Quick start for Athlete Pro

Welcome to Athlete Pro. Pro builds a training plan from your profile and keeps adjusting it from what you log, with meals solved to your targets. Do these five steps once, in order, then train and log.

1. Tailor your training

Open Tailor your training compositeathlete.com/onboarding?step=training and set your **sport** (up to four), experience level, training days per week, session length, where you train (full gym, home, or bodyweight), and any movements to work around. Your plan is built from these answers, so check them before you generate. Session length defaults to 90 minutes if you skip it.

2. Enter your maxes and race times

Open PRs & Maxes compositeathlete.com/maxes and fill in the numbers your sport uses: 1RM lifts, best times, and max-rep skills. Set the date for each and click "Save" on the card. Where a session prescribes a percentage of a max, your plan turns it into a working weight in your units from these numbers, so the closer they are to what you can do today, the better your plan fits.

3. Generate your adaptive plan

1. Open Start a program compositeathlete.com/program/start and find the "Adaptive custom plan" card.
2. Click "Generate custom plan".
3. The first time, complete the short health check and waiver.
4. Set a "Start date". If you train more than one sport, choose which ones to blend into one plan.
5. Review what your plan will be built from, then click "Generate now".

Your plan builds in the background in a few minutes, and the button shows its progress. When it's ready, you land on Program compositeathlete.com/program.

4. Train and log every session

Each day, open Today compositeathlete.com/today, do the session, then click "Log session". Mark each exercise "Completed", "Modified", or "Missed", enter load, reps, or time, set your session RPE (1 to 10), answer the pain check, and click "Save log".

Logging is what makes Pro adaptive. Your plan rewrites the weeks ahead from your logs, notes, missed sessions, pain flags, and effort trends, usually within a day. It keeps your current loads and your end date, and it never resets you to week one. There's no button to press. See How your program adapts compositeathlete.com/help/how-your-program-adapts.

5. Build your meal week

Open Meals compositeathlete.com/meals and click "Generate my week". In about 1 to 2 minutes you get 7 days of meals solved to your calorie, protein, carb, and fat targets, with a grocery list and a batch-prep plan. Meals avoid the food allergens in your profile; set them in Personalize your meals compositeathlete.com/onboarding?step=meals, and always check the ingredients of anything you eat.

More useful tools

- **Swap an exercise** for one that fits your equipment, with the same sets, reps, and load. See Swapping an exercise compositeathlete.com/help/swap-an-exercise.
- **Swap a meal** or **recalibrate your macros** as your body and training change. See Swapping meals & recalibrating macros compositeathlete.com/help/swap-meals-and-recalibrate-macros.
- **Download your program as a PDF** to print it. Download it again after your plan adapts. See Downloading your program as a PDF compositeathlete.com/help/download-your-program-pdf.

Your trial and billing

Approved partners: skip this section. Your Pro is free while you're an approved partner, with no trial, card, or billing.

- New to Pro? Your first **21 days** are free, and we email you **3 days** before the trial ends.
- Manage or cancel your plan any time from Billing compositeathlete.com/billing. Cancel before the trial ends and you pay nothing.

> Composite Athlete isn't a medical provider. If something hurts, flag it in the pain check so the weeks ahead ease off, and see a qualified professional for pain that's sharp, persistent, or getting worse.

Online version, kept up to date: compositeathlete.com/help/athlete-pro-quick-start · Questions: support@compositeathlete.com · Updated 2026-11-02