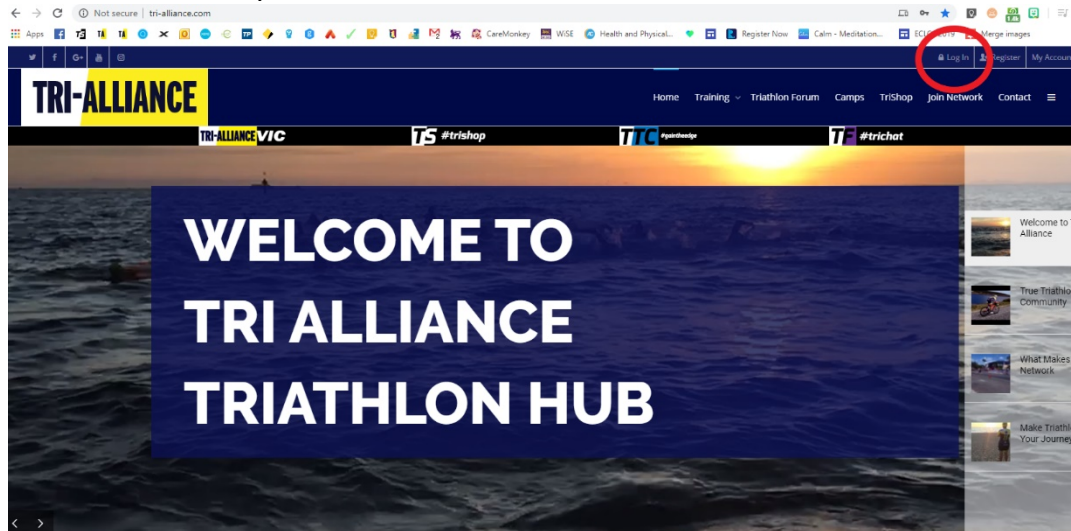
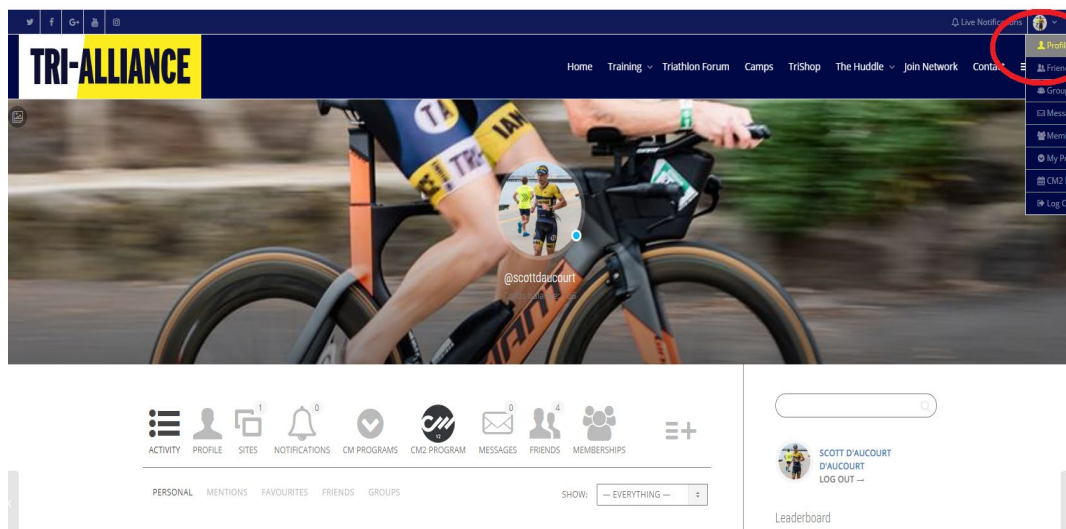


So, you've signed up for a training plan, but now you need to know how to access your training program!

