



Athlete Access to Training Plan

Looking at the Plan, Printing out Workouts, Logging planned Workouts into their personal logs

Athletes will access the training plan by logging into their account at www.workoutlog.com and typing in their username and password in the login area below.

view main website

Log Features Support Register terms/conditions : contact us

Member Login

username

password GO

forgot password? [Click here](#)

Mobile | [Join](#) | [Login Help](#)

<< please LOGIN to access your Workout Log

Done

Mozilla Firefox MaxMultisport Training_Plan_Nick... Kevin_W_Training_P... FlipShare Microsoft PowerPoi... 12:52 PM

The athlete will then be directed to their workoutlog.com home page. To access their plan, they will select “Coach Plan” under the “My Coach” tab.

The screenshot shows the Mozilla Firefox browser window displaying the workoutlog.com website. The browser's address bar shows the URL <http://www.workoutlog.com/log/athlete/workoutlog.cfm>. The website header features the 'MAX ONLINE LOG' logo, with 'MULTISPORT COACHING' below it and 'powered by workoutlog' on the right. The user is logged in as Michele McGee, coaching Renee Schneidewind. The navigation menu includes 'Log', 'My Coach', 'Reports', 'Plan', 'Tools', 'Community', and 'Account'. The 'My Coach' dropdown menu is open, showing options: 'Coach List', 'Coach PLAN' (highlighted with a black arrow), 'Coach Tips', 'Season Plan', and 'Message Center'. Below the menu, there is a 'Related Report' dropdown set to '- Select -'. The main content area displays a 'WorkoutPLAN: COACH Renee Schneidewind' with a table of workouts:

Action	Activity	Duration	Notes
copy to LOG move	Run	0:55:00	If you want.. you can go to the workout at the lakefron...
copy to LOG move	Swim	0:45:00	open water swim: warm up for while.. get the shock awa...

Below the table, there is a 'Coach Tip : Open Water Swimming - Breathing'. At the bottom, there is a 'WorkoutLOG + Add New Workout (add workout for device upload)' button and a message 'No workouts logged.' The Windows taskbar at the bottom shows several open applications, including 'Workout Log - Moz...', 'MaxMultisport', 'Training_Plan_Nick...', 'Kevin_W_Training_P...', 'FlipShare', and 'Microsoft PowerPoi...'. The system clock shows 12:54 PM.

The athlete will then see the screen below. They will see the group plan on the right and their log on the left. If they want to print the plan, they can select the “Print” link next to the “PLAN:” below.

The screenshot shows the 'Workout Log' website in a Mozilla Firefox browser. The page features a pink header with the 'MAX ONLINE LOG' logo and 'powered by workoutlog'. Below the header, the user is logged in as Michele McGee, coaching Renee Schneidewind. The main content area is divided into two sections: 'Weekly Log' on the left and 'Your WorkoutPLAN' on the right. The 'Weekly Log' section shows 'Week 23, Starting: May 31, 2010' and a table for logging workouts. The 'Your WorkoutPLAN' section shows a list of planned workouts for May 31 and June 1. A yellow highlight and an arrow point to the 'Print' link next to the 'PLAN:' label in the workout plan section.

Workout Log - Mozilla Firefox
http://www.workoutlog.com/log/athlete/workoutlog-week.cfm

MAX ONLINE LOG
MULTISPORT COACHING powered by workoutlog

Michele McGee :: Coached Account: Renee Schneidewind info >>

Logout Log My Coach Reports Plan Tools Community Account

Log >> Weekly Log [? Help](#)

Week 23, Starting: **May 31, 2010**

< Previous Next > 23 (05/31/2010)

Athlete Weekly Comments:

Week Type: Week Type Save

Print My Log

Your WorkoutPLAN [Manage Plans >>](#)

Coach: Renee Schneidewind
PLAN: [Print](#) // [View](#)
Coach Comments: < none >

Date	HL	WorkoutLOG	Comments
Mon May 31		Strength 00 : 90 : 00 + intervals move // delete	... the entire thing, check.

*click to COPY "checked" PLANNED workouts to LOG

Date	copy	PLAN	Description
Mon May 31	<input type="checkbox"/>	Strength 90min	YOGA X.. entire thing.. <move>
Tue Jun 01	<input type="checkbox"/>	Day Off	Mother Teresa of Calcutta I can do no great things, only small things with great love.

