

So, you've signed up for a training plan, but now you need to know how to access your training program!



Firstly, you need to LOG IN to your Tri-Alliance dashboard:

Use the drop-down menu in the top right-hand corner to select PROFILE:



Once in your dashboard, select CM2 PROGRAM:





This will take you to the CoachingMate athlete dashboard.

Athlete Level Half Ironman Intermediate		
Select Planner	Coach info	Activity Summary Programs Associated
Challenge Shepparton 2020 (INT) 🗸		1-LC-HIM-CS-STRENGTH-(INT)-2020
Save	Ollie Allan	2-LC-HIM-CS-SPEED-(INT)-2020
Joined 14 Mar 2016	Planner : Challenge Shepparton 2020 (INT)	
Long Course Swim	Send Message	
Dashboard	Group	
Planner	TA	
Messages	Long Course Swim	
Logout	Session Statistics Session Time Distance Load Yearly Session By Session Achieved Goal 140 120	Please Select Vearly Monthly Weekly
elie Your Carch Send Message	80 60 40 0 Mar Apr May J	Jun Jul Aug Sep Oct Nov Dec Jan Feb

You can see lots of data, including your coach's info and contact button, all the programs associated to your profile and your session statistics, personalised by sport, time, distance, load and a breakdown of the number of programmed sessions vs the number of completed sessions, in all 4 categories.

Select your Athlete Level. This should be done in consultation with your coach. Once this has been set, it can only be changed by your coach.





Use the SELE<u>CT PLANNER</u> drop down box to choose the program that aligns with your race goal:



Press SAVE:



Select PLANNER to begin viewing sessions:



Let's explore your planner:

