

Overview

The overview seems clear with plenty of detail on what the app will do, though some more detail on what kind of training it aims to help people with would be good e.g. runners, joggers, cyclists etc but not weight trainers.

User Personas

The user personas could do with being a bit more detailed, maybe giving a name, age, gender and picture to each persona. It would also be good to give some indication of what kinds of past experience the users have with similar apps.

User Scenarios

User scenarios 2 and 4 don't really give a scenario of the person using the app, they read more like a user explaining why they like it. For scenario 2 for instance, you could write something about the user setting a goal on the app, when they do that, how they do that and why it solves their needs.

User scenarios 1 and 3 are good, but seem like they might be expanding the functionality of the app, for instance scenario 1 mentions the ability to check how calories burnt compare to calories eaten, which would require tracking food consumption.

Wireframes

Some nice looking wireframes! I'm unsure how a user would upload a gpx file though, so you might want to make it clear how a user does that. The ability to check the weather mentioned in user scenario 3 and the calorie estimation from scenario 1 seem to be missing as well.