



MPG | OPTIMISE
EVERY
WORKOUT

MPG USER MANUAL

Athlete Platform

MyProgramGenerator.com is the leader in endurance exercise coaching. MPG accurately matches the training program of every athlete with their unique physiological profile, and keeps adjusting the program according to the athlete's progress.

MyProgramgenerator.com

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MPG USER MANUAL

Athlete Platform

This instruction manual highlights the uses and functions of MPG, as used by the athlete. If used correctly, and in conjunction with a coach who is qualified to provide additional insight and service to the athlete, MPG is without doubt the most advanced and most service-oriented training system available.

Getting Started

The registration process provides an opportunity for the athlete to enter some basic information into the system. This includes:

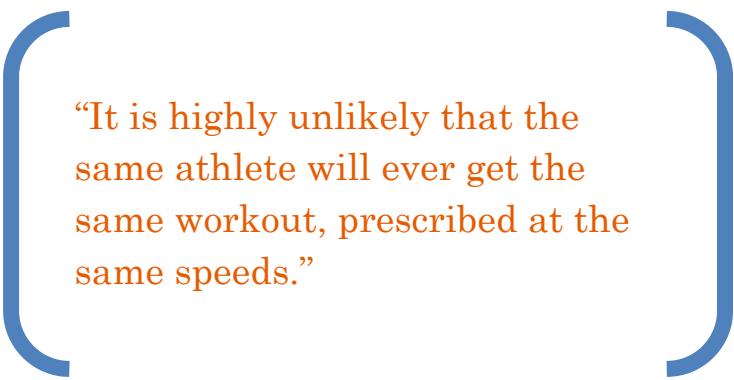
- 1) Name
- 2) The area the athlete lives in
- 3) Program choice (Swimming, Cycling, Running, Triathlon, Duathlon, Swim/Run, Swim/Bike)
- 4) Athlete level (Beginner, Novice, Amateur, Elite Amateur, Professional)
- 5) Current training volumes for each discipline
- 6) Choice of Long workout day
- 7) Choice of power measurement for cyclists (Indoors/Outdoors/Both)

Generating a Training Program

Once the athlete has registered and clicked on the link in their e-mail to activate their account, they will then be prompted to enter their Performance Assessment (PA) values. Protocols for each Performance Assessment are provided.

The Training Program is created from the athlete's data. Each workout is selected individually, based on the athlete's physiological data, which is calculated from the Performance Assessments, combined with the self-reported, current training volumes which were entered during registration. There are no pre-cut training programs. Each one is unique, and created individually. It is highly unlikely that the same athlete will ever get the same workout, prescribed at the same speeds.

The athlete will be given a Free Trial Period where they will have the opportunity to test out the system and make use of it before any financial commitment is required.

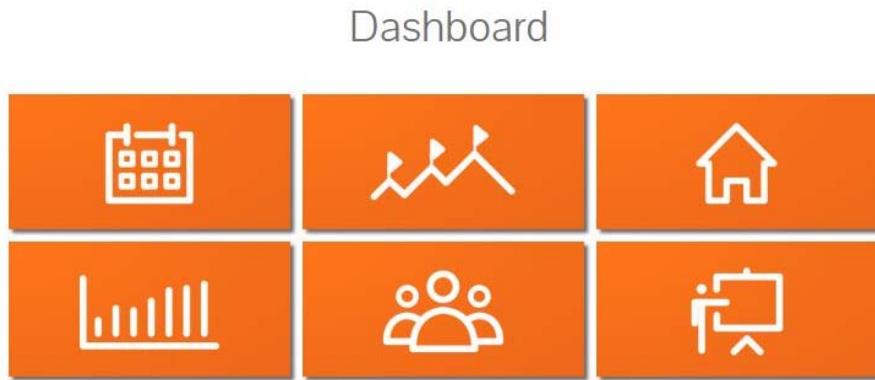


“It is highly unlikely that the same athlete will ever get the same workout, prescribed at the same speeds.”

Once the athlete chooses to subscribe, they have the choice of Gold, Silver or Bronze memberships. Programs are e-mailed weekly, but can be accessed online at any time.

The Dashboard

Once an athlete has registered and logged on to MPG, the home page becomes the “Dashboard”. From here, navigation to the various components of MPG can be done easily. On the Dashboard there are tiles for Calendar, Training Program, My Account, Charts, Forum and Resources.



The Calendar

The Calendar shows the athlete's general upcoming schedule. Details of upcoming events and PA protocols can be accessed by clicking on the respective day scheduled on the Calendar. Scrolling through to future events and months can be done by clicking on the arrows on the top right of the Calendar page.