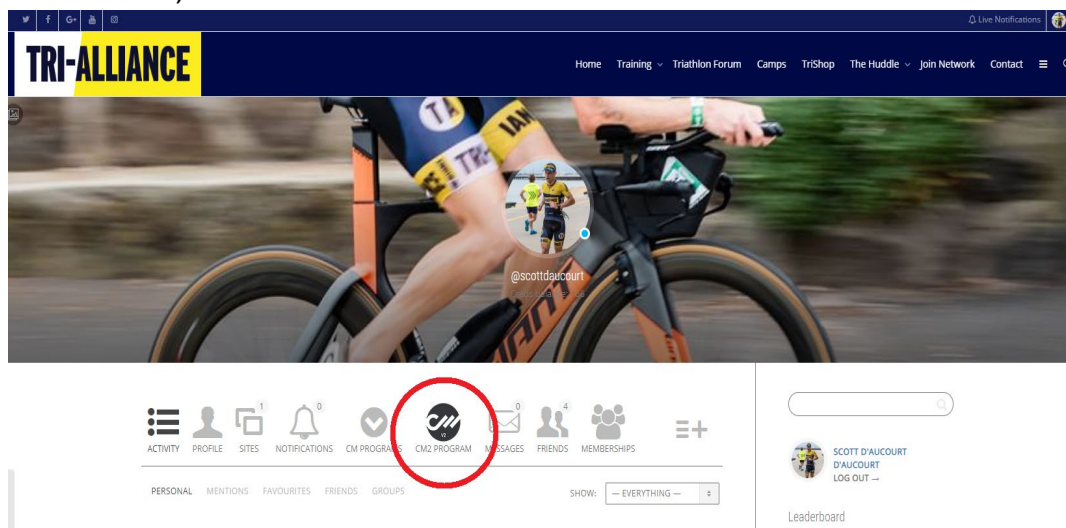
Firstly, you need to LOG IN to your Tri-Alliance dashboard:



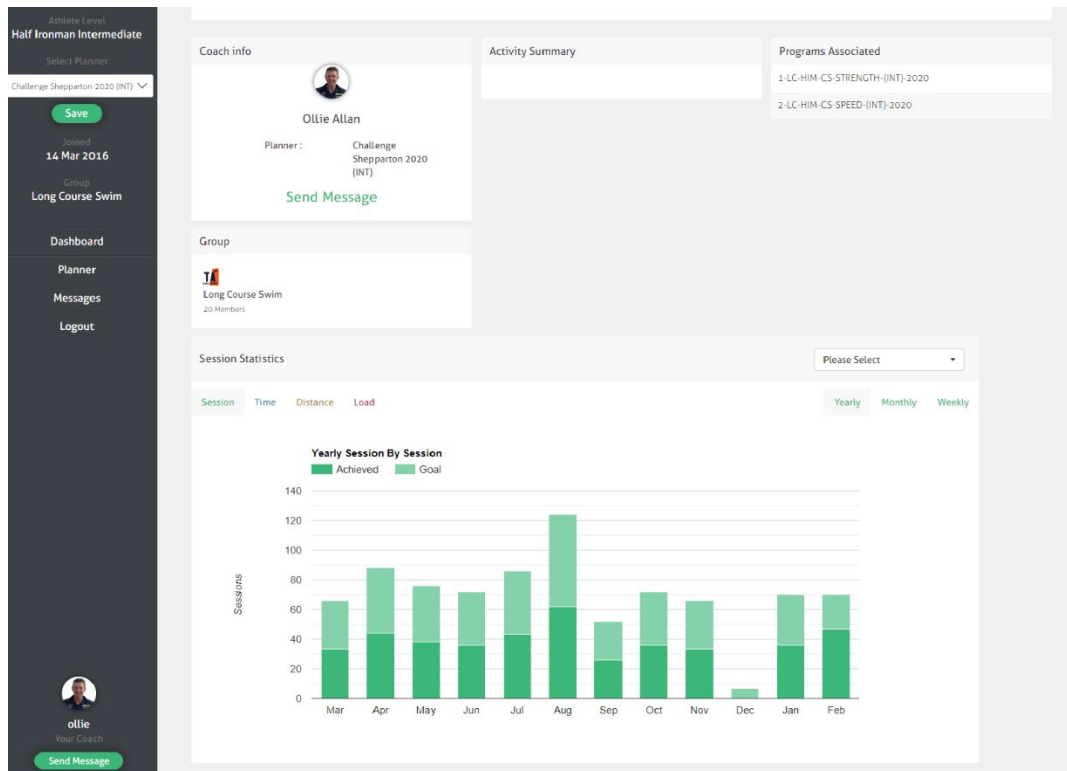
Use the drop-down menu in the top right-hand corner to select PROFILE:



Once in your dashboard, select CM2 PROGRAM:

