

# 7 Step Process For Building Out An IAPP

**START: Athlete has high performance goals!**



**FINISH: Athlete fully understands their goals and role in this process**

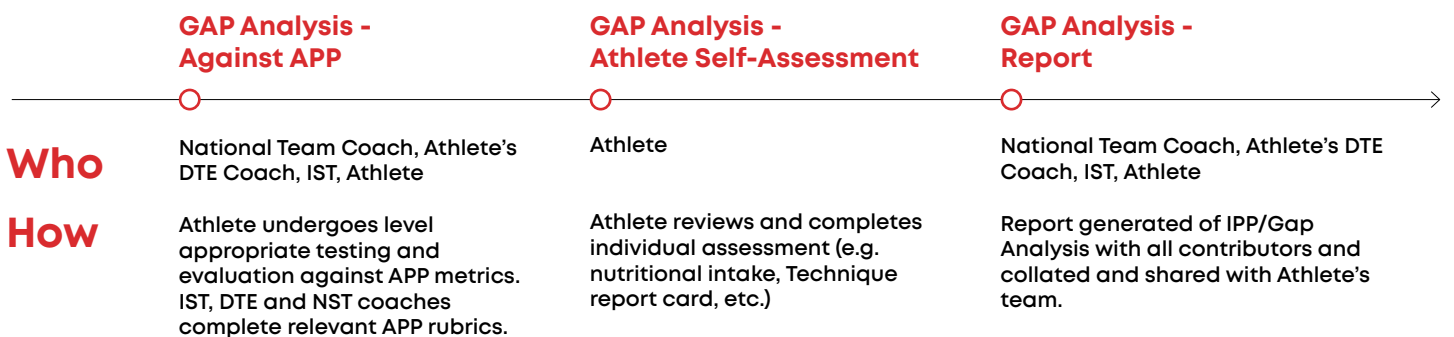
# How-To Guide

## 1 Season debrief and Initial YTP Creation



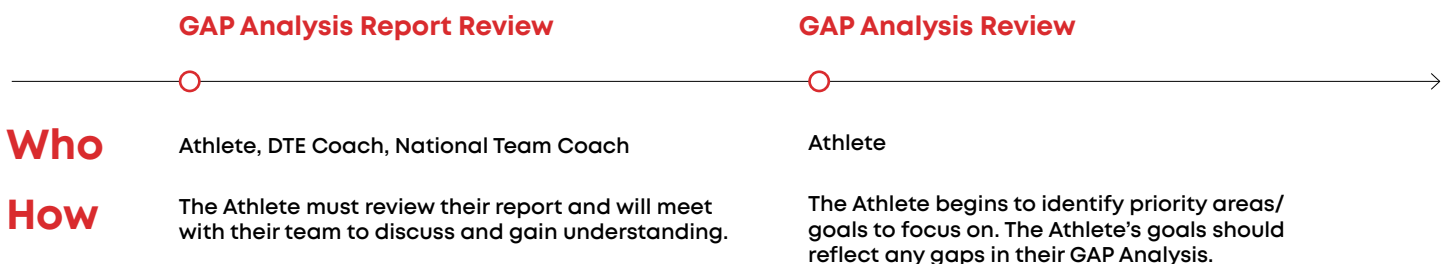
## 2 GAP Analysis

Comparing an Athlete's actual performance with their potential or desired performance against the APP