Athletes can schedule races and other events into their Calendar by clicking the “Manage Events” button which is found above the Calendar. This takes the athlete to “My Events” page. Here the athlete can schedule Races, Multi-stage events, Training Camps and periods of Time Off. For any event that is entered, the Training Program and Calendar will adjust automatically to include taper and recovery periods.

Calendar

November 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Strength	2 No Swim	3 No Cycle	4 Long Run	5 Swim PA Cycle PA	6 Run PA	7 Taper Swim Taper Cycle Taper Run
No Swim	Tempo Swim	No Swim	No Swim			
No Cycle	Aerobic Cycle	Tempo Cycle	No Cycle			
Long Run	No Run	Tempo Run	No Run			
8	9	10	11	12	13	14 Ironman Malaysia
No Swim	Taper Swim	Taper Swim	Taper Swim	No Swim	Taper Swim	
No Cycle	Taper Cycle	Taper Cycle	Taper Cycle	No Cycle	Taper Cycle	
No Run	Taper Run	Taper Run	Taper Run	No Run	Taper Run	
15	16	17	18	19	20	21
No Swim	Recovery Swim	Recovery Swim	No Swim	Recovery Swim	Recovery Swim	No Swim
No Cycle	Recovery Cycle	Recovery Cycle	No Cycle	Recovery Cycle	Recovery Cycle	No Cycle
No Run	No Run	Recovery Run	No Run	Recovery Run	No Run	Recovery Run
22	23	24	25	26	27	28 Strength

My Events

In “My Events”, you will also see events that are coming up as well as a history of all your previous events. Here you can view your entire racing history, and view your race times. Individual race distances, disciplines, and even specific events can be filtered. A triathlete may want to view all their swim times from Olympic distance races, or marathon run times from Ironman events, for example.

My Events



The screenshot shows a user interface for managing racing events. At the top, there are four buttons: "Add Race", "Add Multistage Race", "Add Training Camp", and "Take a Break". Below these are three tabs: "Upcoming", "Race History", and "Race Times", with "Race History" currently selected. A message "Displaying 1-2 of 2 results." is shown above a table. The table has columns for Date, Name, Race Type, and Details. It lists two entries: one for "Ironman 70.3 Durban" on June 19, 2016, and another for "Ironman Austria" on June 26, 2016. Each row in the table includes a small edit icon (pencil) and a delete icon (red X).

Date	Name	Race Type	Details
19 June, 2016	Ironman 70.3 Durban	Half Iron Distance Triathlon	 
26 June, 2016	Ironman Austria	Iron Distance Triathlon	 

Following each race, MPG will prompt the athlete to complete the race completion questionnaire. In addition to the athlete having a record of how they felt in each particular part of each race, for their own future reference, the coach will also receive a notification that the athlete has submitted “Race Feedback”. The coach can then view the details of the athlete’s race and then discuss the best way forward.

“MPG has carefully chosen the most relevant data to use and store, so that both athlete and coach can make excellent analyses of past and present performances and make accurate assessments on training efficacy.”

When information gleaned from “Race History”, “Race Times” and “Race Feedback” are combined with the Performance Charts, the perfect analysis can be made. Most other performance tracking software simply ‘dumps’ a mountain of data which both athlete and coach simply cannot sift through. Too much data becomes totally unusable.

store, so that the trained MPG Certified Coach can make excellent analyses of past and present performances. It can also help the coach make accurate assessments on the

effectiveness of the training that has been done leading up to the race, as well as how well the race was paced, relative to MPG race pacing guidelines.

- 1) Training volume and consistency logged in the logbook over the previous 3 weeks. This includes auto-logged workouts via Strava.
- 2) Races/Events Entered into the Calendar. The training program will adjust to become specific for race distance and course profile, and **key workouts become event-specific**, in the build-up to the goal race:

A 5km race entered into the system would naturally produce different workouts to say marathons, and a flat course profile will result in different workouts when compared to a Mountain run, for example. **The program adjusts to train the athlete according to their own physiology, but also to prepare the athlete for the unique demands of the course they will be racing.** Other “events” that can be entered into the system include training camps and periods of time off, due to illness or injury.

