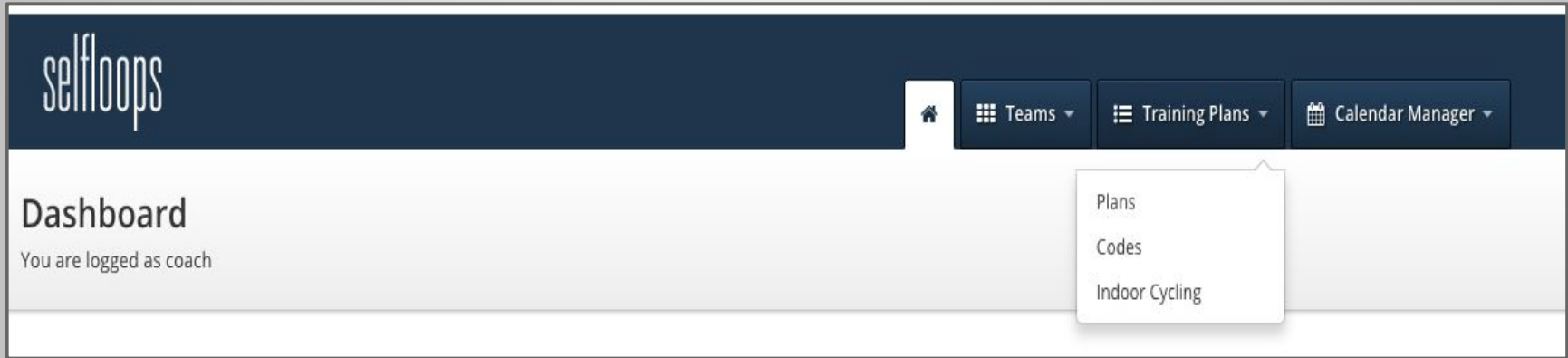


SelfLoops Training Plans



Training plans in Selfloops

Selfloops is an advanced platform for tracking and analyzing sports performance



Plans to create training plans

Codes are recurring text patterns that can be reused inside the training plans

Indoor cycling are structured guided training plans with cycling metrics e.g. power/cadence

Training codes

In the image, examples of training codes

The “Code” identifies the text snippet

The “Description” is the text that will be included in the actual training plan

The screenshot shows the 'selfloops' web application interface. At the top, there is a dark blue navigation bar with the 'selfloops' logo on the left and navigation links for 'Teams', 'Training Plans', and 'Calendar Manager' on the right. Below the navigation bar, the main content area is titled 'Codes' with the subtitle 'Manage your training codes'. Underneath, there is a section for 'My defined codes' which includes a 'New code' button and a note: 'Your codes will be shared with other coaches of your teams.' Below this is a table with one row of data:

Code	Description	Action
SR200	5 minutes warm up followed by a slow pace for 20 minutes	<input type="checkbox"/> <input type="checkbox"/>









Below the 'My defined codes' section is a section for 'Teams defined codes' which contains a table with multiple rows of data:

Code	Description	Coach
AB12	Lorem ipsum	Mark
SL10	Training indoor	Mark
SL09	Training on the road, min.100 max 150 km.	Mark
SL08	Training on the road, min.50 max 100 km.	Mark
SL07	Climb with high cadence.	Mark
SL06	Short sprint at high power.	Mark
SL05	Train using at a fixed power value.	Mark
SL04	Long climb 30 km with an elevation of 500 meters. Mark your elapsed time.	Mark
SL03	Fast ride on flat terrain. 45 km/h	Mark
SL02	Warm-up with bike, 20 minutes on flat terrain at 15 km/h	Mark

Training Plans section

In the training plans section you will create and manage the training plans

The screenshot shows the 'selfloops' web application interface. At the top, there is a dark blue navigation bar with the 'selfloops' logo on the left and navigation buttons for 'Home', 'Teams', 'Training Plans', and 'Calendar Manager'. Below the navigation bar, the page title is 'Plans' with the subtitle 'Manage your training plans'. A red 'New plan' button is located on the left side of the main content area. The main content area features a table with the following data:

Name	Assigned	Type	Coach	Action
Training Plan A	John (20 Mar 2019)	Fixed	Paul	 
Training Plan B	Mark (01 Jan 2019)	Fixed	Paul	 
Training Plan C	Anna (10 Feb 2019)	Fixed	Paul	 
Training Plan D		Generic	Paul	 

Training Plans

There are two types of training plans that can be created, fixed date or generic

New training plan

Fixed date

Create a training plan starting at a specific date and assign it to one athlete. The athlete will automatically see it in his calendar.

Generic

Create a training plan and let the users choose the starting date. You can make it visible to a single or multiple users, only to your team or public.

The Generic Plan

The coach can choose the visibility of the plan (private, team, selected athletes)

An athlete can choose the date when to start a Generic Training plan.

It is possible to insert Generic Plans inside other Generic Plans or Fixed Date Plans.

This means that a generic plan can be used to create a library of plans that can be reused.

New training plan

Generic training plan

Title *

Days *

Visibility * private (not visible)
 my teams (only athletes that are in my teams)
 custom (a selected list of athletes)

Description

Workout days (change on a box are automatically saved)

Day #1	<div>Title 15 min warm up</div> <div><input type="button" value="Insert training code"/> <input type="button" value="Insert plan"/> <input type="button" value="Delete"/></div>
Day #2	<div><input type="button" value="+"/></div>
Day #3	<div><input type="button" value="+"/></div>

Fixed Plans

The coach can choose the visibility of the plan (private, team, selected athletes)

The coach chooses the date when to start the Fixed Date Training plan.

It is possible to insert Generic Plans inside Fixed Date Plans.

