

Evaluating a Training Plan Part 4- Summing Up

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If in doubt use the the old reliable 3P criteria. The the training program does meet the 3P criteria it is probably flawed.

Practical - Can you do the program with the minimal facilities, equipment and supervision. Simplicity yields complexity.

Personal -Is is individualized? Does it fit you or is it one size fits all?

Proactive - Is there a clear plan and a progression?