the last working set where prompted. This takes thirty seconds per exercise and is the difference between a programme that can be progressively managed and one that is just being done in the dark.

When the prescribed reps feel too easy

If you complete all sets and reps at the prescribed weight and the last set felt like RPE 6 or lower, increase the weight slightly next session. A small increase — 2.5 to 5kg on most exercises — is enough to maintain the right training stimulus. You do not need to wait until your programme updates to make this adjustment. Use your judgement and log it.

When the prescribed reps feel too hard

If you cannot complete the prescribed reps with good form, reduce the weight. Logging four clean reps at the right weight is more useful than grinding through eight ugly ones. Note it in the app and I will review it at your next check-in.

Using Trainerize

Trainerize is the platform everything runs through. Your training programme, your food diary, progress photos, habit tracking, and all communication with me live in one place. The goal is simplicity — one app, everything in it.

Getting Started: Your First Session

When you first open the app the layout can feel unfamiliar, so here is a simple walkthrough for getting into your first workout.

1. Open Trainerize and navigate to the **Calendar** tab. Your sessions are scheduled across the week. Tap on the session for today to open it.
2. If you need to move a session to a different day — your schedule has changed, or you need to swap a rest day — tap and hold the session and drag it to the day that works. Do not skip it, just move it. The programme is flexible around your week as long as the sessions get done.
3. When you are ready to train, tap **Start Workout**. The session will open and walk you through each exercise in order — the exercise name, sets, reps, rest period, and the instructional video. Work through it exercise by exercise, logging your weight and reps for each set as you complete them.
4. Once you have finished all exercises, tap **Finish Workout** to save the session. Rate it out of 10 and leave a note to summarise how your workout went. This logs it to your history and records your data for review.
5. To view your full training plan — all sessions in the current phase, the structure of the block, and the phase summary — go to the **Training** tab and select your programme. This gives you an overview of the entire phase so you can see how each session fits into the bigger picture.

Using Trainerize — App Overview

Here is a practical overview of how to use it effectively.

Workouts Tab

This is where your programme lives. Each session is scheduled by day. Open the session, work through it exercise by exercise, and log each set as you go. Each exercise has an instructional video attached — watch these, particularly for movements you are less familiar with.

Nutrition Tab

Your calorie and macro targets are set here. Log your food as you eat it rather than trying to reconstruct the day at 10pm. As covered in Chapter 4, the food diary works best when it is accurate and consistent. Scan barcodes where you can and use the search function for whole foods.

Progress Tab

Log your weekly weigh-in here along with progress photos. Body measurements can also be tracked if that is part of your programme. This data sits alongside your training logs and gives a complete picture of how things are progressing over time.

Messages Tab

This is where you communicate with me. Questions, check-in updates, sending video clips, flagging if something is not working. Message me here rather than on Instagram or by email — keeping everything in the app means nothing gets missed and I have your full programme context when I respond.

Habits Tab

Daily habits assigned to your programme will appear here. These might include hitting your protein target, completing a daily step count, logging food, or mobility work. Mark them complete each day. They are not decoration — they are part of the process.

If you have any difficulty navigating the app, message me and I will walk you through it.

Video Feedback

Sending video clips of your training is one of the most useful things you can do, particularly in the early weeks of a new programme. It allows me to see exactly what is happening with your technique rather than relying on descriptions — and technique issues that feel invisible to you are often immediately obvious on camera.

You do not need professional gym footage. A phone propped against a water bottle or a gym bag is enough. What matters is the angle — for most exercises, a side-on view captures the most useful information. For pulling movements like rows, a slight rear angle can also help.

How to send a clip

Film the set, save it to your camera roll, then send it via the Messages tab in Trainerize. Add a note with the exercise, weight used, and any specific concern you have — "left knee feels like it's caving on squats" or "not sure if my hips are rising too fast on deadlifts" gives me something specific to respond to.

What you will get back

I will give you direct, practical feedback — what is working, what needs adjusting, and how to fix it. This feedback loop is one of the things that separates coached training from training alone. Use it.

Conclusion

> The programme is built around you. The platform is designed to make tracking and communication straightforward. Everything you need to execute, log, and progress your training is in one place.

What makes it work is consistency and honesty — completing sessions as prescribed, logging accurately, and communicating when something is not going to plan.

A week where life gets in the way and you only complete two of three sessions, logged honestly, is something I can work with.

A week of skipped sessions and no communication is not.

Train with intent

Complete sessions as prescribed and push within the right level consistently.

Log everything

Accurate records are the foundation of progressive overload and programme management.

Use the tools

Trainerize, video feedback, and direct communication are all there for a reason. Use them.

That is the whole approach.

Tools and Resources

Andrew Caine PT Academy

Access training guides, nutritional resources, and educational content.
www.andrewcainept.com

Andrew Huberman Podcast

Evidence-based content on health, fitness, performance, and neuroscience.

Examine

Research-backed resource covering nutrition and supplements.

YouTube

Useful for exercise tutorials and form guidance.

Andrew Caine PT on Instagram

Regular evidence-based content on training, nutrition, and the balanced lifestyle you are working towards. @andrewcainept

---

How to Reach Me

Office Hours

Monday to Friday, 9:00am to 8:00pm

Contact Details

Email: info@andrewcainept.com
Phone: 07824 467260
Website: www.andrewcainept.com