

Product Idea

ForAthlete is a cross-platform mobile app that combines running and badminton training into one adaptive system. It acts like a personal coach in your pocket.

Solves a real problem: I am an athlete, mostly badminton but I really like running as well. Since I live in the Netherlands and do not have time to go to track and field trainings (I already have badminton trainings), I figured I will do running alone. Using chatgpt and discussion with other runners, I did myself training plans around my badminton trainings. So depending on how many trainings and on what days I have, chatgpt created me other trainings on other days. As an example, I have created the following training week template:

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### Mon – Threshold run
- 6–8 × 800m @ ~3:20–3:25, jog rest 200m
- Or continuous 20–25min around 3:55–4:05/km
- **Focus:** aerobic power + lactate control

### Tue – Easy run + strength
- Z2 40–50min (HR <145, relaxed pace)
- Strength: ATG split squats, RDLs, calves, core

### Wed – Badminton (hard)
- Count this as a **hard day**
- Add short mobility or prehab (hips, calves, quads)
- **No extra run**

### Thu – Easy run
- 40–50min Z2 (HR <145)
- Strides ×6 if quad/hip feels good

### Fri – Double day (if badminton is easy)
- Afternoon: Z2 40min run **OR** short tempo (e.g. 3×6min @ ~3:55–4:00/km)
- Evening: Badminton (easy)
- ⚠ If badminton turns out hard → **drop the run**

### Sat – Long run
- 70–80min Z2 (HR <145–150, don't push)
- Great day for Megablasts / Novas

### Sun – Strength / mobility / optional short jog
- 30–40min easy jog if feeling fresh
- Otherwise: full strength & mobility session
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Now I also track my HRV (HR variability), RHR (resting HR) and sleep using apple watch and health app. I give the metrics every morning to chatgpt and discuss with it how the training plan of the day should be - should it be adjusted somehow, give a full rest, stretch, mobility, just do what was planned, etc. I also discuss about my injuries - what I should do to deal with them or prevent them. Also a bit on nutrition, protein, electrolytes and so on. It has become really good thing for me because it is portable, its always there, not like a coach. Although it is just a tool to organize an athletes life well and manage load the right way.

Has 3-5 core features maximum for MVP:

- **Adaptive Planning:** Generates **7-day training plans** with fixed rules (e.g., Wed = hard badminton, Thu = Z2 run, one threshold session/week, sprint exposure every 7–10 days, load increase capped at 15%).

- **AI Assistant:** Conversational “coach” that adjusts workouts based on **soreness, sleep, or schedule changes**. Example: “quads tight → Thu session reduced by 20% or swapped to mobility.” (so should be connected to Health app to access HRV, sleep, RHR)
- **Logging:** Connection to fitness app/strava, Athletes can record **duration, distance, RPE, injury flags, and notes**.
- **Metrics:** Tracks **weekly volume, load, compliance %, and progress trends** to prevent overtraining.

Why it stands out

- Multi-sport focus: Unlike typical AI running apps, it integrates badminton sessions with endurance training.
- Practical rules + AI: Hard-coded coaching logic guarantees safety and consistency, while AI provides conversational flexibility.
- End-to-end product: From UX design to mobile deployment and AI orchestration, it shows full-stack engineering skills.