



Start: Jun 21, 2020
End: Jun 28, 2020
Duration: 7 Day(s)
Day: Day 1 of 7

Goal: this Tiered-Course will increase the success of preseason strength training.
Description:



Published By:
Navitent Compass
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Summary:

Best Anytime

Do **Session – Preseason - Strength Training - Full Body - Week 1**

Kind: Session Time: Set Time Steps: 6 Results: Completed: Duration:

Course: Sample: Preseason Strength Training Workout Plan Week One

Best After Wake-up

Do **Trail – Simple Morning Journal**

Kind: Cognitive Trail Time: Set Time Steps: 7 Results: Completed: Duration: 3 Minute(s)

Course: Sample: Basic Daily Activity And Sleep Tracker

Best During Breakfast

Do **Trail – Vegetable Omelet (~350kcal)**

Kind: Nutritive Trail Time: Set Time Steps: 8 Results: Completed: Duration: 10 Minute(s)

Course: Sample: Preseason Strength Training Meal Plan Week One

Do **Trail – Whole Wheat Toast With Breakfast (~320kcal)**

Kind: Nutritive Trail Time: Set Time Steps: 2 Results: Completed: Duration: 3 Minute(s)

Course: Sample: Preseason Strength Training Meal Plan Week One

Do **Trail – 2% Or Whole Milk With Breakfast (~150kcal)**

Kind: Nutritive Trail Time: Set Time Steps: 1 Results: Completed: Duration: 20 Second(s)

Course: Sample: Preseason Strength Training Meal Plan Week One

Do **Trail – Hydrate With Water For Breakfast (Minimum 3 Cups)**

Kind: Nutritive Trail Time: Set Time Steps: 1 Results: Completed: Duration: 1 Minute(s)

Course: Sample: Preseason Strength Training Meal Plan Week One

Best Before Lunch

Do **Trail – Snack Option 1 (~425kcal)**

Kind: Nutritive Trail Time: Set Time Steps: 1 Results: Completed: Duration: 5 Minute(s)

Course: Sample: Preseason Strength Training Meal Plan Week One

Best During Lunch

Do **Trail – Hydrate With Water For Lunch (Minimum 3 Cups)**

Kind: Nutritive Trail Time: Set Time Steps: 1 Results: Completed: Duration: 1 Minute(s)

Course: Sample: Preseason Strength Training Meal Plan Week One

Do **Trail – Salad With Pasta And Protein Option (~580kcal)**

Kind: Nutritive Trail Time: Set Time Steps: 5 Results: Completed: Duration: 10 Minute(s)

Course: Sample: Preseason Strength Training Meal Plan Week One

Do **Trail – Banana With Lunch (~120kcal)**

Kind: Nutritive Trail Time: Set Time Steps: 1 Results: Completed: Duration: 30 Second(s)

Course: Sample: Preseason Strength Training Meal Plan Week One

Best After Lunch

Do **Trail – Snack Option 2 (~300kcal)**

Kind: Nutritive Trail Time: Set Time Steps: 1 Results: Completed: Duration: 5 Minute(s)

Course: Sample: Preseason Strength Training Meal Plan Week One

Best During Dinner

Do **Trail – Ground Beef Tacos (~555kcal)**

Kind: Nutritive Trail Time: Set Time Steps: 5 Results: Completed: Duration: 30 Minute(s)

Course: Sample: Preseason Strength Training Meal Plan Week One

Do **Trail – Whole Grain Rice With Dinner (~225kcal)**

Kind: Nutritive Trail Time: Set Time Steps: 2 Results: Completed: Duration: 30 Minute(s)

Course: Sample: Preseason Strength Training Meal Plan Week One

Do **Trail – Hydrate With Water For Dinner (Minimum 3 Cups)**

Kind: Nutritive Trail Time: Set Time Steps: 2 Results: Completed: Duration: 1 Minute(s)

Course: Sample: Preseason Strength Training Meal Plan Week One

Best Before Bedtime

Do **Trail – Simple Evening Journal**

Kind: Cognitive Trail Time: Set Time Steps: 6 Results: Completed: Duration: 1 Minute(s)

Course: Sample: Basic Daily Activity And Sleep Tracker

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