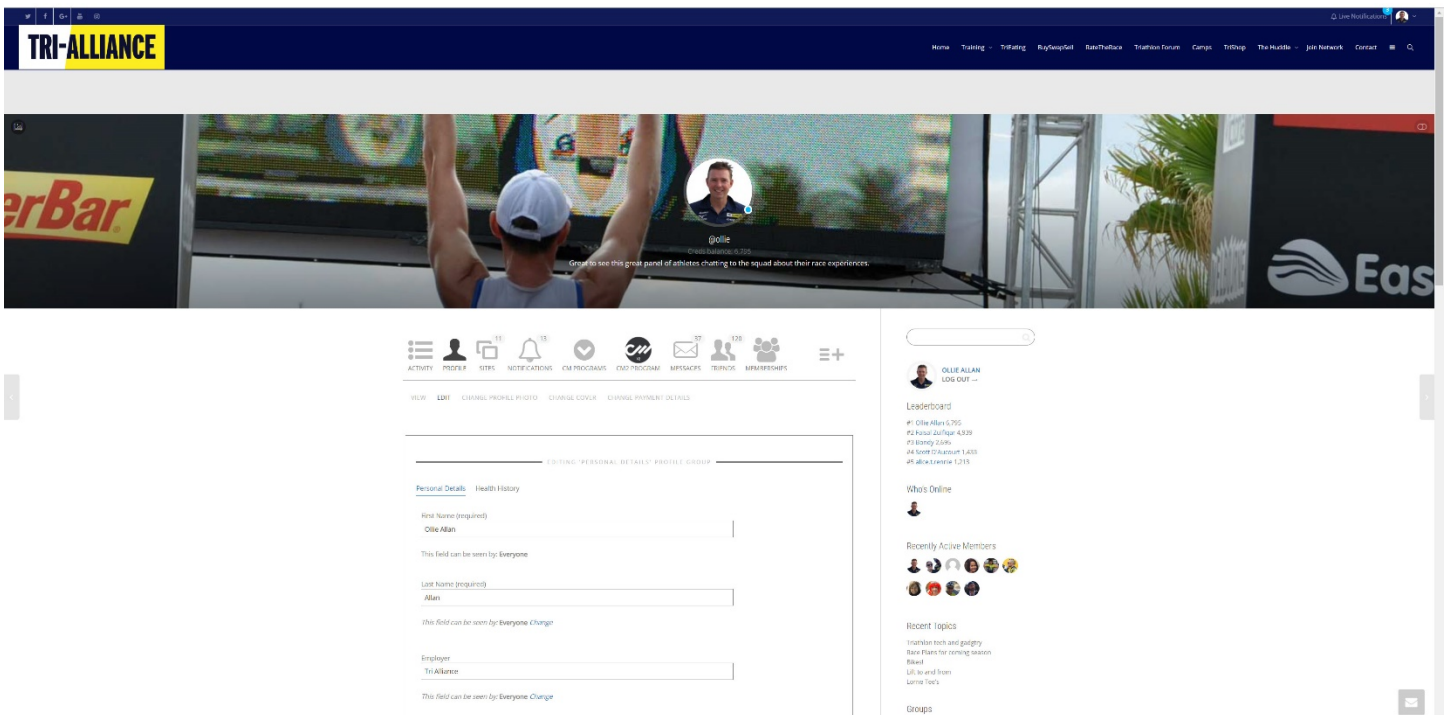
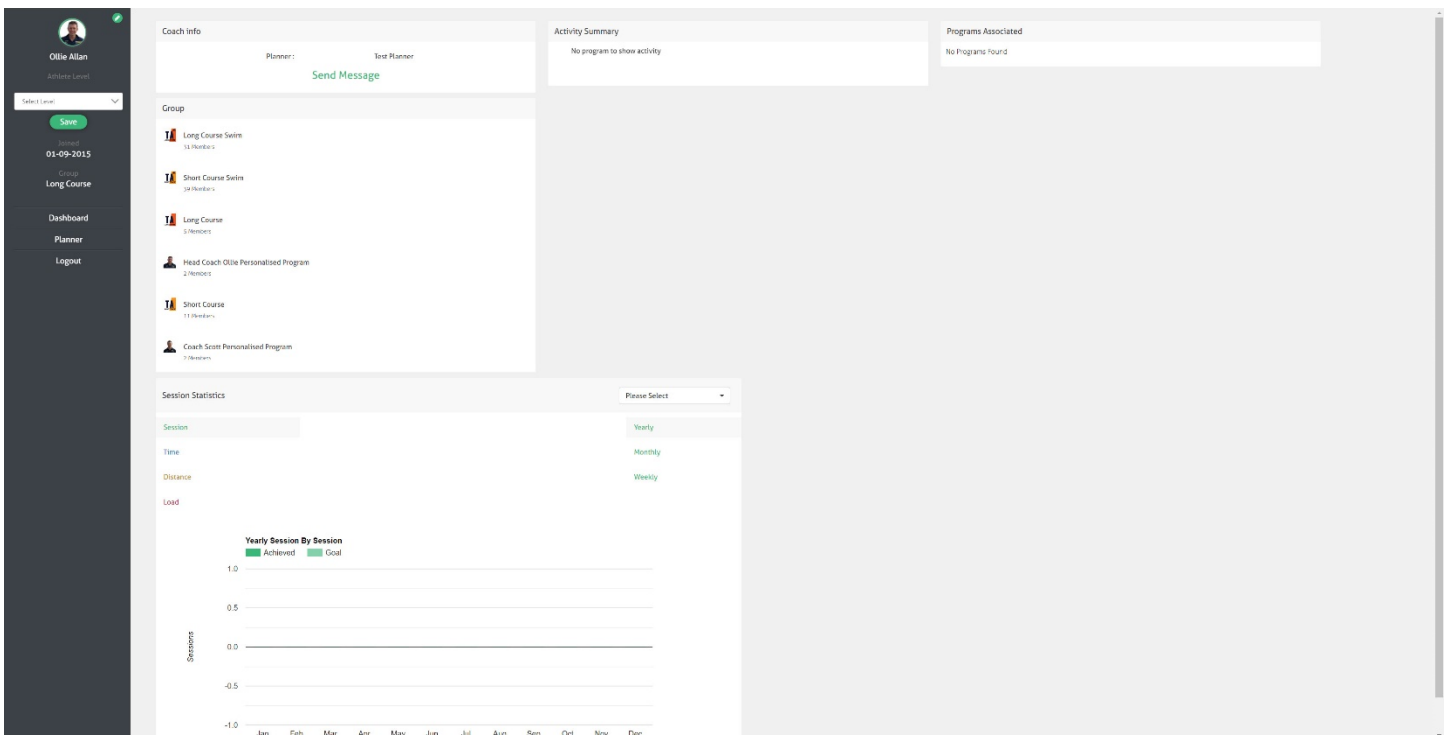


