

PLAN. DREAM.  
MOTIVATE.



## Training Logs

One of the best tools to motivate hard work is a training log. **Coaches** and **Athletes** can now use Athletic.net to plan, record, and chart training to help attain goals and more efficiently coordinate workouts, both in and out of season.



### Assign Workouts

Assign workouts to your athletes to motivate and coordinate successful workouts. Athletes can also plan their own workouts.



### Record Workouts

Coaches and athletes can easily record workouts online or have workouts automatically imported from fitness watches.



### Chart Training Progress

Easily track weekly mileage, compare teammates, and note improvements between seasons.

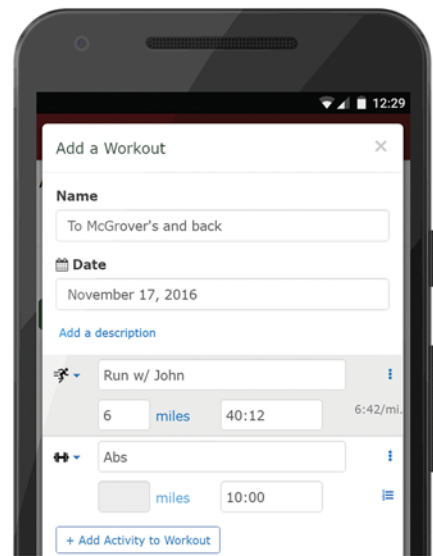
Go to [www.athletic.net/features/training-log/](http://www.athletic.net/features/training-log/) to get started. Read more on the back...

# TRAINING LOGS



## Assign Workouts

Athletes and Coaches can plan workouts ahead of time. In this example from November, Andrew is planning a 6-mile run with John, followed by 10-minute abs. Not only does this give Andrew a game plan for success, but also allows his coach to follow Andrew's training during the off-season.



	Warm-Up 1.5 mi	3 x 800Ms 800 M	800 M	800 M	Cool-Down 2 mi
Jon Allaire	Complete	2:25	2:23	MM:SS	MM:SS
Daniel Bowdoin	Complete	4:50/mi.	Complete	Complete	Complete
Josh Cunningham	Complete	2:26	MM:SS	MM:SS	MM:SS
	Complete	4:52/mi.	Complete	Complete	Complete
	Complete	2:20	MM:SS	MM:SS	MM:SS
	Complete	4:40/mi.	Complete	Complete	Complete

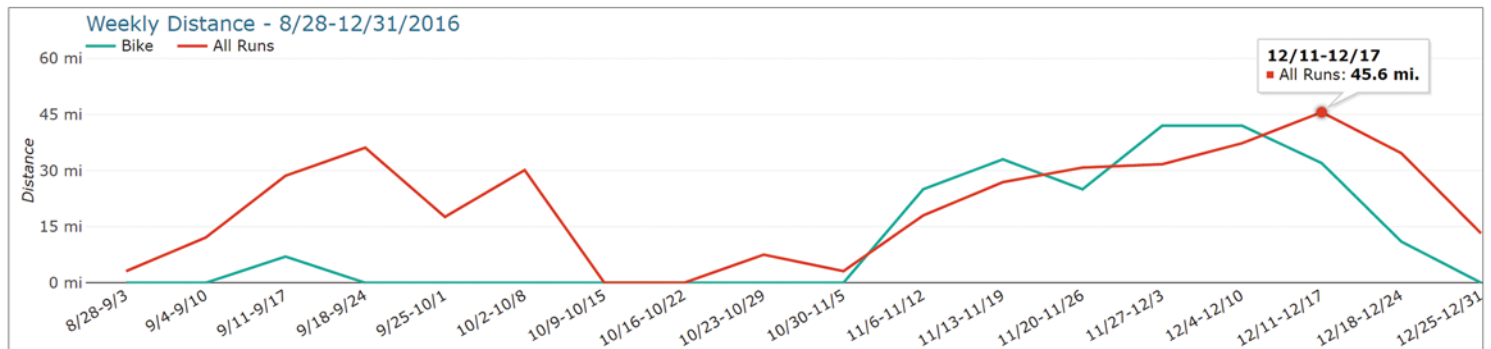


## Record Interval Workouts

In this example, a coach is recording an entire interval workout, including warm-up, cool down, and splits for every athlete. Easily keep track of all this data online, both from your phone and desktop! Enter splits from your phone during the workout, or print out a workout plan and return afterwards to enter online.



## Chart Athlete Training Progress



This chart helps the athlete to see their weekly mileage progression, as well as spot significant dips before and during Thanksgiving and during Christmas break.

## Fitness Tracker Integration and more...

Athletes can also connect their training logs to popular fitness trackers to simplify the process of keeping an accurate log. We currently support Strava and Fitbit, while Garmin and others are on the way shortly. Note that the Training Log is still in development. Some features aren't polished yet, but things will continue to improve. Expect to see more features in the coming months!