Run Course Profile	
Cycle Course Profile	<div style="border: 1px solid #ccc; padding: 5px; width: 150px; height: 20px; margin-bottom: 5px;">--Please Select--</div> <div style="background-color: #0070C0; color: white; padding: 2px 5px; border: 1px solid #0070C0; margin-bottom: 5px;">--Please Select--</div> <div style="border: 1px solid #ccc; padding: 2px 5px; background-color: #f9f9f9;">Flat</div> <div style="border: 1px solid #ccc; padding: 2px 5px; background-color: #f9f9f9;">Undulating/Short climbs</div> <div style="border: 1px solid #ccc; padding: 2px 5px; background-color: #f9f9f9;">Mountainous/Long climbs</div>
	<div style="border: 1px solid #ccc; padding: 5px; width: 150px; height: 20px; margin-bottom: 5px;">--Please Select--</div> <div style="background-color: #0070C0; color: white; padding: 2px 5px; border: 1px solid #0070C0; margin-bottom: 5px;">--Please Select--</div> <div style="border: 1px solid #ccc; padding: 2px 5px; background-color: #f9f9f9;">Flat</div> <div style="border: 1px solid #ccc; padding: 2px 5px; background-color: #f9f9f9;">Moderate (4%-6% gradients)</div> <div style="border: 1px solid #ccc; padding: 2px 5px; background-color: #f9f9f9;">Steep (6%-8% gradients)</div> <div style="border: 1px solid #ccc; padding: 2px 5px; background-color: #f9f9f9;">Very Steep / Trail Running (8%-10% gradients)</div> <div style="border: 1px solid #ccc; padding: 2px 5px; background-color: #f9f9f9;">Mountain Running (>10% gradients)</div>

- 3) The coach can also change the program structure and training volumes manually, if needed.
- 4) As events get added or deleted, the program adjusts immediately.
- 5) Entering Performance Assessments. Each time new test details are entered, the program updates automatically to ensure that the intensity of every prescribed workout is optimized.

The Training Program

The Training Program can be accessed via the tile on the Dashboard, or via “My Menu” in the top menu.

In addition to the Training Program, there are three additional tabs to be found at the top of the Training Program page; “Coach Comments”, “Workout Logging”, and “Performance Assessments”.



Coach Comments

For Silver and Gold members, the coach will make comments on upcoming workouts where necessary. If a coach logs a comment for the athlete, a notification will be displayed when the athlete clicks on the Training Program page. Once the athlete has read the comment, it can be marked as read.

Workout Logging

Each workout is logged in the system and this can be viewed in future, much like any logbook. The athlete can also make comments to each workout, describing how they felt or include any other pertinent information.

This has a dual role (for Silver and Gold members); to serve as a training diary which can be accessed in future, and also as a direct communication with the MPG

coaching staff. Each day, the coach will receive the comments and have an opportunity to respond to the comments of every single workout made by each athlete. The MPG athlete/coach communication infrastructure we have created makes MPG the most user friendly, service-oriented coaching option available, anywhere. As mentioned previously, the coach also has a function to post comments on future workouts for each athlete. This can be viewed in the “Coach Comments” tab.

The MPG athlete/coach communication infrastructure we have created makes MPG the most user friendly, service-oriented coaching option available, anywhere.

In addition to the communication functions, the workout logging also serves as a system input and the volume of future training blocks are adjusted in accordance with the volume of

training that has been completed. In other words, if training consistency is poor, future volumes will be reduced whereas if training consistency is good, training volumes will increase incrementally. MPG always strives to match the volume and intensity with the athlete's current level of fitness.

The flux in an athlete's performance, and the flux in an athlete's training volume is always matched and accounted for and the most appropriate training program is provided.

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for and the most appropriate training program is provided.

Workout Logging Tabs

Please select which workouts you would like to log:

Unlogged workouts: 28
 Select/Unselect All

Performance Assessments

The Performance Assessment tab is where the latest test values can be entered. A maximum of two test results can be entered per month. The test protocols for each discipline can also be found in this tab.

Dashboard » Training Program

Program	Coach Comments	Workout Logging	Performance Assessments
Protocol	Past Swim Assessments	Past Cycle Assessments	Past Run Assessments

Click here to enter your Swim times
 Click here to enter your Cycle power numbers
 Click here to enter your Run time trials

The “Past Assessments” are a history of all the athlete’s previous tests. There the coach and athlete can see trends in the athlete’s performance over time. This, of course, can also be viewed in “Charts”. This is a sure way to see whether or not the athlete is improving, as nothing tells us more about performance, than performance itself.

My Account

This page is where details such as athlete profile, personal details, subscription and password can be accessed and edited. The athlete can also rate their coach each month by accessing the “Rate Coach” tab.

Charts

The Charts plot very useful information, all of which are explained in detail within each chart type. Here critical performance, training consistency, weekly planned training volume and combined performance for multisport athletes can be compared month on month. MPG has been developed with the goal of providing the answers to two fundamental questions: “Am I fitter?”, and “Will I perform better in my next race?”

The coach has access to the athlete’s charts and can give constructive feedback and provide expert analysis, based on the information provided in the charts.

MPG has been developed with the goal of providing the answers to two fundamental questions: “Am I fitter?” and “Will I perform better in my next race?”

Resources

In the resources tile you will have access to MPG’s ever growing library of training videos, interesting articles and access to our partner discounts. You will also find links to various interesting and useful information.