Long Course Swim	Planner	Loaded plar	nners (define	ed by phases)	Graph View 📀	2019 - 2020
Dec 2019 Jan 2020 L1 L2 L3 L4 L4 L8 17 16 15 14 13 12 14	Feb Ma	Apr May	Your race g	goal			
Layer 1 Programs 🗸	All Programs V					Today	< March 2020 >
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Summary
24 Coverspeed Intervals 3.4 3.4km, 1:15, 311 Load	25 Run 11, Roll intervals 11km, 1:8, 238 Load	26 Race Speed 3.9km 3.9km, 1:20, 335 Load	27 Mot Laps Overspeed 50km 50km, 1:15, 370 Load E	28 Swim Test Set 3.9 1.30min/100m 3.9km, 1:2, 285 Load	29 tong Ride, Time Trial 130 km 130km, 4:35, 1045 Load	1 Mar Open Water Swim Sundays - 2km, 0:40, 155 Load	> > > 3
Flexibility Program O, 0:30, 60 Load	Wind Trainer RPM Set Ironman 3, Moderate 55km, 1:24, 258 Load	Flexibility Program 0, 0:30, 60 Load	Run intervals Descending 12 12km, 0:58, 172 Load	Flexibility Program 0, 0:30, 60 Load	🔀 Run Off Bike 4km 4km, 0:18, 80 Load	S Long Run, Half Ironman 18km 18km, 1:35, 345 Load	Load: 4014
Recovery Week	Flexibility Program Flexibility Program O, 0:30, 60 Load	4	Flexibility Program Flexibility Program O, 0:30, 60 Load	6	 Flexibility Program 0, 0:30, 60 Load 7 	Flexibility Program Flexibility Program O, 0:30, 60 Load	for week
Recovery technique 3.0 3km, 1:10, 210 Load	Run 12 Speed Endurance Intervals 12km, 1:0, 250 Load	Race Speed 3.4km 3.4km, 1:15, 327 Load	Hot Laps Overspeed 50km 50km, 1:15, 370 Load	Race Overspeed Set 3.4km 3.4km, 1:15, 394 Load	Long Ride, Time Trial, Flat 140km 140km, 6:0, 1360 Load	Open Water Swim Sundays - 2km 2km, 0:40, 155 Load	Distance Km
 Flexibility Program 0, 0:30, 60 Load 	Wind Trainer RPM Set Ironman (A) 55km 55km, 1:24, 306 Load	➢ Flexibility Program 0, 0:30, 60 Load	Run 12.5, Speed work 5.30min pace 12.5km, 1:20, 300 Load	 Flexibility Program 0, 0:30, 60 Load 	Run Off Bike 6km 6km, 0:30, 120 Load	Long Run, Half Ironman, Moderate 19km 19km, 1:56, 318 Load	Load
0	Flexibility Program Flexibility Program O, 0:30, 60 Load	11	Flexibility Program Flexibility Program O, 0:30, 60 Load	17	Flexibility Program Flexibility Program O, 0:30, 60 Load	Flexibility Program Flexibility Program O, 0:30, 60 Load	Select individual icons to breakdown weekly totals
Endurance Technique 4.0km 4km, 1:25, 265 Load	Run 10 Roll throughs 10km, 0:56, 192 Load	Swim Test Set 3.9 1.30min/100m 3.9km, 1:2, 285 Load	Hot Laps Overspeed 50km 50km, 1:15, 370 Load	Aerobic Technique 4.0 4km, 1:30, 300 Load	Long Ride, Time Trial, Flat 140km 140km, 6:0, 1360 Load	Copen Water Swim Sundays - 2km 2km, 0:40, 155 Load	> > > > 314.4 Km Time: 21:30
Flexibility Program 0, 0:30, 60 Load	Wind trainer RPM Set Ironman 5 60km 60km, 1:37, 404 Load	Flexibility Program 0, 0:30, 60 Load	Run Descending set. Pace work 12km 12.5km, 1:10, 240 Load	Flexibility Program 0, 0:30, 60 Load	Run off Bike Half IM 8km 8km, 0:35, 155 Load	20km, 1:50, 385 Load	Load: 4531
16	Flexibility Program 0, 0:30, 60 Load	19	 Flexibility Program 0, 0:30, 60 Load 	20	 Flexibility Program 0, 0:30, 60 Load 	 Flexibility Program 0, 0:30, 60 Load 	
10 Race Speed 3.4km 3.4km, 1:15, 327 Load	17 Run Intervals Descending 14km 14km, 1:11, 273 Load	Overspeed Intervals 3.4 3.4km, 1:15, 311 Load	Mot Laps Overspeed 50km 50km, 1:15, 370 Load	Endurance Technique 3.6 3.6km, 1:25, 265 Load	21 Long Hill Ride 150km 150km, 6:30, 1350 Load E	Open Water Swim Sundays - 2km, 0:40, 155 Load	 ➤ ★ ↔ ▲ Distance: 324.9 Km Time: 22:32
 Flexibility Program 0, 0:30, 60 Load 	Wind Trainer RPM Set Ironman 3, Moderate 55km, 1:24, 258 Load	Flexibility Program 0, 0:30, 60 Load	 Run 14.5, Speed work 5- 5.30min pace, Moderate 12.5km, 1:22, 376 Load 	Flexibility Program 0, 0:30, 60 Load	Run Off the bike 10km 10km, 0:45, 185 Load	Long Run, Half Marathon 21km 21km, 2:0, 414 Load	Load: 4704
23	Plexibility Program 0, 0:30, 60 Load	25	A Flexibility Program 0, 0:30, 60 Load	27	A Flexibility Program 0, 0:30, 60 Load	A Flexibility Program 0, 0:30, 60 Load	

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- Race Goals are defined by red flags positioned by date on your yearly overview Red flag = A Race | Orange flag = B Race | Yellow flag = C Race
- Segmented Planners are designed and loaded by coaches. These have been colour-coded according to the training phase prescribed
- > Recovery Week has a light-green background, to indicate the periodisation
- Summary Column presents weekly totals for the distance, time and load prescribed
- Summary Data can be broken down further into disciplines. Click on the sport icon to include or remove activity type in total. Default is set to include all
- Graph View select this check box to view your yearly program by weekly totals (time, distance or load) in a vertical bar graph

Mar 2020	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan 2021	Feb I	Mar Apr
37 36 35	34 33 32 31 3	29 28 27 26 2	25 24 23 22 21	20 19 18 17 1	6 15 14 13 12	11 10 9 8	7 6 5 4	3 2 1				



- Program Layers there can be up to 4 programs assigned to you. Your main training program will always be in Layer 1.
 - Layer 2 & 3 can be used by your coach for additional programs related to your goal. This could include individual disciplines, training phases, mass-participation events, etc.
 - Layer 4 is available for a coach to assign a unique program and is only visible to individual athletes. It does not include personalised coaching. This would be used in consultation with your coach, if you had a specific goal, such as an individual event, individual strength/rehab need, individual training phase, etc.