Done

Workout Log - Moz... MaxMultisport Training_Plan_Nick... Kevin_W_Training_P... FlipShare Microsoft PowerPoi... 12:55 PM

Most of the workouts include streaming video and pictures in the “Coach Tips”. Click on the “Coach Tip” link in the Plan section below to access the videos.

The screenshot shows the 'Workout Log' website in a Windows Internet Explorer browser. The page displays a weekly log for 'Week 17, Starting: April 20, 2009'. The user is logged in as 'Renee Schneidwind'. The main content area shows a table of workouts for the week. The 'Swim' workout on Tuesday, April 21st, is highlighted. In the 'Swim' workout plan, there is a 'coach tip' link. A black arrow points from the text above to this 'coach tip' link.

Date	HL	WorkoutLOG	Comments	Save Workouts	Date	copy	PLAN	Description
Mon Apr 20		no LOGGED workouts			Mon Apr 20	<input type="checkbox"/>	Bike 25min	Warm-up: 5 minutes (zones 2,3) - Easy pedalling to bottom of zone 3. Main Set: 15 minutes (zones 3,4,5) - Focus on high intensity during all climbs. Stay in low intensity on all descents. On short hills (5-15 seconds), attack with 70-80 rpm and hard gearing (zone 5). On long hills (8-...more
Tue Apr 21		no LOGGED workouts			Tue Apr 21	<input type="checkbox"/>	Swim 1350.0 yd 30min coach tip	Warm-up: 200 Swim Easy warm up - very easy 100 Kick - 25 - Right side; 25 - left side, 25 - back, 25 - front 200 pull - Pull with pull bouy Main Set: 5 X 100 Swim 1:00 RI - Very fast sprints 5 X 50 Swim :30 RI - Strong fast swimming - 80% Max HR pace Cool Down: 200 sw...more
Wed Apr 22		no LOGGED workouts				<input type="checkbox"/>	Rest	<move> order ↑
Thu Apr 23		no LOGGED workouts				<input type="checkbox"/>	Weights 30min	Warm-up - 5 -10 minutes jogging, high knee raises, jumping jacks, huggers (swing arms back and forth hugging yourself)...
Fri Apr 24		no LOGGED workouts						
Sat Apr 25		no LOGGED workouts						

After the athlete finishes the workout planned, they can log their feedback into their log by clicking the box next to the planned workout and then hitting the “Copy” button. This will place the workout in their log at the left. They can then enter information in the boxes in this view and select “Save Workouts” to save this to their log.

The screenshot shows the 'Workout Log' website interface. At the top, there's a navigation bar with 'Logout', 'Log', 'My Coach', 'Reports', 'Plan', 'Tools', 'Community', and 'Account'. Below this, the user is logged in as 'Renee Schneidewind'. The main content area is titled 'Log >> Weekly Log' and shows 'Week 17, Starting: April 20, 2009'. There are navigation buttons for '< Previous', 'This Week', and 'Next >', and a date selector for '17 (04/20/2009)'. A section for 'Athlete Weekly Comments' is visible, along with a 'Print My Log' link. The main part of the page is a table with two columns: 'WorkoutLOG' and 'Planned Workouts'. The 'WorkoutLOG' column shows dates from 'Mon Apr 20' to 'Fri Apr 24', with 'no LOGGED workouts' for most days. The 'Planned Workouts' column shows a list of workouts for 'Mon Apr 20' and 'Tue Apr 21'. Each workout entry has a 'copy' button and a 'Save Workouts' button. Arrows from the text above point to these buttons. The 'copy' button is located in the 'Date' column of the planned workouts table, and the 'Save Workouts' button is located in the 'Comments' column of the logged workouts table.