Forum

Athletes who have selected the Bronze option will still be able to access our team of coaches via the Forum. Of course, athletes who are on Silver or Gold Subscriptions will also be able to access the Forum.

Understanding the MPG Program

Myprogramgenerator.com provides the user with a lot of training detail for every workout. It is important that each component is understood in the context of what information it is meant to provide the user with.

Speed and Power

The primary intensity indicators are speed/pace (for running and swimming) or power (for cycling). These parameters are the ones that need to be adhered to as closely as possible, as they are determined from each user's unique physiological profile which is derived from the biographical data as well as the performance test data.

Heart Rate

Using heart rate, alone, as a gauge of intensity is a highly debated topic in exercise physiology circles. Heart rate is affected by many variables such as heat, humidity, hydration status of the athlete, digestion and cardiac drift to name but a few. A person's heart rate is affected by the entire body and its environment, so it is **NOT** a very accurate or reliable indicator of the amount of work that is being done by the muscles. We have chosen to provide general heart rate zones for those who like to use heart rate, but if there is ever a conflict between heart rate zone and the prescribed speed or power, it is best to use the speed or power as an accurate gauge of what needs to be done in training or racing.

Perceived Effort

Effort is a very good measure of intensity. We all know what hard feels like, and we all know what easy feels like. It is the subtle variations that are sometimes difficult to distinguish though. The distance of an interval and the intensity both play a part in how easy or hard a particular interval feels. The program will let you know how hard a particular interval should feel from an effort perspective. Speed/pace and power are still the leading indicators but effort can be useful when there are no gadgets available. If you have become familiar with what a particular speed or power zone *feels* like, it will be easier to reproduce that speed or power in times where all you have is the sensation of the effort you are exerting.

What makes MPG the best option for athletes who want to be their best?

- 1) Everything the athlete needs is in one place via the athlete's dashboard; and includes training program, calendar, charts, resources such as articles, videos and more.

The athlete's training program is matched precisely to their current fitness level every 4 weeks. Each time the athlete completes a performance assessment, the training program is recalibrated to stay in line with the athlete's current fitness. MPG is the only training system that accurately matches training stress to current fitness, and, more importantly, each athlete is given a unique training program that matches their unique physiology. **We don't have any set programs in the database. We don't have a cookie cutter!** Each training program is constructed via an extremely complex selection of over 5000 workouts, which are carefully selected based on the individual's own fitness profile. This data is then paired with the results from the athlete's performance assessment to give the athlete zones and intensities that are unique to the athlete, and constantly in a state of flux. **The athlete will never have the same program twice, and the athlete will never have the same program as someone else.** There may be similarities in structure but the details will never be the same.

- 2) The athlete can view the upcoming month in the calendar and add/delete races.

As the athlete adds a race to the calendar, **the athlete's program automatically adjusts to include a taper and recovery.** The athlete will get to decide if the race is an A-race, B-race, C-race or D-race, and for each level of importance, MPG will automatically give the athlete more recovery and taper for more important races, and less recovery and taper periods for less important races. These changes will reflect in their own training program. For best results, plan your season with your MPG coach as they can give you objective feedback as to which races should be focused on and which races should be done in the midst of training.

The athlete will be able to keep a record of their race performances, keep track of their times and make comments as to how the race felt, for future reference.

MPG will never allow a user to add too many races. There is coded restriction to how often you can race, and how many 'big races' you can complete in a season. This is designed to keep the athlete functioning optimally in the long term, year in and year out.

An athlete will never have to feel like they are 'bugging' their coach by wanting to enter a race at the last minute, and then having to wait patiently for an amended program. They can add and delete races and your program is adjusted accordingly, every time, immediately.

- 3) An athlete's program is **highly specific and caters to all possible users.**

Whether a user owns all the gadgets, or none of them – the program is still unique and will give all the information an athlete will need. For those who train with Power, we have power targets. For those who run with GPS, we have running speed and pace targets and for those who train with heart rate we have heart rate zones. For those who have no gadgets, we also have perceived effort. Also, we cater to the

really unfit, as well as Professional athletes, and each person has the optimal training program for where they are.

Training is specific, regardless of which effort management system the athlete chooses.

- 4) An athlete can record their training in the Workout Log, and their program will adjust accordingly.

Based on their logged workouts, measured as a completed percentage of each workout, the monthly program is either progressed (for a high level of consistency), or regressed (for poor consistency). If the athlete gets sick, and cannot train, they can simply enter 0%, by the time they are well and their **program would be readjusted to take into account time lost to illness**. They can make comments as to why workouts were not completed, how the workouts felt, or any other comments they may want to add. The user will be able to access these at a later stage in your Workout History, and if the user has an MPG Coach, they will be able to give you feedback to these comments every day.

- 5) An athlete's training consistency and performance are charted.

