

## Before We Get Started

Before we get started in developing a training plan we need to get to know as much as possible about your training and racing to date. The more we know, the less has to be learnt through trial and error, which means less time and money wasted 'getting to know you' and more of both spent focused on moving you towards your goal(s).

**Step 1** – create a TrainingPeaks.com athlete account (<https://www.trainingpeaks.com/>), a basic athlete account is free, a premium version exists if you would like to be able to analyze your workout data. A basic account is sufficient to start. Upgrading is always an available option.

**Step 2** – log as accurately as possible all training and racing. The further back you go in logging, the greater will be our appreciation of the time available for training as well as a general sense of your work/home/training balance. If you have a device which captures data (e.g. heart rate [HR], distance, etc...) please sync and upload as much data as possible. If your device does not sync, please manually enter relevant training data (note: HR, distance and time data are most valuable). The more data you upload the greater will be our appreciation about your training to date allowing us to develop a training plan which more accurately reflects your current state of health, workload capacity, and your sport specific skills and abilities.

**Step 3** – link your TrainingPeaks.com athlete account to your preferred coach, for:

- Aimee, link your TP.com account using her email: [aimee@toett.ca](mailto:aimee@toett.ca)
- MJ, link your TP.com account using his email: [athletescloud@gmail.com](mailto:athletescloud@gmail.com)

**Step 4** – email your preferred coach the goal(s) that you would like to target along with the timelines or specific date(s) for the goal(s). If a goal is a specific event, please identify the name of the event, the date/location, any qualifying events and qualifying standards required to compete at the goal event, as well as the distance (many events offer a variety of options).

**Step 5** – please email us your availability so that we can plan to sit down to discuss the data you have shared with us.

**Step 6** – we will reply via email confirming that we have received a link to your TP.com account, as well as your email with goals and date & time options to sit down to meet.