Go Solo - Sh	ort Course Planner					Graph View	2020 - 2021 >
Apr	May Jun	Jul Aug	Sep Oct	Nov Dec	Jan 2021 Feb	Mar Apr	
12	•						
L3			`				
14 31 30 29 28 27	26 25 24 23 22 21 20 19	18 17 16 15 14 13 12 11	287654321				
Lavor 1 Program	1-SC-BASE (ADV	120204					
Layer 1 rogram		12020				Toda	March 2020 >
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Summary
24	25	26	27	28	29	1 Mar	

To learn more about an individual session details, right click on the session menu and you will see two options:

	27	28	29	
	TA Strength Phase 1 13 Exercises	Long Flat Ride 50km Virtual 50km, 2:5, 375 Load	Aquathon, Open Water Swim 800m	<u>▶ 66</u> ≯ ↔ <u>≋</u> <u>A</u>
	=		Go Virtual	Distance: 104.8 Km
	TA Flowibility Discover	TA Floribility Diseased	View Disco 1	Time: 8:37
	9 Exercises	9 Exercises	9 Exercises	Load: 2614
≣	3	3	=	

GO VIRTUAL, will redirect you to an online session link details, including any notes from your coach and instructional videos:

Long Course Swim Planner		tri-alliance.com says						Graph View			
Mar 2020	Apr	May	Jun	This will open session video link and mark session attendence. If you want to attend session click OK otherwise click Cancel			Dec	Jan 2021	Feb	Mar	Apr
37 36 35 1	54 33 32 31 3¢	29 28 27 26 25	24 23 22 21 2	0 19 18 17 16 15	14 13 12 11 10 9 8 7 6	5 4 3 2 1					
Layer 1 Pro	ograms 🗸	All Programs	~								Today
M	on	Tue		Wed	Thu	Fri		Sat		Sun	



Selecting VIEW, will display all the session details, including any notes from your coach and instructional videos:

Go Solo - Sho	prt Course Diannor		
Apr	Session Details	×	
L1			
L2 L3	Elite Advanced Int/Adv Intermediate Low/Int Novice Session Status:	^	
1 30 29 28 27	Cycling: Wind Trainer Race Intervaler Okm		
Layer 1 Program	40km 1 hour 8 min Load 228 Details specific to this		
	Rating Perceived Effort (RPE) session		
Mon	Expec	ted effort for this	
24	363310	1	11
	Description		
	Wind Trainer race intervals Warm up		
	Smin spin @ 90rpms, Smin spin @ 100rpms @ T2		
2	3 x (1min 110rpms @ T4 with 1min 80rpms easy @ T2) Main set	8	8
	5 x (3min @ T4, 90rpms, 1min recovery @ T2 90rpms) Session details		
	4 x (2min @ T4, 90rpms, 1min recovery @ T2 90rpms)		
	2 x (30sec flat out 110rpm,s T5 with 1.30min recovery @ T2 90rpms)		
9	Cool down	1	15
	Stretch 2 x 30sec major muscle groups.		
	Total Distance 40km		
16	Videos	2	22

- Session Specifics outlined and categorised into: Distance = kms covered in session | Time = during of session | Load = intensity of session
- Load is the prescribed intensity of the session, relative to time. Based on a 1-hour session, a general guideline is:

< 200 = easier | 200 - 400 = moderate | 400+ = solid

Therefore, you need to ensure you read the load value in conjunction with the time of the session, and adjust accordingly:

- For sessions < than 1 hr, multiple the load up to 1 hour
- \circ For sessions > than 1 hr, divide the load down to 1 hour
- RPE hover your cursor over this coloured bar to see a summary of the rate of perceived effort in both minutes and intensity.
- Description all the information your coach needs you to know, including breakdown of intervals, cadence, heart rate values, training zones, etc.

Remember to consult your coach if you have any further questions or want to explore CoachingMate further. Happy training 😳