Date	HL	WorkoutLOG	Comments	Save Workouts	Date	copy	PLAN	Description
Mon Apr 20		no LOGGED workouts			Mon Apr 20	<input type="checkbox"/>	Bike	Warm-up: 5 minutes (zones 2,3) - Easy pedalling to bottom of zone 3. Main Set: 15 minutes (zones 3,4,5) - Focus on high intensity during all climbs. Stay in low intensity on all descents. On short hills (5-15 seconds), attack with 70-80 rpm and hard gearing (zone 5). On long hills (8-...more
Tue Apr 21		Swim 1350.0 yd 00 : 30 : 00			Tue Apr 21	<input type="checkbox"/>	Rest	<move> order ↑
Wed Apr 22		no LOGGED workouts					Swim	Warm-up: 200 Swim Easy warm up - very easy 100 Kick - 25 - Right side; 25 - left side, 25 - back, 25 - front 30min coach tip
Thu Apr 23		no LOGGED workouts					Weights	Warm-up - 5 -10 minutes jogging, high knee raises, jumping jacks, bunnings (swing arms back and forth hunning yourself)...
Fri Apr 24		no LOGGED workouts						

They also can enter information into the log by selecting the “Daily Log” under the “Log” tab as illustrated below.

To copy the planned workout to their log, the athlete simply selects the “Copy to LOG” button and then enters their feedback in the boxes provided. Enter the time spent in each zone in the appropriate location in the table below.

The screenshot shows the 'Workout Log' website interface. At the top, there's a navigation bar with 'Logout', 'Log', 'My Coach', 'Reports', 'Plan', 'Tools', 'Community', and 'Account'. Below this, the user is logged in as 'Renee Schneidewind'. The main content area shows a 'Planned workout copied to Log. Modify as needed.' for 'Tuesday, April 14, 2009'. There are two workout plans listed, each with a 'copy to LOG' button. Below the plans is a form to add a new workout, including fields for duration, distance, pace, and a table for recording time spent in different zones. The table has columns for 'Zone', 'hh', 'mm', 'ss', and 'Range'. The zones listed are Zone 1, Zone 2, Zone 3, Zone 4, Zone 5a, and Zone 5b. The 'Range' column shows the heart rate range for each zone.

Zone [edit]	hh	mm	ss	Range
Zone 1	hh	mm	ss	99 - 110
Zone 2	hh	mm	ss	110 - 120
Zone 3	hh	mm	ss	120 - 140
Zone 4	hh	mm	ss	140 - 160
Zone 5a	hh	mm	ss	160 - 175
Zone 5b	hh	mm	ss	175 - 185

The athlete also has access to the streaming video in this view by selecting the “Coach Tip” link as demonstrated below.

The screenshot shows a web browser window titled "Workout Log - Windows Internet Explorer provided by HydraForce, Inc." with the address bar showing "http://www.workoutlog.com/log/athlete/workoutlog.cfm". The page features the "workoutlog" logo with the tagline "reach your finish line". The user is logged in as "Renee Schneidwind" with a "Coached Account". The navigation menu includes "Logout", "Log", "My Coach", "Reports", "Plan", "Tools", "Community", and "Account". The main content area is titled "Log >> Daily Log" for "Wednesday, April 15, 2009". It displays two workout plans for "COACH Renee Schneidwind". The first plan includes a "Swim" activity (0:30:00) with a "Coach Tip" link. The second plan includes a "Swim" activity (0:60:00) with a "Coach Tip" link. A black arrow points to the "Coach Tip" link in the second plan. Below the workout plans, there are buttons for "Add New Workout" and "Upload from Garmin". The "HealthLog" section includes a "Rating Scale" (1 (worst) to 5 (best)) and fields for "Waking HR", "Sleep", "Soreness", "Weight", "Fatigue", and "Stress". There are also "Nutrition Comments" and "General Comments" text areas. The Windows taskbar at the bottom shows the "start" button and several open applications, including "4 Microsoft Offi...", "Clientele", "Item Filter", "HF50979-09.pdf...", "2 Windows Expl...", "3 Microsoft Offi...", "Workout Log - Wi...", and "Microsoft PowerP...". The system clock shows "12:40 PM".

If you need to move the workouts around in the plan, select the “move” link below.

The screenshot shows the 'Workout Log' website in a Mozilla Firefox browser. The page displays a weekly log for Week 24, starting on June 07, 2010. The interface includes a navigation menu with options like 'Log', 'My Coach', 'Reports', 'Plan', 'Tools', 'Community', and 'Account'. A 'Print My Log' section is visible, containing two tables. The first table, 'WorkoutLOG', shows no logged workouts for the week. The second table, 'Planned Workouts', lists a swim workout on Monday, June 07, with a duration of 60 minutes. A yellow highlight is placed over the text '*click to COPY "checked" PLANNED workouts to LOG' above the second table. A black arrow points from the text at the top of the slide to the '<move>' link in the 'Description' column of the first row in the 'Planned Workouts' table.

