



Personal Training Logs

As you know, you are required to keep a training log. Training logs help you monitor and improve your fitness and competitiveness in any sport. Remember, it's virtually impossible to keep *too much* information. While recording the activity you performed is important, you should also note how you felt, weather & terrain conditions that day, what you ate and anything else that may have impacted your performance. Learning to keep a log will help you in any sport you participate in. Pinnacle has set up an on-line training log that the coaches can monitor and use to provide you with feedback.

SET UP

1. Go to www.polarpersonaltrainer.com
2. Click Register and set up your account
3. Go to the Community tab→ My Contacts
4. At the bottom select “Add New Contact”
5. Search for your coach (joekosik)

Nickname	<input type="text" value="joekosik"/>
Email	<input type="text"/>
First name	<input type="text"/>
Last name	<input type="text"/>

Result

	Nickname	Email
<input checked="" type="checkbox"/>	joekosik	jrkosik@jfinvestment.com

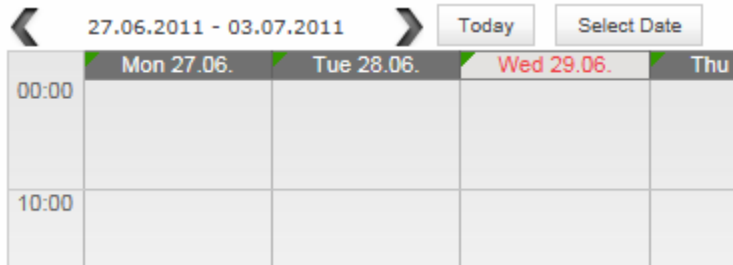
6. After you locate your coach, click “Add selected”
7. Go back to Community→My Contacts and grant your coach access to your diary by clicking on the calendar icon on the far right

	Nickname	Send Message	Status
<input type="checkbox"/>	joekosik		

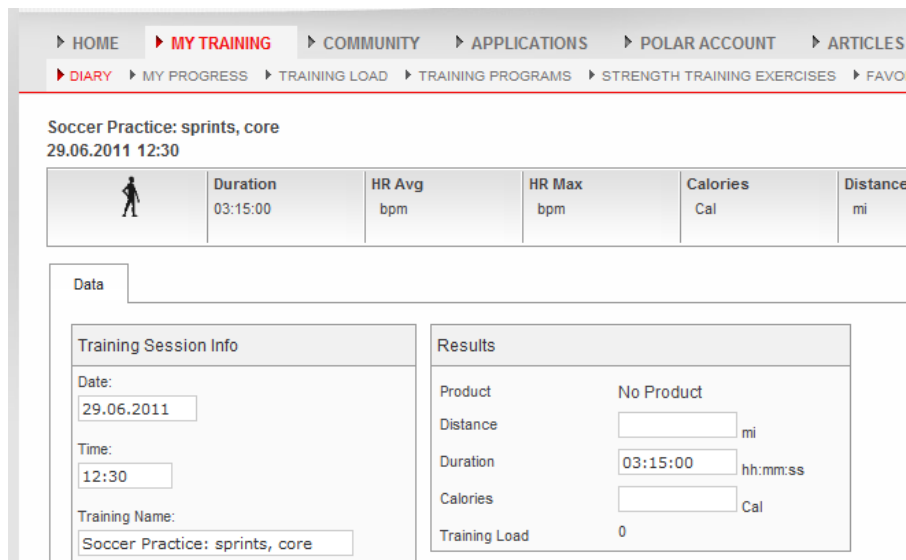
8. Lastly, you'll need email us your nickname so we know how to find your logs


LOGGING WORKOUTS

1. Login using your new username & password
2. Click on “My Training” near the top of the page
3. Click on the calendar date of your workout



4. Then click on “Training Result”
5. The most important information to enter is in the “Training Name” and “Duration” fields (because this is what Coach Kosik will be able to view). You can enter over 200 characters in the “Training Name” field, so feel free to be descriptive.



	Duration	HR Avg	HR Max	Calories	Distance
	03:15:00	bpm	bpm	Cal	mi

Training Session Info	Results
Date: <input type="text" value="29.06.2011"/>	Product: No Product
Time: <input type="text" value="12:30"/>	Distance: <input type="text"/> mi
Training Name: <input type="text" value="Soccer Practice: sprints, core"/>	Duration: <input type="text" value="03:15:00"/> hh:mm:ss
	Calories: <input type="text"/> Cal
	Training Load: 0

6. Also, enter any notes about the workout in the “Notes” field for your own records.
7. Click the “Save” button in the lower-right of the screen.

Now your coach will be able to review your training, give you feedback, recommend workouts and offer suggestions as needed. You can buy a Polar training watch that downloads your training info to the site, but this is not required. We’d really like to see our athletes utilize this site as there are a lot of tools to help you keep track of your training and become more focused in your efforts. If you have any questions or problems, please contact Coach Kosik at jrkosik@jfkinvestment.com.