In the Charts, the athlete will be able to see **relevant information** about their performance, their unique athletic profile, planned and previous training volume, consistency and if they are a Triathlete, we have a Triathlon performance index or Combined performance chart.

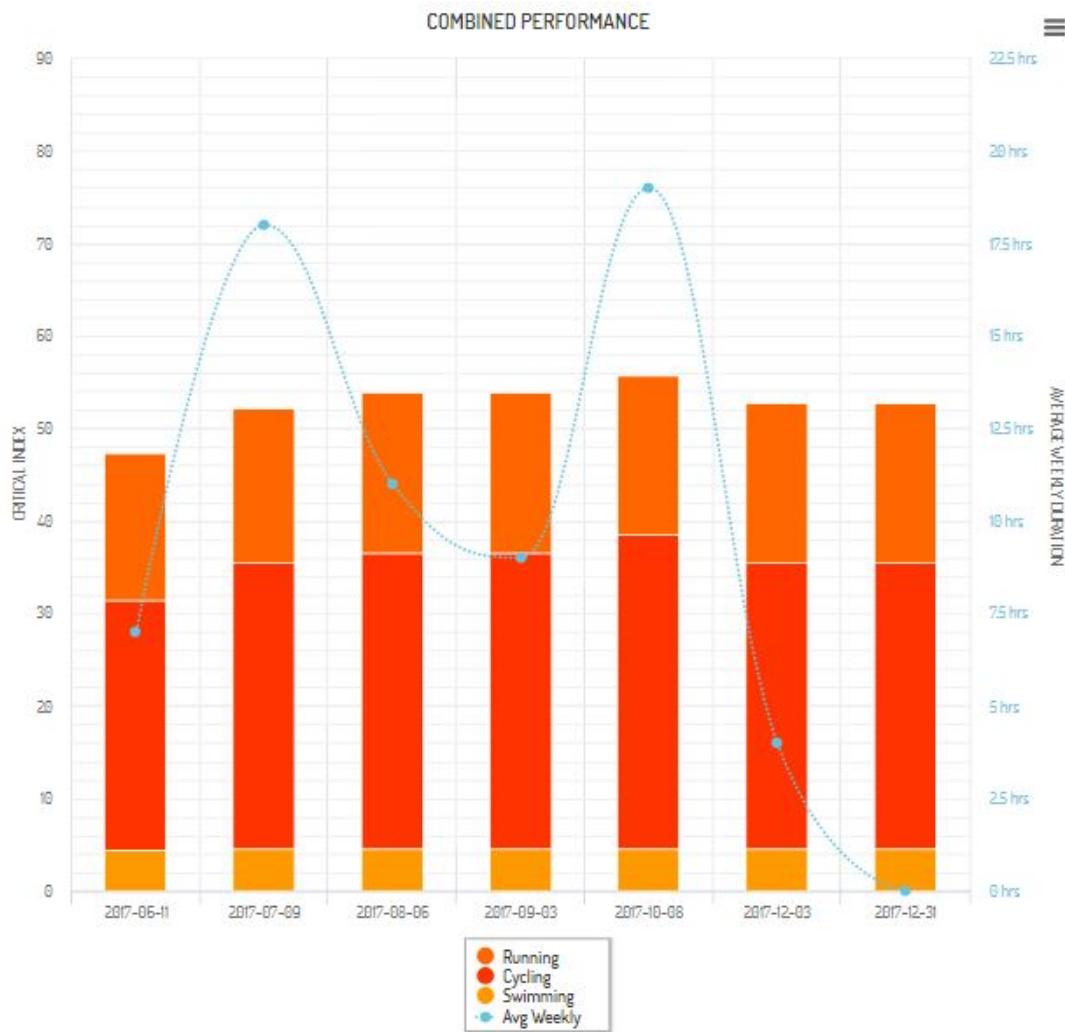
Critical Performance Chart

The Critical Performance chart plots performance from month to month, taking into account both anaerobic and aerobic values from the performance tests. Using the values from the two tests we use various algorithms to calculate actual critical performance. These critical endurance numbers are very important performance values because they most accurately predict realistic endurance performance.