1. Log in to Tri Alliance site as normal,
2. Select new CoachingMate V2 Logo to access your new (athlete Dashboard). If you don't see the CM v2 logo p[lease go to <https://tri-alliance.com/athlete-dashboard/>



3. Now you get the freedom to select your own athlete level and planner. From the left hand column under athlete level, select your current level, (consult with your coach if unsure) or refer back to your previous month program for event and level. Example Olympic Intermediate.



4. Drop down seen here with all possible levels. Once selected press save to lock it in.

The screenshot shows the athlete's profile for Ollie Allan, Athlete Level. The 'Ironman Intermediate' level is selected in the dropdown menu. The main content area displays 'Coach Info' with a 'Send Message' button, 'Activity Summary' (No program to show activity), and 'Programs Associated' (No Programs Found). A 'Group' list includes: Long Course Swim (31 Members), Short Course Swim (30 Members), Long Course (1 Members), Head Coach Ollie Personalised Program (2 Members), Short Course (1 Members), and Coach Scott Personalised Program (2 Members). The 'Session Statistics' section has a 'Please Select' dropdown and radio buttons for 'Session', 'Time', 'Distance', and 'Load'. A 'Yearly Session By Session' chart is shown with 'Achieved' (green) and 'Goal' (light green) bars. The y-axis is labeled 'Sessions' and ranges from -1.0 to 1.0.

5. Now you have the option to select a specific planner with your ongoing programs. If you are a Short Course athlete you will have access to all the Olympic distance, Sprint distance and Fun Tri planners. You may select one of these planners to follow.

If you are a Long Course athlete you will have access to all the specific Ironman and Half Ironman Planner, example Ironman Australia INT (Port Maq 2019) or Challenge Melb INT 2019.

