



5 FEATURES YOU NEED TO KNOW

After creating your training plan, master these tools to train smarter every day.



Calendar & Week View

See every workout
mapped



Training & Race Paces

Know your exact speeds



Color Legends

Decode pace zones fast



How to Train

Understand the science



Action / Download

Export your full plan



SEE YOUR FULL TRAINING PLAN

Switch between Calendar View and Week View to see your entire schedule — from today to race day.

Calendar View

See the complete picture

Weekly View

Focus on one week at a time

PRO TIP

Tap any workout tile in Calendar View to see full details and instructions.

 Calendar

 Weekly

 Paces

JUNE 2026 — Week 1

MON	TUE	WED	THU	FRI	SAT	SUN
16 Easy 8km	17 Rest	18 Intervals 10km	19 Rest	20 Tempo 8km	21 Long Run 18km	22 Rest
23 Easy 10km	24 Rest	25 VO ₂ 12km	26 Easy 8km	27 Rest	28 Long Run 22km	29 Rest

FEATURE 02

KNOW YOUR EXACT PACES

Tap the Training & Race Paces icon to reveal every training zone — personalised to your fitness level.



Training & Race Paces icon

Current Paces

Where you are today — start here for weeks 1–4

Goal Paces

Where you'll be by race day — progressively target these

WORKOUT TYPE	CURRENT PACE	GOAL PACE
 Easy Aerobic	6:44–7:19 /km	6:29–7:03 /km
 Long Run	6:26–7:01 /km	6:12–6:46 /km
 Marathon Pace	5:51–5:56 /km	5:38–5:43 /km
 Threshold	5:28–5:30 /km	5:16–5:18 /km
 Interval / VO ₂ Max	5:02–5:04 /km	4:51–4:53 /km
 Speed Repeats	4:42–4:45 /km	4:31–4:34 /km
 Recovery	7:36–8:11 /km	7:19–7:53 /km

CRACK THE COLOR CODE

Every color in your training calendar maps to a specific pace zone. Never guess what a workout means again.



Easy / Recovery Run

Zone 1–2 · Conversational

Your aerobic base builder. You should be able to hold a full conversation at this pace.



Long Run

Zone 2 · Steady aerobic

Backbone of your marathon training. Builds endurance and fat-burning capacity.



Tempo / Threshold

Zone 3–4 · Comfortably hard

Raises your lactate threshold so you can sustain faster paces on race day.



Intervals / Speed

Zone 4–5 · High intensity

Short, sharp efforts that build speed and improve running economy rapidly.



Race Pace

Goal race effort

Exactly the pace you plan to run on race day. Practice until it feels natural.



UNDERSTAND HOW TO TRAIN

The 'How to Train' feature breaks down the science and purpose behind each workout type — so you always know WHY you're running the way you are.

Easy Runs

WHAT IT FEELS LIKE

Feel effortless — you can sing along to music.

WHY YOU DO IT

Builds aerobic base, accelerates recovery, accounts for 70–80% of total volume.

💡 If you can't say full sentences, slow down.

Long Runs

WHAT IT FEELS LIKE

A slow, extended effort at easy/marathon pace.

WHY YOU DO IT

Trains fat metabolism, boosts mitochondria, and conditions legs for race distance.

💡 Never skip long run day — it's the cornerstone.

Tempo / Threshold

WHAT IT FEELS LIKE

Comfortably hard — you can speak in short phrases.

WHY YOU DO IT

Pushes your lactate threshold so you can race faster without going anaerobic.

💡 Control the urge to sprint — tempo is a discipline.

Intervals / Speed

WHAT IT FEELS LIKE

Short, hard efforts at VO₂ Max or faster.

WHY YOU DO IT

Raises your top-end speed and improves running economy permanently.

💡 Full recovery between reps is as important as the effort.

ACTION / DOWNLOAD YOUR PLAN

Export your complete training plan in your preferred format and take it everywhere.



Tap the **Action** button on your plan page

01 Open your saved training plan

02 Click the **Action** button (top right)

03 Choose your preferred export format

04 Download or sync to your device



PDF

PDF Export

Print-ready or digital. Share with coach or store offline.



Ready to use



Excel / CSV

Spreadsheet

Open in Excel or Google Sheets — filter and customise.



Ready to use



Google Calendar

Google Calendar

Every workout as a calendar event with auto reminders.



Ready to use



Apple Calendar

Apple Calendar

Sync to iPhone or iPad. See runs in Siri and Shortcuts.



Ready to use