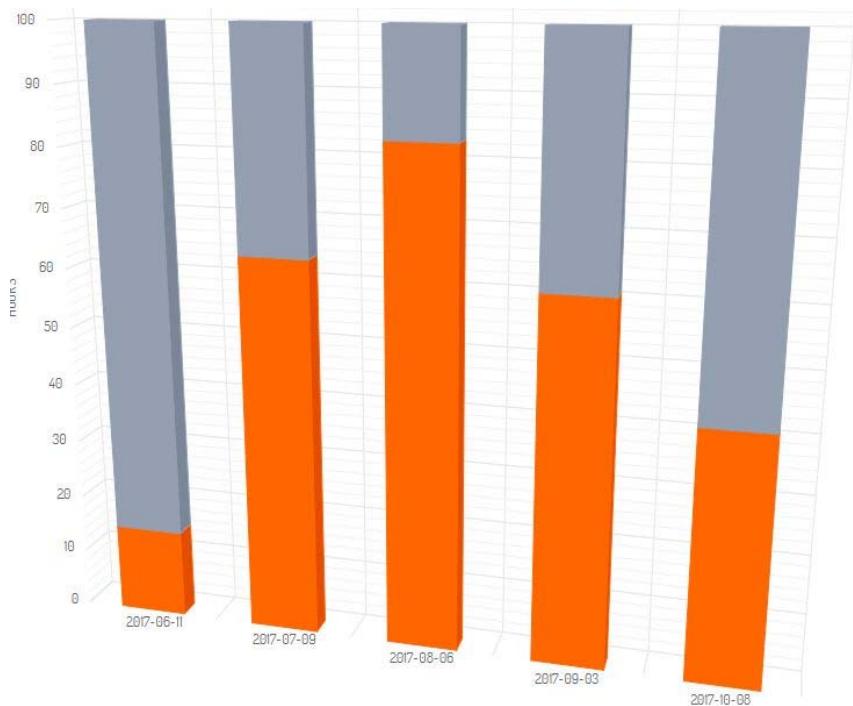
Combined Performance Chart for Triathletes

The Combined chart gives us insight into what disciplines are improving, which are deteriorating, and the total NETT effect on overall performance. The Performance can also be seen in relation to training volume. This helps us to see what effects the training volume has had on actual performance.