Date	HL	WorkoutLOG	Comments
Mon Jun 07		no LOGGED workouts	
Tue Jun 08		no LOGGED workouts	
Wed Jun 09		no LOGGED workouts	

Date	copy	PLAN	Description
Mon Jun 07	<input type="checkbox"/>	Swim 60min	Masters <move>
Tue Jun 08		no PLANNED workouts	
Wed Jun 09		no PLANNED workouts	
Thu Jun 10		no PLANNED workouts	
Fri Jun 11		no PLANNED workouts	

After selecting the “move” link, then a window will open called “Move Planned workout to..” select the calendar icon and a calendar will open. Select the day you want to move the workout to.

The screenshot shows a Mozilla Firefox browser window displaying the 'Workout Log' website. The main content area shows a 'Weekly Log' for Week 24, starting on June 07, 2010. Below this, there is a table of workouts for the week. A dialog box titled 'Move Planned Workout to...' is open, showing options to move the workout to the previous day, next day, or another day. A calendar icon is visible in the 'other day' section. A separate calendar window for June 2010 is also open, with the 9th of the month highlighted. The taskbar at the bottom shows several open applications, including 'Workout Lo...', 'Move Plann...', 'Calendar - ...', 'MaxMultisp...', 'Training_Pla...', 'Kevin_W_Tr...', 'FlipShare', and 'Microsoft P...'. The system clock in the bottom right corner shows 12:40 PM.

Date	HL	WorkoutLOG	Comments
Mon Jun 07		no LOGGED workouts	
Tue Jun 08		no LOGGED workouts	
Wed Jun 09		no LOGGED workouts	
Thu Jun 10		no PLANNED workouts	
Fri Jun 11		no PLANNED workouts	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

To see all the videos and photos in the coach tips, select “Coach Tips” under the “My Coach” menu.

The screenshot shows the 'Workout Log' website interface. At the top, there is a navigation bar with the 'MAX ONLINE LOG' logo and a 'powered by workoutlog' badge. Below the navigation bar, the user's name 'Michele McGee' and the coach's name 'Renee Schneidewind' are displayed. A dropdown menu is open under 'My Coach', with 'Coach Tips' highlighted. The main content area shows 'Your Workout PLAN' and 'Coach: Renee Schneidewind'. Below this, there is a 'Print My Log' section with a table of workouts.

Date	HL	WorkoutLOG	Comments	PLAN	Description
Mon May 31		Strength	... the entire thing, check.	Strength	YOGA X.. entire thing.. <move>
Tue Jun 01		Day Off		Day Off	Mother Teresa of Calcutta I can do no great things, only small things with great love.

Then select the link to the coach tip you want to see. Coach tips are arranged by Tip type...

Coach Tips - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://www.workoutlog.com/log/athlete/coachtips.cfm

Most Visited Getting Started Latest Headlines http://www.gomoji.co...

AVG explore with YAHOO! SEARCH Search Total Protection Page Status Identity Guard

Network Solutions Webmail TrainingPeaks v3.0.20100603 Coach Tips

MAX ONLINE LOG powered by **workoutlog**

MICHELE MCGEE :: Coached Account: Renee Schneidewind info >>

Logout Log My Coach Reports Plan Tools Community Account

Coach Tips: Renee Schneidewind

Tip Name (click to view)
Beginner Tips
Beginner Stretching
Beginner Triathlon Inspiration
Exercise Intensity and Metabolic Syndrome: Is Hard...
Making Time for Exercise
Reaching Your Goals the Smart Way
The Best Time to Exercise
Tips for Beginner or First Time triathletes
Warm Up to Workout
YOUR 1st Triathlon -- Tips & Tricks to ensure you ...
Bike
Bicycle Safety tips
Biking - Getting...

Done

Coach Tips - Mozill... MaxMultisport Training_Plan_Nick... Kevin_W_Training_P... FlipShare Microsoft PowerPoi... 12:47 PM