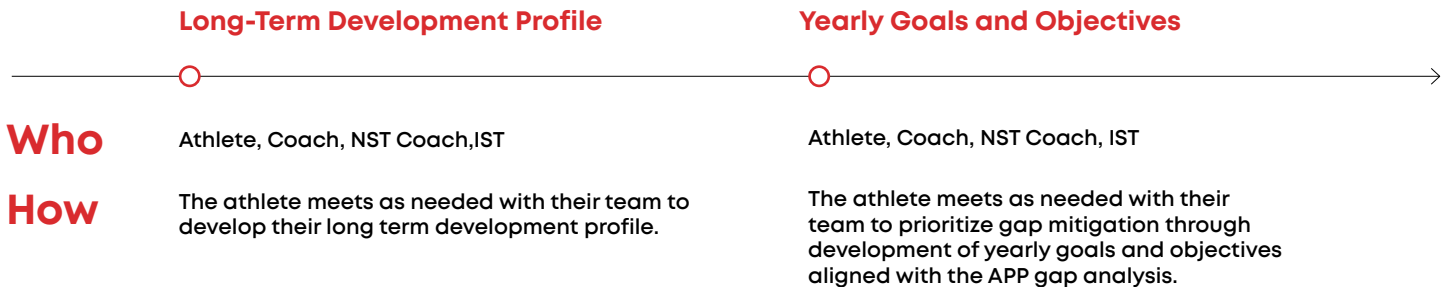
## 3 GAP Analysis Report Review Meeting

Ensure alignment between all members of the Athlete's team in understanding Gaps



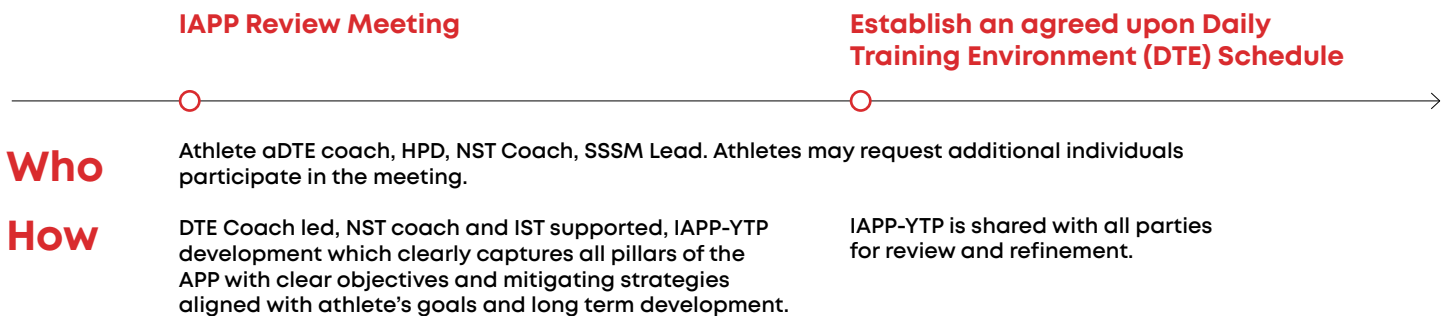
## 4 Goal Setting, Objectives & Long-Term Development Profile

Athletes begin contributing to their IAPP by completing goal setting and objectives.



## 5 IAPP-YTP Development

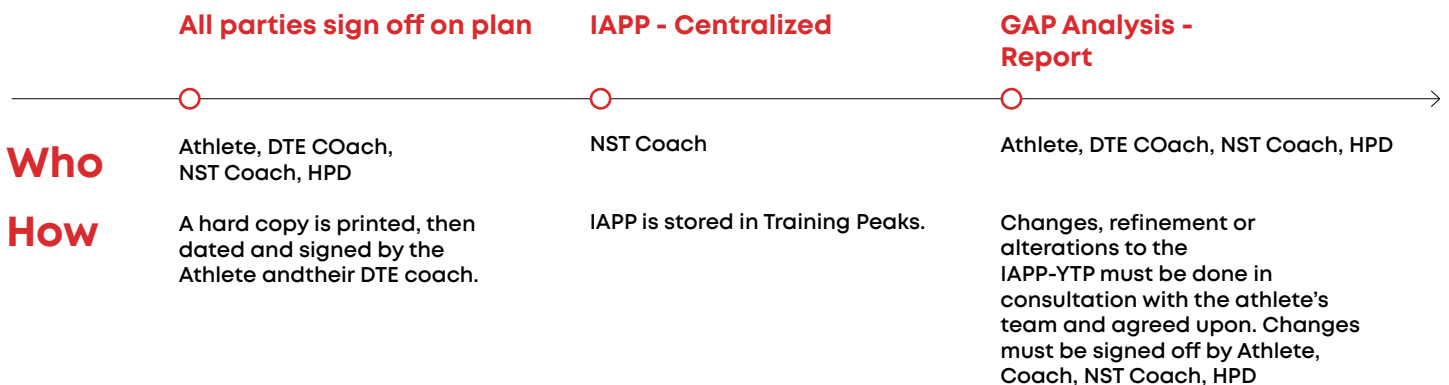
Coaches, IST create first draft of athlete IAPP-YTP



A completed IAPP-YTP is available to all parties through Training Peaks

## 6 IAPP Approval & Circulation

The finalized IAPP-YTP is reviewed and agreed upon



Once signed off by all parties, the final IAPP is scanned & uploaded to the Athlete's Training Peaks profile

## 7 Continuous Review and Updating of IAPP-YTP

### Keeping it Relevant!

---

#### Who

Athlete, DTE Coach, NST Coach, IST

#### How

Through DTE athlete and coach meeting, IST meetings. Information (testing results, TRC updates, etc.) shared to continual update and review the IAPP-YTP.