

Betsy Bootcamp Performance System

Phase One Program Schedule & Descriptions

Building the Athlete Before Building the Skills

Phase One was intentionally designed to build the athlete before asking them to perform higher-level gymnastics skills. Every workout has a purpose and every category works together to create stronger, healthier, more resilient gymnasts. Rather than providing random conditioning sessions, the Betsy Bootcamp Performance System gives coaches a structured roadmap that develops movement quality, body awareness, strength, stability, mobility, durability, and gymnastics-specific fitness before progressing into the more demanding phases of the preseason.

Performance Workouts

These are the flagship workouts of each phase and should serve as your primary conditioning sessions. They combine total-body strength, gymnastics movement, cardiovascular conditioning, core training, stability, flexibility, and athletic development into one complete workout. Their purpose is to build the foundation athletes will rely on throughout the season.

Targeted Performance Workouts

These workouts focus on a single performance quality such as upper body strength, lower body strength, core development, shoulder stability, or flexibility. They allow coaches to emphasize areas that need additional attention while complementing the full Performance Workouts.

Bite-Sized Workouts & Side Stations

These workouts are coaching tools—not additional conditioning days. Use them as 10–15 minute workouts, side stations, event rotations, practice finishers, or productive assignments while athletes wait for turns. They maximize training time without taking valuable minutes away from event work, and they change each phase to match the goals of the current training block.

Durability Sessions

These sessions remain the same throughout the entire 12-week preseason because injury prevention, mobility, recovery, and joint health should always be a priority. Their purpose is not to exhaust athletes but to build healthier ones through consistent work on wrists, shoulders, ankles, hips, feet, active flexibility, and movement quality.

How to Build Your Weekly Schedule

The Performance Workouts and Targeted Performance Workouts make up your primary conditioning schedule for the week. Bite-Sized Workouts are designed to be woven naturally into practice whenever opportunities arise—during event rotations, while athletes wait for turns, as practice finishers, or as short conditioning blocks. Durability Sessions are habits rather than traditional workouts. Sprinkle them throughout the week for 5–15 minutes before practice, after conditioning, on recovery days, or between events. Coaches are not expected to complete every workout in Phase One every week. Instead, this system provides a flexible toolbox that allows you to build the schedule that best fits your athletes, practice length, equipment, and coaching style.

Practice Schedule	Primary Conditioning	Bite-Sized	Durability
2 Days/Week	2 Performance and/or Targeted Workouts	Optional	1–2 short sessions
3 Days/Week	3 Performance and/or Targeted Workouts	1 time/week	2 short sessions
4 Days/Week	4 Performance and/or Targeted Workouts	1–2 times/week	2 short sessions

How I Use the Performance System

After coaching gymnastics for more than 25 years, I've learned there isn't one perfect weekly schedule. Every gym is different. Some teams practice two days a week, while others train five or six. Some gyms have limited equipment and space, while others have endless resources. That's exactly why I designed this system differently.

Don't feel like you need to complete every workout. Instead, think of this program as your coaching toolbox. Start with the Performance Workouts, reinforce specific needs with the Targeted Performance Workouts, weave the Bite-Sized Workouts into practice whenever opportunities naturally present themselves, and consistently sprinkle in the Durability Sessions to keep your athletes healthy and moving well.

My goal isn't to give you more work—it's to simplify your planning while helping you build stronger, healthier, and more confident gymnasts. Use this system as your roadmap, adapt it to your gym, and let it work for you.