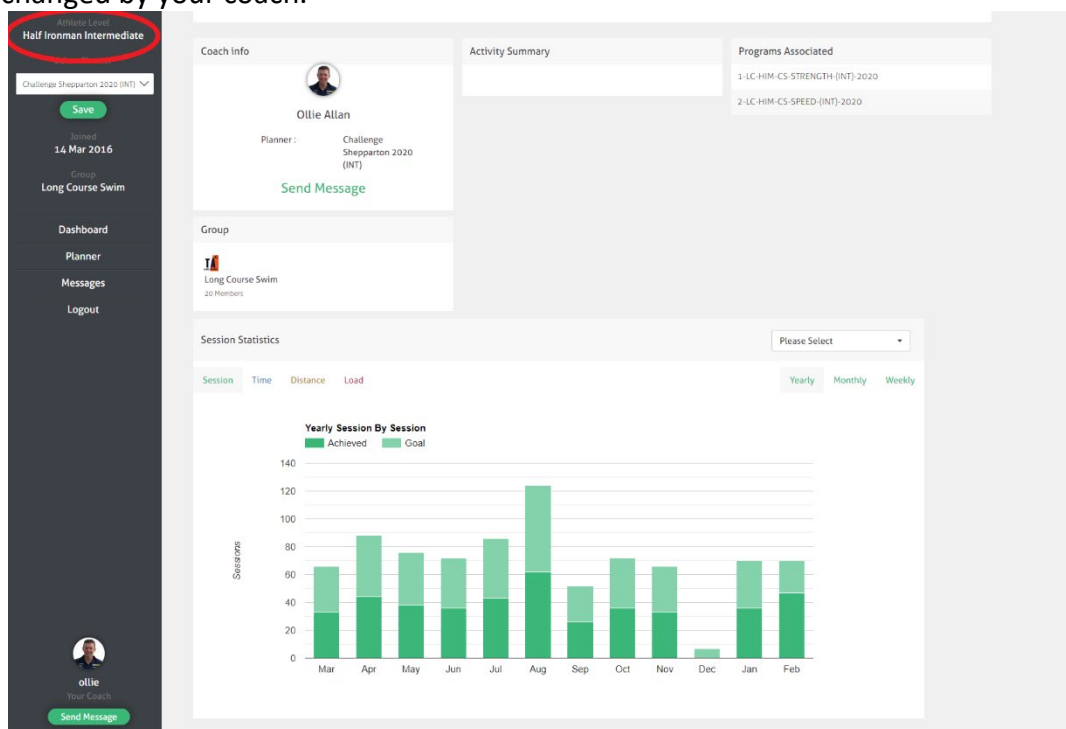


This will take you to the CoachingMate athlete dashboard.

