Aparna – High Stride not totally for professionals

- for people who want to complete a race

Web and mobile app

Creating a web app to match the app, adaptive training plan

Pace, distance , weather, effort, any pain

3 weeks on, 1 week off, 3 week 1 weeks off and so on

What’s missing - receiving data back is difficult, data is coming into different ways

Training Peaks\* try out this service

Nike fuel band user interface

Helping educate people

Web app

* everything that is already on the app
* see the training
* log everything on the app
* see the tracking log

Building a website for the coaches

* messaging running( clients)
* see their clients stats

**Marketing website**

**Web portal**

**Web Portal for Coaches**

**App revisions**

**Web Revisions**