

# THE TWO-MINUTE READINESS CHECK

The nervous system tells the truth before the athlete does. A short rebound set on arrival, compared against that athlete's own rolling baseline, catches a flat day before the loading does. Not a test, just a temperature reading.

## THE PROTOCOL

### 1 · SAME WARM-UP

Five minutes general movement, one build-up set of low hops. Identical every day, the check is only as consistent as what precedes it.

### 2 · FIVE HOPS

One 4/2 or five-hop set at honest intent. Note the RSI. Thirty seconds on the mat, done during the group's arrival window.

### 3 · COMPARE TO SELF

Baseline is the athlete's rolling average of their last two to three weeks of daily checks, never the roster's, never last season's.

## THE DECISION RULE · VS ROLLING BASELINE RSI

**±5%**

### GREEN · TRAIN AS PLANNED

Normal day-to-day wobble. The session runs as written, including the high-intent work.

**5–10% down**

### AMBER · ADJUST INTENT

Keep the session's pattern, trim the reactive and maximal-intent volume. Recheck tomorrow; two ambers in a row is a conversation about sleep, load, and life.

**>10% down**

### RED · CHANGE THE DAY

Swap explosive work for skill, strength-technique, or recovery. A red is information arriving early, treat it as a save, not a loss.

## MAKING IT STICK

### TREND BEATS TODAY

One red day is a bad night's sleep. A week of slow drift downward is accumulating fatigue, the chart in the athlete's profile makes the difference visible at a glance.

### PAIR IT WITH THE PERSON

The number opens the conversation; it doesn't end it. A flat score plus a flat face is a program decision. A flat score on a bouncing athlete is worth one more set before judging.

### CONTACT TIME CONFIRMS

On flat days, contact time usually lengthens before jump height falls. When both move the wrong way at once, believe them.