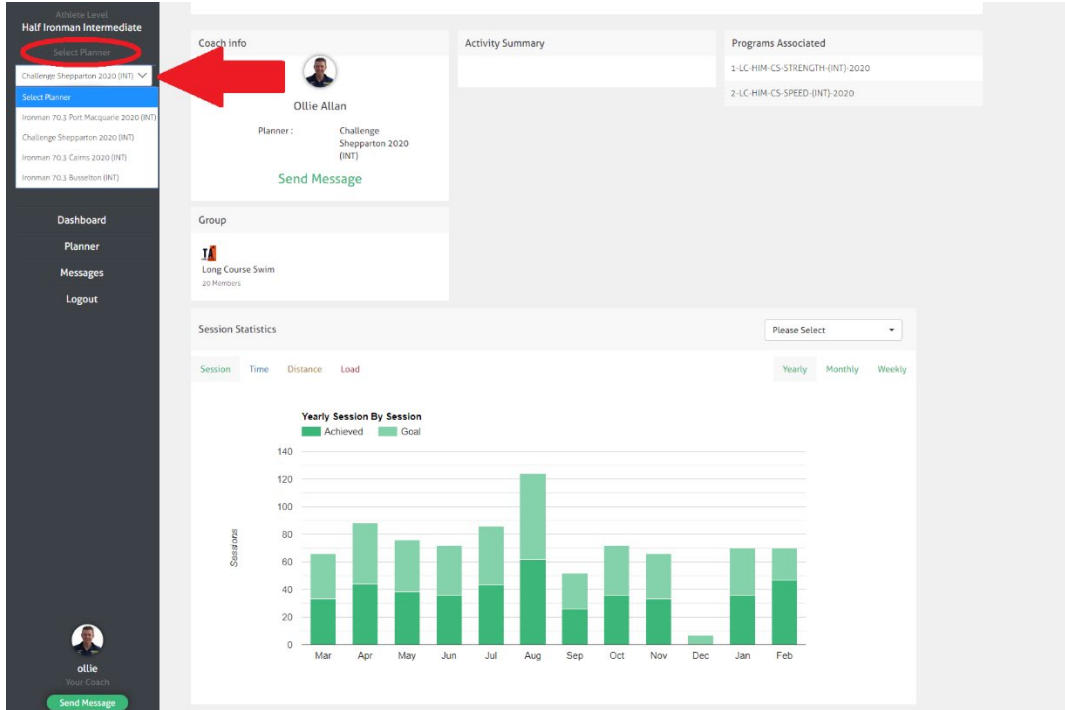


You can see lots of data, including your coach’s info and contact button, all the programs associated to your profile and your session statistics, personalised by sport, time, distance, load and a breakdown of the number of programmed sessions vs the number of completed sessions, in all 4 categories.

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 SELECT PLANNER drop down box to choose the program that aligns with your race goal:



Coach info

Ollie Allan

Planner: Challenge Shepparton 2020 (INT)

Send Message

Group

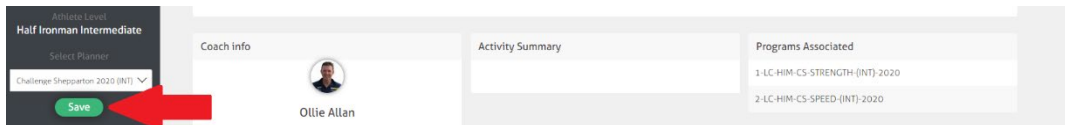
Long Course Swim
20 Members

Session Statistics

Yearly Session By Session

Month	Achieved	Goal
Mar	30	65
Apr	45	90
May	35	75
Jun	35	70
Jul	45	85
Aug	60	125
Sep	25	50
Oct	35	70
Nov	30	65
Dec	5	10
Jan	35	70
Feb	45	70

Press SAVE:



Coach info

Ollie Allan

Planner: Challenge Shepparton 2020 (INT)

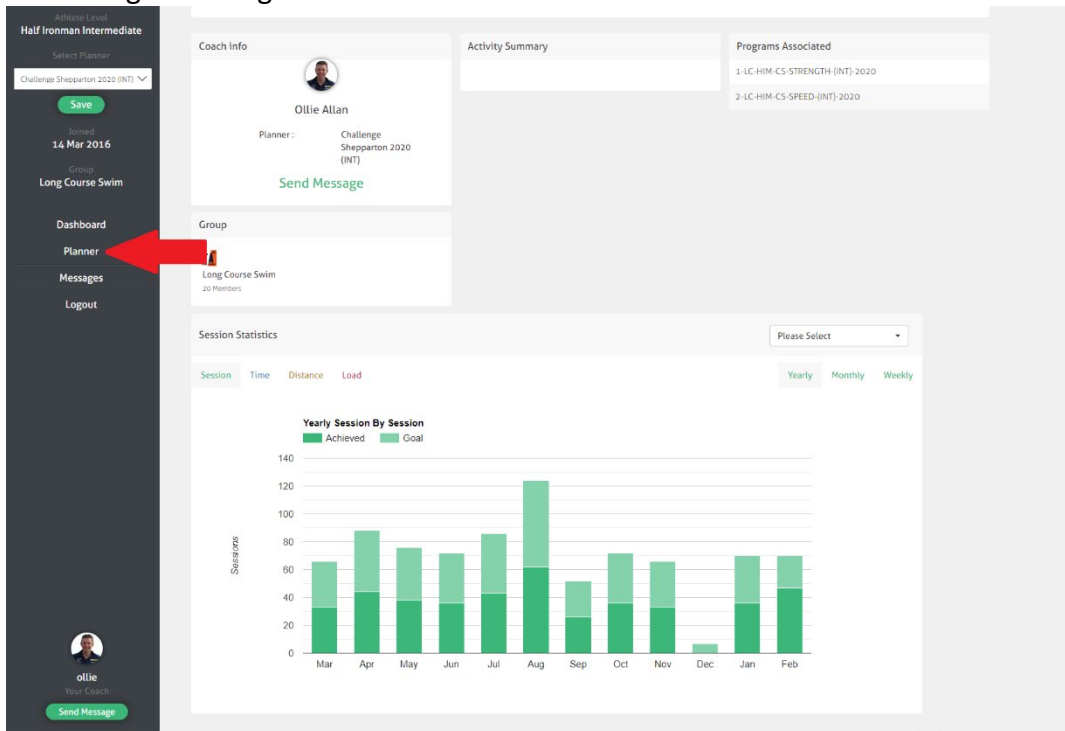
Send Message

Group

Long Course Swim
20 Members

Session Statistics

Select PLANNER to begin viewing sessions:



Coach info

Ollie Allan

Planner: Challenge Shepparton 2020 (INT)

Send Message

Group

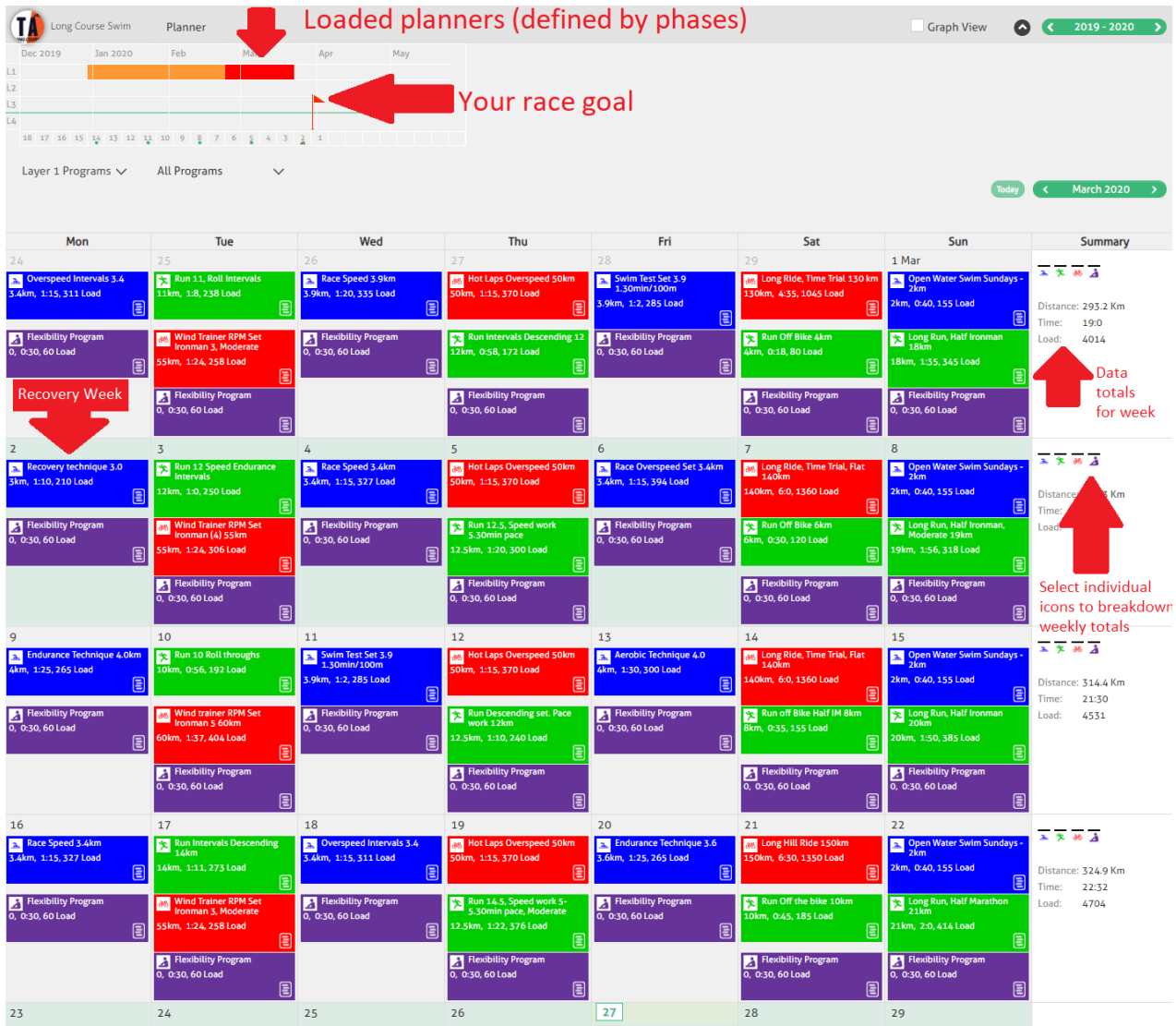
Long Course Swim
20 Members

Session Statistics

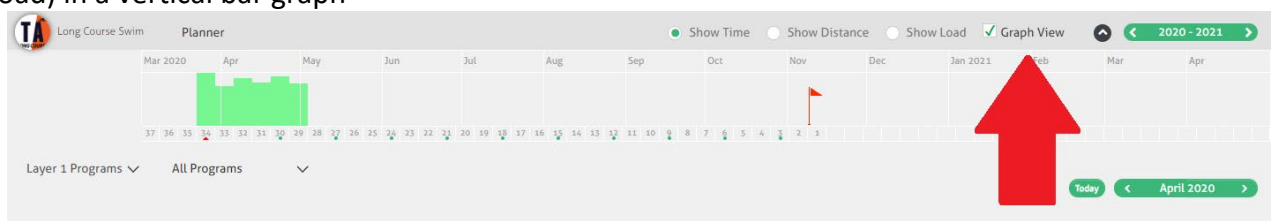
Yearly Session By Session

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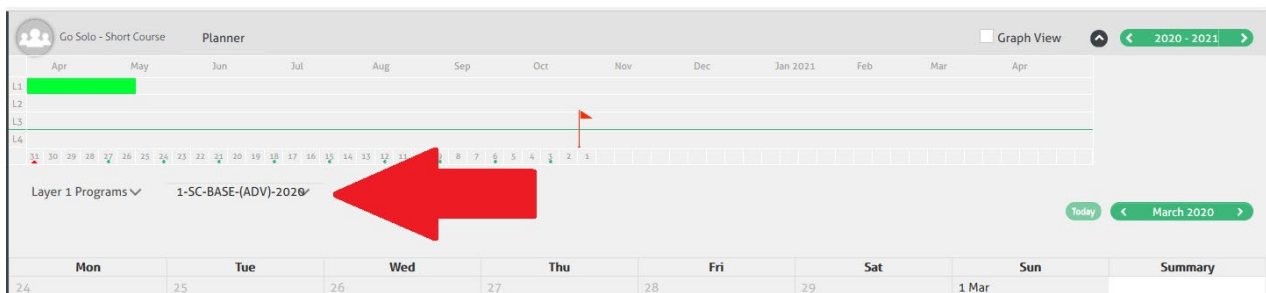
Let's explore your planner:



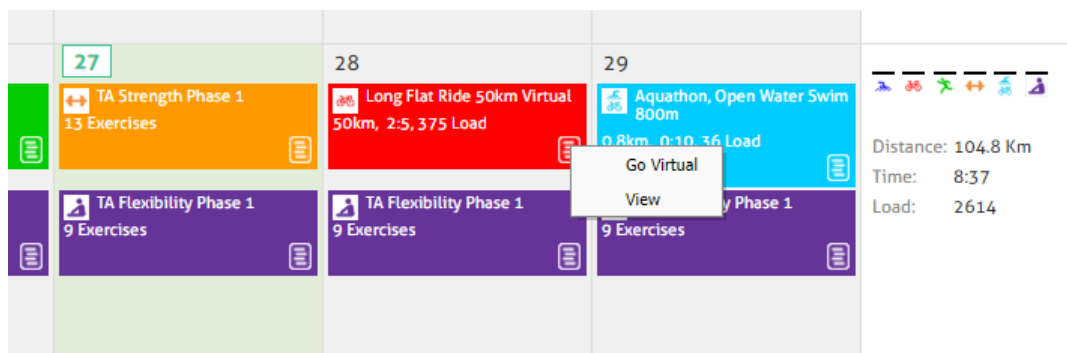
- **Race Goals** – are defined by red flags positioned by date on your yearly overview
Red flag = A Race | Orange flag = B Race | Yellow flag = C Race
- **Segmented Planners** – are designed and loaded by coaches. These have been colour-coded according to the training phase prescribed
- **Recovery Week** – 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