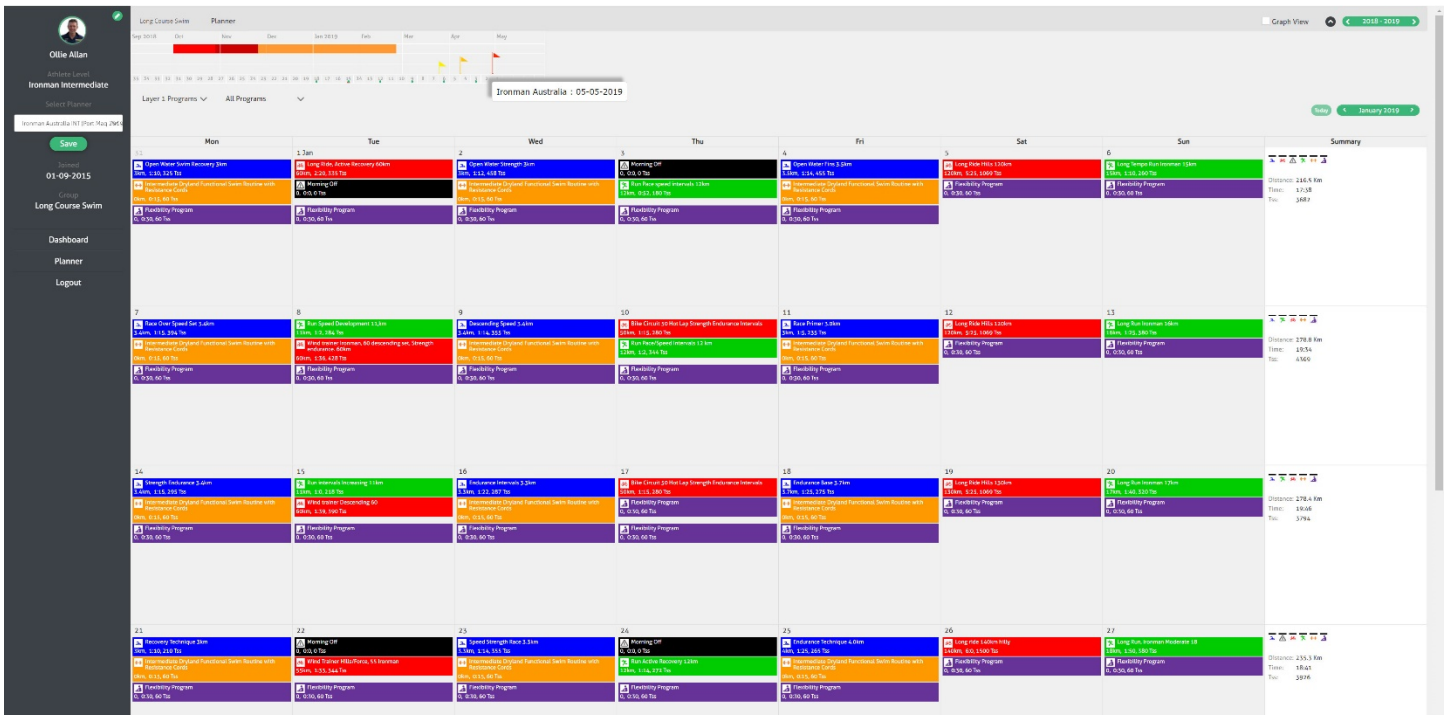
Please note if you change your planner you may loose any accumulated data you collect by completing sessions.

The screenshot shows the athlete's profile for Ollie Allan, Athlete Level, with the 'Ironman Intermediate' level selected. The 'Select Planner' dropdown menu is open, showing options: 'Ironman Australia INT (Port-Maq 2019)', 'Ironman Australia INT (Port-Maq 2019)', and 'Ironman New Zealand INT (2019)'. The 'Ironman Australia INT (Port-Maq 2019)' planner is selected. The main content area displays 'Coach Info' with a 'Send Message' button, 'Activity Summary', and 'Programs Associated'. The 'Group' list is the same as in the previous screenshot. The 'Session Statistics' section has a 'Please Select' dropdown and radio buttons for 'Session', 'Time', 'Distance', and 'Load'. A 'Yearly Session By Session' chart is shown with 'Achieved' (green) and 'Goal' (light green) bars. The y-axis is labeled 'Sessions' and ranges from -1.0 to 1.0. The x-axis is labeled with months from Jan to Dec.

6. Finally, use the left hand menu to select the “Planner” link above the “Logout” link to bring up your planner. See example below.

a. Features of your planner

- i. At top you have your yearly planner with a linear bar graph color coded into phases, This bar can also be viewed in graph view, (select tick box in top right corner. see final image below.
- ii. Planner shows, current week (red dot), recovery weeks (green dots), A Race countdown, A, B, & C, Races flagged on the dateline. All items have popup information.
- iii. Summary column gives you totals by, distance, time & load. (click on the activity symbols to remove or add to these totals)
- iv. Any of the color-coded sessions has a symbol in the top left to quickly identify activity type. Session at a glance gives you vital information such as the individual title of the session, distance, time and load.
- v. Right click any session to see details of the session, (level of session, rate of perceived effort of the session breakdown, session description & any video content associated to the session.
- vi. When right clicking you can choose to add Task done or Not done to add all the meta data to your training dashboard. (If we scan you in at a session, don't worry it will be automatically selected as a completed session with all associated data associated to your dashboard.