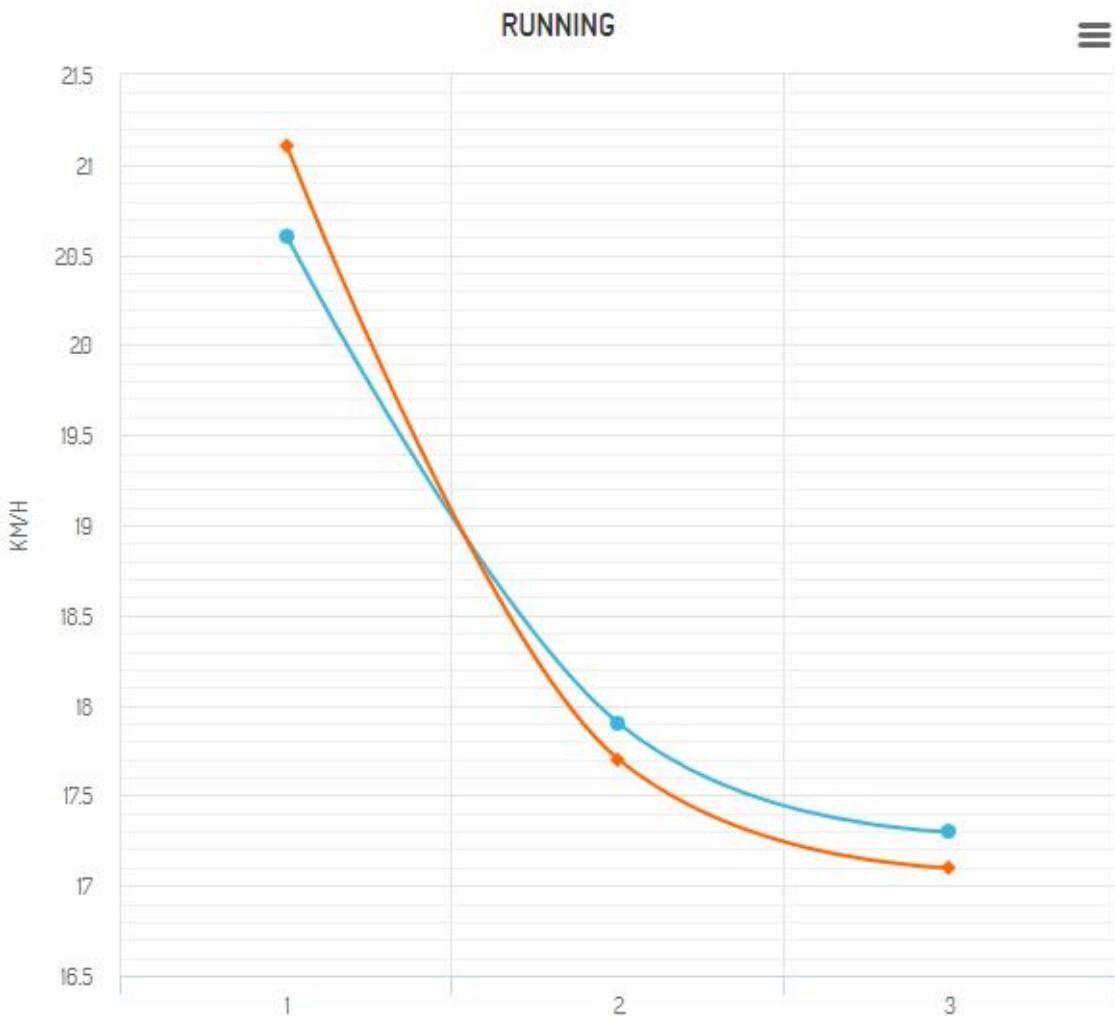
Training Consistency

Training consistency (below) is also charted. This gives us an indication of what percentage of training was completed, relative to what was prescribed in the training program.



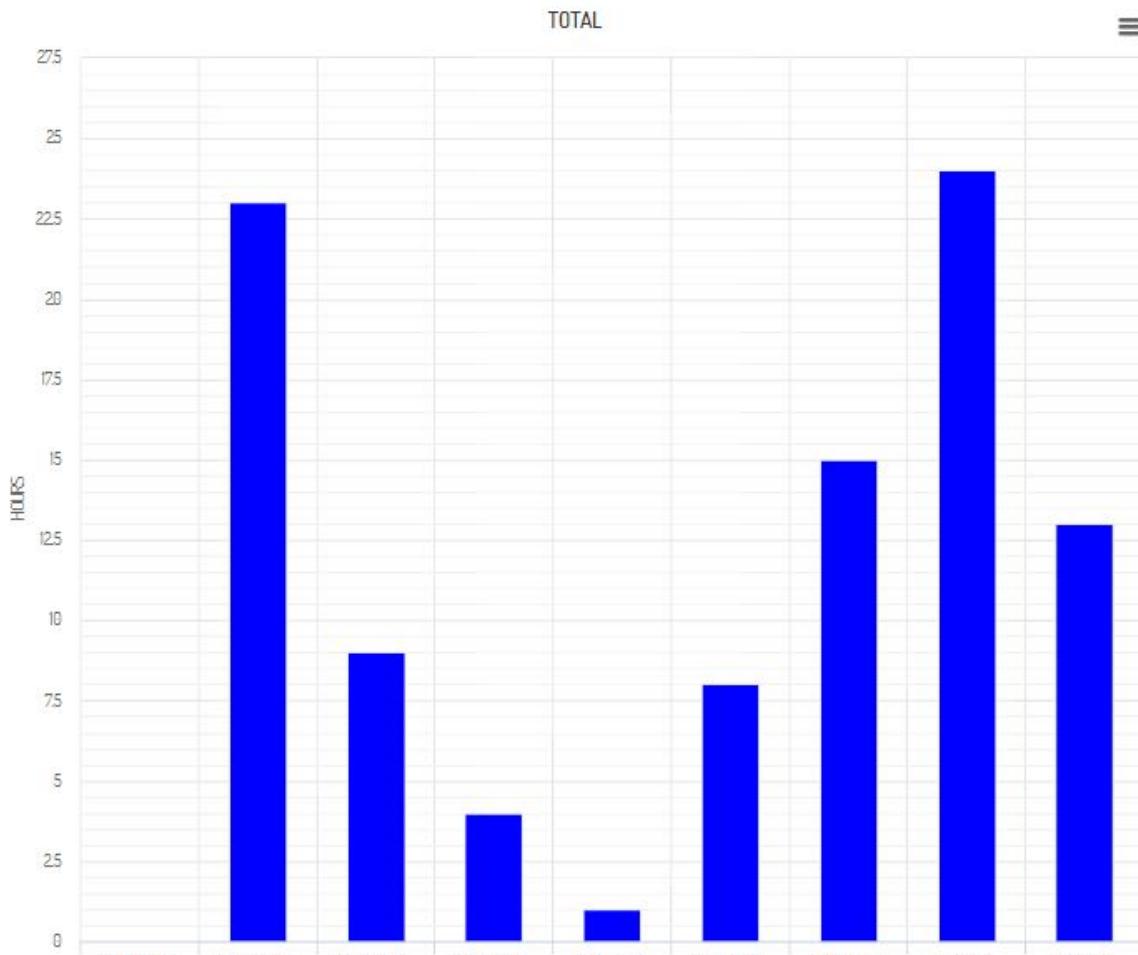
The Performance/Duration curve

The performance/duration curve gives us an indication of how our performance changes in relation to time. A steep curve implies good maximal aerobic power and/or poor resistance to fatigue. When subsequent performance/time curves are overlaid, we can see how the athlete has changed with respect to power and stamina. Coaches can see whether or not athletes are improving in the correct areas of their physiology. These curves can often be used by coaches to determine what focus the athlete has placed on their training over the course of the past month.



