

## Training Peaks User Manual

- **Getting a Training Peaks account**
  - Already have one?
    - Send an email to [simone@energyfitnessgymea.com.au](mailto:simone@energyfitnessgymea.com.au) requesting a running coach. If you have a specific race in mind, make sure you mention that in the email.
  - Don't have an account?
    - Let me know at [simone@energyfitnessgymea.com.au](mailto:simone@energyfitnessgymea.com.au) and I'll sign up for you and list you as one of our athletes
  - Sign up for free
    - <http://home.trainingpeaks.com/>
    - Then send an email to [simone@energyfitnessgymea.com.au](mailto:simone@energyfitnessgymea.com.au) requesting a running coach. If you have a specific race in mind, make sure you mention that in the email.
- **Basic vs premium features**
  - <http://home.trainingpeaks.com/products/products-for-athletes/feature-compare>
- **Upgrading to premium**
  - \$19.95/month, via TP website <http://home.trainingpeaks.com/account-manager/athlete-upgrade>
  - \$7.50/fortnight, via coach
    - Select "Premium Membership" on our Run Coaching page <http://www.bioathletic.com.au/running-coach/> - EF Running page?? Your web guys will set up the equivalent page and then you can use your URL for that page
- **Web app set-up**
  - <http://help.trainingpeaks.com/hc/en-us/articles/204072224-Set-up-your-Dashboard-for-Running>
  - <http://help.trainingpeaks.com/hc/en-us/sections/200733204-Athlete-Edition>
- **Adding you physio**
  - Login and click on your name in the top right corner of the screen
  - Click on *Settings*
  - Scroll down to *Coaches*
  - In the *Shared Coach* field, add [peter@bioathletic.com.au](mailto:peter@bioathletic.com.au) and hit *Add*
- **Mobile phone app**
  - <http://help.trainingpeaks.com/hc/en-us/categories/200252124-TrainingPeaks-Mobile-App>
- **Sync devices and apps**
  - How to: <http://help.trainingpeaks.com/hc/en-us/categories/200252114-Compatible-Devices>
- **Email communications**
  - Notify your coach and physio if
    - You have an accident (eg. Rolled ankle), whether on a run or not
    - You have sudden unexplained soreness that doesn't resolve soon after the run
    - You have recurrent soreness that has persisted for over one week

- You have one-sided muscle fatigue or soreness that has persisted for over one week
- You have felt generally fatigued for over one week
- How to notify your coach and physio
  - Email your coach directly at [simone@energyfitnessgymea.com.au](mailto:simone@energyfitnessgymea.com.au) and your physio at [peter@bioathletic.com.au](mailto:peter@bioathletic.com.au)
    - For premium members
      - Minor issues can be noted in Post-workout Notes, which will email your coach if you have ticked that option under *Settings*
      - How to receive notification of coaches' reply or comment: <http://help.trainingpeaks.com/hc/en-us/articles/204071904-Receive-post-activity-comment-notifications>
- **Sync workout plan to phone or computer calendar (premium only)**
  - How to: <http://help.trainingpeaks.com/hc/en-us/articles/204072184-Sync-your-calendar>