Background

About the Client

Ollie Allan

Ollie is our client from Tri-Alliance. He has been involved in triathlon for 16+ years. He has extensive qualifications in coaching, including Level 2 Triathlon Coach, Level 1 Cycling, Swimming, Strength & Conditioning Coach, etc. Ollie's passion for the sport and Tri Alliance cannot go unnoticed as his enthusiasm and commitment draws others to the sport and helps them achieve their goals sooner.

Source: Ollie Allan

Tri-Alliance

Tri Alliance VIC is the largest triathlon training squad in Melbourne, offering triathlon coaching, group training, and triathlon training programs for all levels and abilities. They are primarily a coaching service provider, developing comprehensive programs for athletes that wish to compete in various multisport events including, triathlon, duathlon, aquathon, swimming, cycling, and running.

Source: Tri Alliance

CoachingMate System and Garmin

The CoachingMate is a system where coaches, personal trainers, and fitness professionals deliver training programs and instruction to their clients via a timeline planner that looks and feels much like a calendar with scheduled sessions. The current system is an excellent platform to deliver what an athlete needs to do day by day. It provides a dashboard to the users so that the coaches can manage the training plan from it and the athletes can receive their feedback from it.

There are Garmin APPs available on both Android and IOS platforms. By which the athletes can receive workout data from their watches. Users can check their data both on their phones and on the Garmin-Connect website. CoachingMate is now in version 2 with development already on version 3. The next generation of CoachingMate is to have the wearable data to be generated on the athlete and coach dashboard and within completed sessions to compare, predict and provide accurate feedback to an athlete's progression in a meaningful way.

Garmin Dashboard
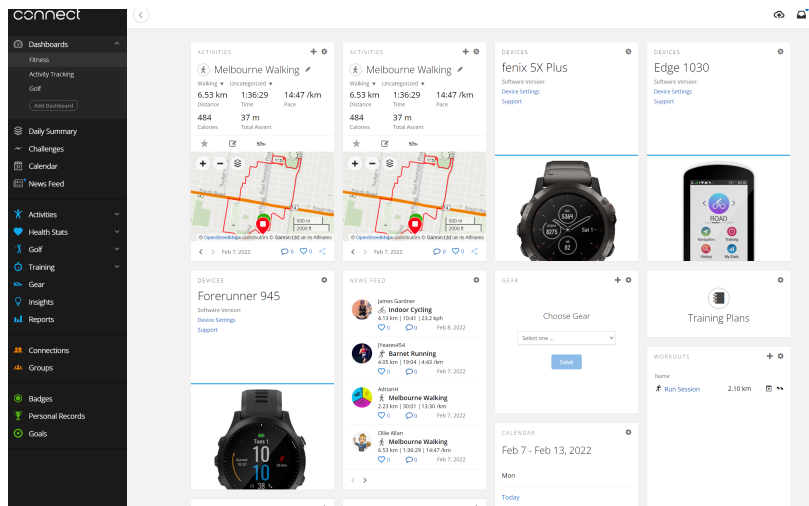
Scope

In Scope

The Garmin API is what our project will be focusing on. Garmin is a commercialized product that targets clubs and coaches. Garmin API provides an easy way to integrate a platform directly into their content management website. This project needs to improve the APIs from the existing system, to increase the breadth of activities that are currently pulled by the CoachingMate backend.

Garmin should also be able to connect to external websites so that the workout data can be viewed by other people. Our team is also recommended to develop APIs for Garmin to connect to other external websites.

Out of Scope

Our team will not be responsible for data analytics. There are already a lot of functions on the Garmin dashboard. The GA teams will not be involved with the website design. This project will not be involved with how to visualize the data either.