Total Training Volume

One can also view the training completed as a function of hours/week. This gives both athlete and coach a snapshot view as to how much training has been completed.

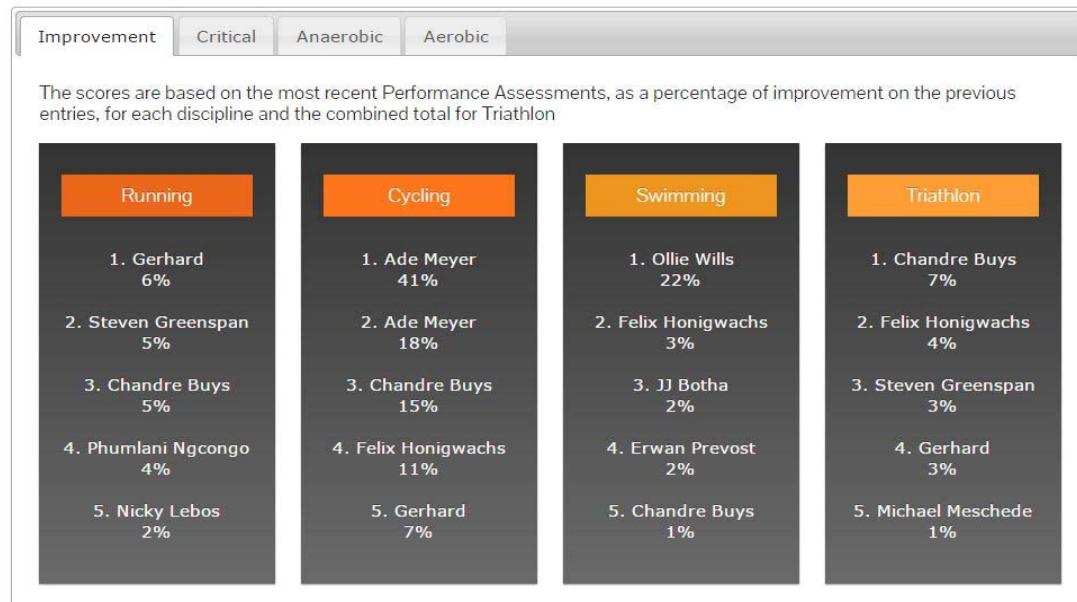


- 6) **We keep things interesting and help an athlete to be motivated** to do better by having a Leaderboard.

All MPG athletes are ranked each month according to % Improvement, and absolute values such as Critical Speed and Power, as well as our top performers in anaerobic ability and aerobic ability.

Leaderboard

MPG's top performers



- 7) An athlete's profile can be adjusted as is needed.

An athlete may have started out as a Novice, but now feels ready for Amateur status. They can change this in the Athlete Profile. In addition, if they are a cyclist they can change details such as indoor versus outdoor workouts, and the specific details that accompany those. Perhaps they ride indoors in the winter, or perhaps they only ride outdoors on the weekend. The cycling power numbers will be different for each variation and the athlete's program will adapt accordingly, giving optimal road power numbers for their road rides and optimal indoor power for their indoor rides.

Training will always remain highly specific to their choice of training.

Dashboard » My Account

My Account

Athlete Profile	My Details	Subscription	Change Password
Program			
Triathlon	<input type="button" value="▼"/>		
Athlete Level			
Professional	<input type="button" value="▼"/>		
Weight	<input type="text" value="73"/>		
Power Meter Option	<ol style="list-style-type: none"> 1. Trainer with power measurement (indoors only). 2. Power measurements done exclusively on the road (outdoors only). 3. Power meter on your bike used both indoors and outdoors <input type="button" value="Option 3"/>		
Please select which workouts will be done indoors:			
Aerobic Workout <input checked="" type="checkbox"/> Tempo Workout <input checked="" type="checkbox"/> High Intensity Workout <input checked="" type="checkbox"/> Long Cycle Workout <input checked="" type="checkbox"/>			
<input type="button" value="Save"/>			

- 8) Connect with our team of coaches and experts at any time.

Having an amazing system like MPG gives us an important advantage over any other coach: TIME! We have time to connect with our athletes, and to answer questions as they arise. **Our goal is to provide an amazing service to get athletes to realize their full potential.** THAT is what drives us. We are available and we truly care about each and every athlete that we partner with.

Log on to the website and click on the “Get help” tab, and we will be there to help.



- 9) Finally, we are without a doubt the **best value for money Performance Coaching Company**, anywhere in the World. MPG is a revolutionary concept in the arena of performance coaching. Listed above are simply some of the highlights of where we are at now. This is simply the beginning, and **we will continue to evolve and improve** to be of service to each athlete that joins our ranks.