Session Details View

Session Details

Elite Advanced Int/Adv Intermediate Low/Int Novice

Session Status: None

Running: Run Pace speed intervals 12km
3.0km @ 9:56 32 min @ Load 580

Rating Perceived Effort (RPE)

10 20 30 40 50 60 70 80 90 100

22

Description

Run Pace speed intervals 12

Warm Up
2.0km @ 1:0

Main Set
4 x 1km intervals @ 1M working on good posture and technique, 1 min recovery. Priority is technique while holding pace or target!

Cool down
2.5km recovery jog @ 7:3

Stretch the body holding 30 sec for each stretch.
Total Distance 12km

Videos

Date	Time	Distance	Time
1	0:30	1.0	1:15
2	0:30	1.0	1:15
3	0:30	1.0	1:15
4	0:30	1.0	1:15
5	0:30	1.0	1:15
6	0:30	1.0	1:15
7	0:30	1.0	1:15
8	0:30	1.0	1:15
9	0:30	1.0	1:15
10	0:30	1.0	1:15
11	0:30	1.0	1:15
12	0:30	1.0	1:15
13	0:30	1.0	1:15
14	0:30	1.0	1:15
15	0:30	1.0	1:15
16	0:30	1.0	1:15
17	0:30	1.0	1:15
18	0:30	1.0	1:15
19	0:30	1.0	1:15
20	0:30	1.0	1:15
21	0:30	1.0	1:15
22	0:30	1.0	1:15
23	0:30	1.0	1:15
24	0:30	1.0	1:15
25	0:30	1.0	1:15
26	0:30	1.0	1:15
27	0:30	1.0	1:15
28	0:30	1.0	1:15
29	0:30	1.0	1:15
30	0:30	1.0	1:15

Planner Graph View, (You can view this graph by Time, Distance or Load).

Planner Graph View

Show Time Show Distance Show Load Graph View

2018 2019

Date	Time	Distance	Time
1	0:30	1.0	1:15
2	0:30	1.0	1:15
3	0:30	1.0	1:15
4	0:30	1.0	1:15
5	0:30	1.0	1:15
6	0:30	1.0	1:15
7	0:30	1.0	1:15
8	0:30	1.0	1:15
9	0:30	1.0	1:15
10	0:30	1.0	1:15
11	0:30	1.0	1:15
12	0:30	1.0	1:15
13	0:30	1.0	1:15
14	0:30	1.0	1:15
15	0:30	1.0	1:15
16	0:30	1.0	1:15
17	0:30	1.0	1:15
18	0:30	1.0	1:15
19	0:30	1.0	1:15
20	0:30	1.0	1:15
21	0:30	1.0	1:15
22	0:30	1.0	1:15
23	0:30	1.0	1:15
24	0:30	1.0	1:15
25	0:30	1.0	1:15
26	0:30	1.0	1:15
27	0:30	1.0	1:15
28	0:30	1.0	1:15
29	0:30	1.0	1:15
30	0:30	1.0	1:15

If you have any questions, feedback or issues with CoachingMate please contact us at info@tri-alliance.com.au

Mobile View

Dashboard View

Optus Wi-Fi Call 6:38 am 100%

tri-alliance.com

Ollie Allan

Coach info

Planner : Ironman Australia INT (Port Maq 2019)

Send Message

Group

- Long Course Swim 31 Members
- Short Course Swim 39 Members
- Long Course 5 Members

Menu

Optus Wi-Fi Call 6:39 am 100%

tri-alliance.com

Ollie Allan

Athlete Level Ironman Intermediate

Select Planner

Ironman Australia INT (Port Maq 2019)

Save

Joined 01-09-2015

Group Long Course Swim

Dashboard

Planner

Logout

Program Calendar

Optus Wi-Fi Call 6:39 am 100%

tri-alliance.com

Ollie Allan

Feb Mar Apr May

Hide Graph View

Layer 1 Programs All Programs

Today < January 2019 >

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1 Jan	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27

Program Calendar with Graph

Optus Wi-Fi Call 6:40 am 100%

tri-alliance.com

Ollie Allan

Show Time Show Distance Show Load

Dec Jan 2019 Feb

Hide Graph View

Layer 1 Programs All Programs

Today < January 2019 >

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1 Jan	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20

Select your session by touching a day where under the calendar your day's sessions pop up where you can select to;

- View,
- Task done,
- Not done.