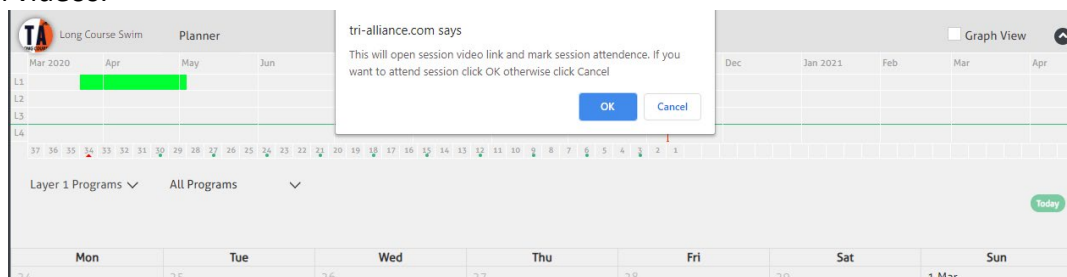
- Program Layers – there can be up to 4 programs assigned to you. Your main training program will always be in Layer 1.
 - Layer 2 & 3 can be used by your coach for additional programs related to your goal. This could include individual disciplines, training phases, mass-participation events, etc.
 - 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.



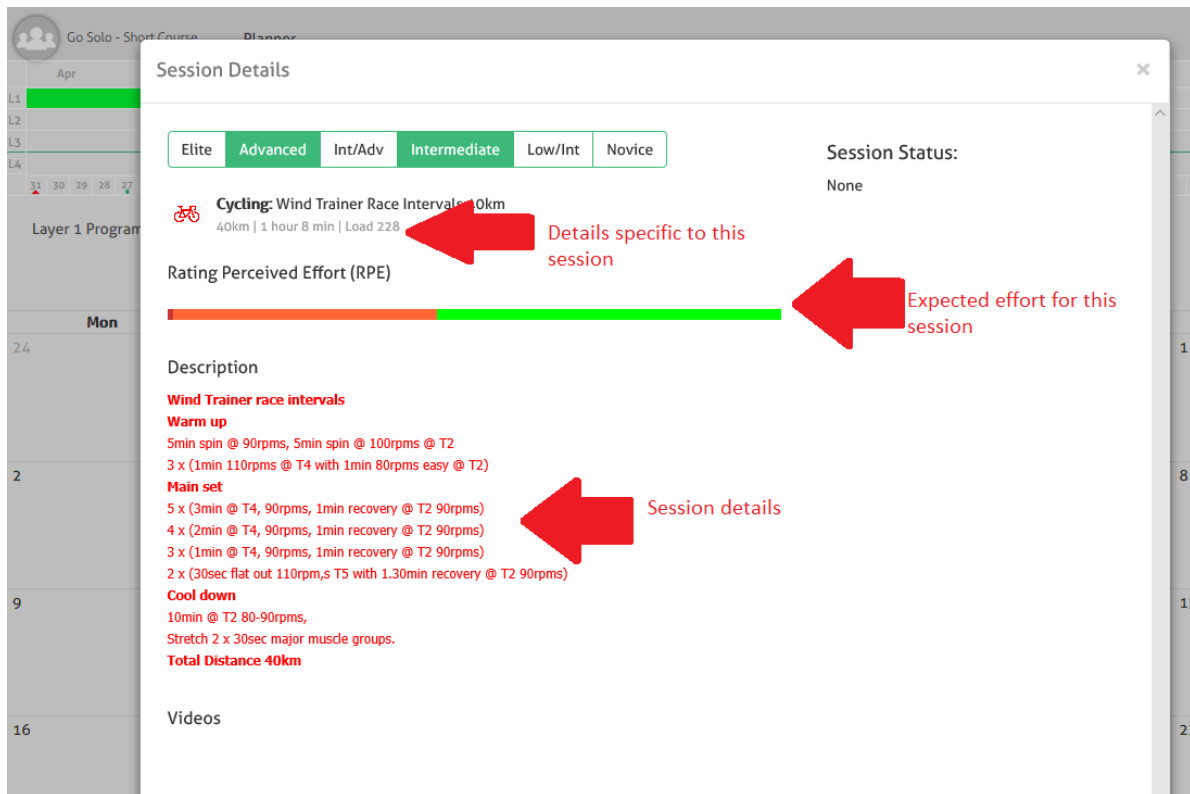
To learn more about an individual session details, right click on the session menu and you will see two options:



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



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



- **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
- 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 😊