



TrainingPeaks

We're pleased to introduce you to TrainingPeaks, the official training software of Bike MS! We are excited about this new partnership and are inviting YOU to experience it.

TrainingPeaks is an interactive, web-based training log and food diary designed to help individuals achieve their health and fitness goals. Subscription to the basic edition is FREE for Bike MS participants, and you have the opportunity to download custom-written cycling training plans, developed exclusively for us by renowned cycling expert Joe Friel, author of "The Cyclist's Training Bible" and the new official coaching partner of the National MS Society. (Learn more about Joe at his website:

<http://www.trainingbible.com/aboutJoeFriel.aspx>) These custom plans are also available for FREE to our Bike MS participants! For a sneak peek, please visit:

<http://home.trainingpeaks.com/events/cycling/ms-society.aspx>

Features of Training Peaks:

- ❖ TrainingPeaks is the ultimate training log and food diary developed to help motivated individuals achieve health, fitness and peak performance.
- ❖ TrainingPeaks customers span the entire lifestyle continuum from elite athletes to first time competitors and everyday individuals looking to take control of their personal nutrition and fitness goals.
- ❖ In addition to using our custom plans for FREE, our cyclists can purchase additional pre-built training plans, pre-built meal plans, or find a professional for expert training or nutrition advice and motivation. They can also upgrade to the Premium version and use the VirtualCoach, mobile app, more reports and custom planning.
- ❖ TrainingPeaks.com is compatible with over 80 different devices like heart rate monitors, GPS devices and power meters. Including those from Polar, Garmin, Timex, Suunto and more. Users can also build routes, track their progress with interactive reports and share their experience via Facebook and Twitter.

We hope you'll find TrainingPeaks to be a great benefit to you as you prepare for your upcoming Bike MS ride. Bike MS is the premier fundraising cycling series in the country- and this is one more tool to ensure you have the ride of your life!

What does TrainingPeaks give me?

TrainingPeaks is your one source for training, routes, device compatibility, nutrition and expert advice.

Use your free Basic TrainingPeaks account to:

- Track your exercise, nutrition, weight, stress & more
- Search and record routes or map your own
- Monitor your health and fitness trends over time
- Share your workouts and routes with friends
- Upload heart rate, power meter & GPS workouts from any one of 80+ devices

Easily get started in one of four ways:

- Apply a pre-built training plan provided by Joe Friel, the official coach of Bike MS
- *Plan and schedule your own exercise & meals*
- *Use the Virtual Coach to plan your season around specific events or races*
- Find a professional to coach you one-on-one

**Requires a Premium Personal Edition subscription. To see other differences between Basic and Premium, [click here](#).*

Features you should definitely try!

(...and that you may not have known even existed)

1. MAP ROUTES:

Search hundreds of thousands of routes in the public library or create your own. Share the route with your friends on Facebook, Twitter, via email or post a link to the route on your website or blog. Record a route as your workout and compare over time in the Route History.

- [View a shared, sample route here.](#)
- [Search for a route in your neighborhood here.](#)

[Click here to learn all about how to work with routes.](#)

2. FOLLOW A TRAINING PLAN:

As the Official Coach of Bike MS, Joe Friel, author of the Training Bible series of books and owner of TrainingBible Coaching, Coach Friel has provided a selection of training plans regularly costing \$100 at no charge to Bike MS participants. Find the plan that's right for you and apply it to your TrainingPeaks account to help you prepare for your event. If you are looking

for a plan other than those provided by Joe Friel, browse the Training Plan Store in your TrainingPeaks account.

Find Joe Friel's plans under Training Tips on your Bike MS website.

[Click here to learn how to apply your plan.](#)

3. TRACK DAILY METRICS:

Daily Metrics like weight, sleep, stress, and more can be quickly recorded from any view on the calendar. With a premium account you can then graph your metrics over any period of time on the dashboard. [Click here to see an example.](#)

4. UPLOAD WORKOUTS:

If you use any one of 80+ compatible heart rate monitors, power meters or GPS devices from brands like Garmin, Timex, Polar, Cyclops, etc, upload it to your TrainingPeaks account to accurately record what you did. View the uploaded stats, analyze a graph of the workout or view a map if you uploaded a GPS device. [Click here to see if your device is compatible.](#)

5. FIND THE CALENDAR VIEW BEST FOR YOU:

Experiment with the following Calendar views to best fit your needs. Change the default Calendar view in your Settings so you get the experience you want every time you log in.

- The Day view is the quickest place for you to record everything at one time.
- The Week view allows you to quickly adjust workout and meal times to fit your schedule.
- The Month view provides a high level overview of your program and weekly summaries of what's planned and what you have recorded.

[Learn how to customize your Calendar views by clicking here.](#)

6. TRACK MILEAGE ON YOUR EQUIPMENT:

Easily keep track of how many miles you have on your bike or on a pair of shoes so you know when it's time for service or a new pair. [Learn about the equipment pod here.](#)

7. MONITOR YOUR DIET:

Discover if you are eating the right amount of calories compared to what you are burning in your workouts by recording what you eat.

- Recreate your meal using foods you find in the nutrition library of 100,000 items. If you can't find the food you are looking for, simply add it to the community database.
- Make sure to save both individual foods and complete meals that you frequently eat as favorites to find quicker the next time.

- If you planned your own meals or you are following a meal plan, view, or email, the list of groceries required for each meal.

[Click here to learn how to monitor your diet in TrainingPeaks.](#)