New training plan

Fixed date training plan

Title *

Days *

Start date *

Assign to * private (not visible)
 athlete

Description

Workout days (change on a box are automatically saved)

NOVEMBER 2018

THU 29 NOVEMBER	<p>My Title start the <u>first</u> day with 15 warm-up</p> <p>Insert training code Insert plan Delete</p>
FRI 30 NOVEMBER	<p>+</p>

The athlete view of the Training Plans

The athlete has complete visibility of the training plans available

The screenshot shows the 'selfloops' web application interface. At the top is a red navigation bar with the 'selfloops' logo on the left and five menu items on the right: Home, Teams, Activities, Training Plans (which is highlighted), and Performance. Below the navigation bar is a white header section with the title 'Training plans' and the subtitle 'Database of training plans'. Underneath is a 'Filter' section with the text 'all / active / my coaches / public'. The main content area displays two training plan cards. The first card is for 'John' from 'NYC, UNITED STATES' and is titled 'My Fixed date training plan' with an 'active' status tag. The description is 'my first fixed data training plan for John' with a 'read more' link. The second card is also for 'John' from 'NYC, UNITED STATES' and is titled 'My Generic Plan' with an 'active' status tag. The description is 'My first Generic plan' with a 'read more' link.

selfloops

Home Teams Activities **Training Plans** Performance

Training plans

Database of training plans

Filter all / active / my coaches / public

John
NYC, UNITED STATES

My Fixed date training plan active

my first fixed data training plan for John [read more](#)

John
NYC, UNITED STATES

My Generic Plan active

My first Generic plan [read more](#)

Athlete view - Fixed Date Plan


The athlete can see the training plan with the description and the scheduled workouts

My Fixed date training plan

Overview

my first fixed data training plan for John

Coach



Mark

Schedule

Active

NOVEMBER 2018

THU 29 NOVEMBER	My Title start the fist day with 15 warm-up
FRI 30 NOVEMBER	

DECEMBER 2018

Athlete view - Generic Plan

The athlete can see the training plan with the description and scheduled workouts


In the generic plan, the athlete can choose and set the training plan starting date

My Generic Plan

Overview

My first Generic plan

Coach



Mark

Schedule

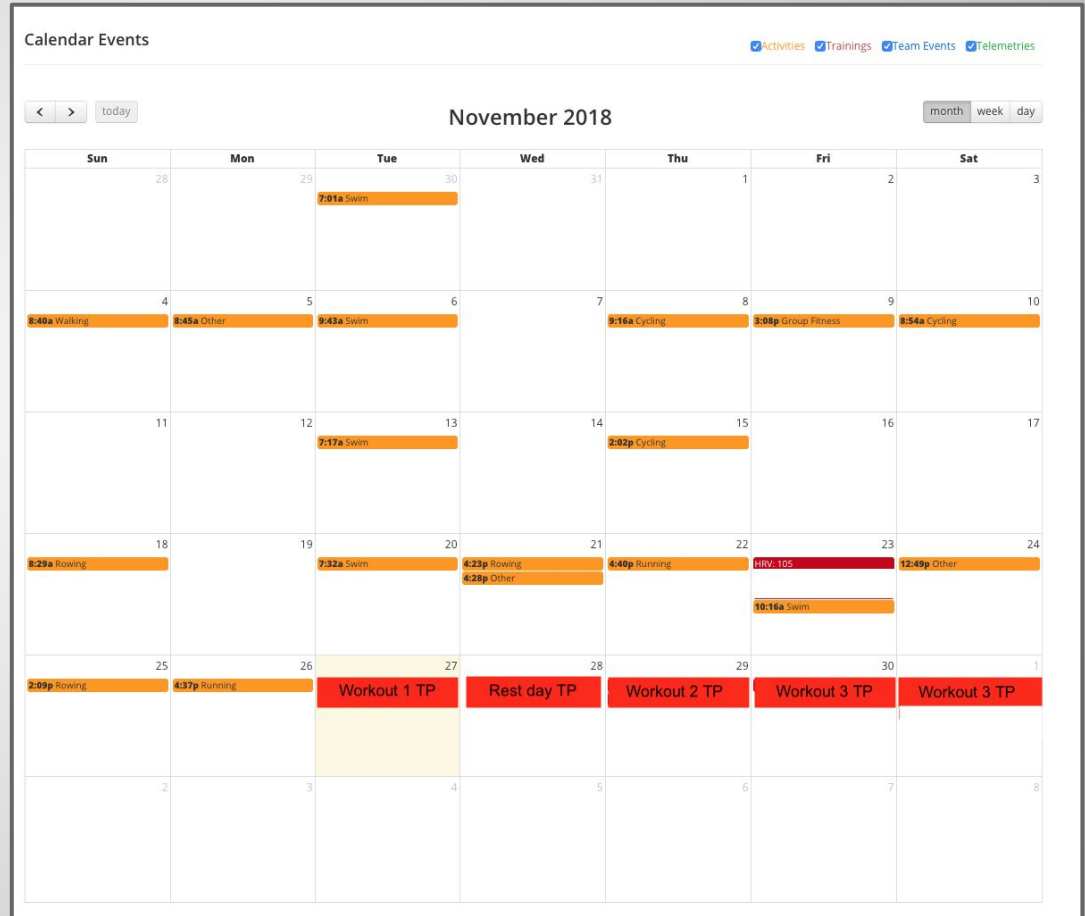
Active De-activate

Start day: Change schedule

Day #1 27/11/2018	Title 15 min warm up
Day #2 28/11/2018	

Athlete Calendar

The training plan instructions are marked in red in the athlete calendar



Contacts

SelfLoops Group Fitness

<http://www.selfloops.com/products/groupfitness.html>

email: sales@selfloops.com

