

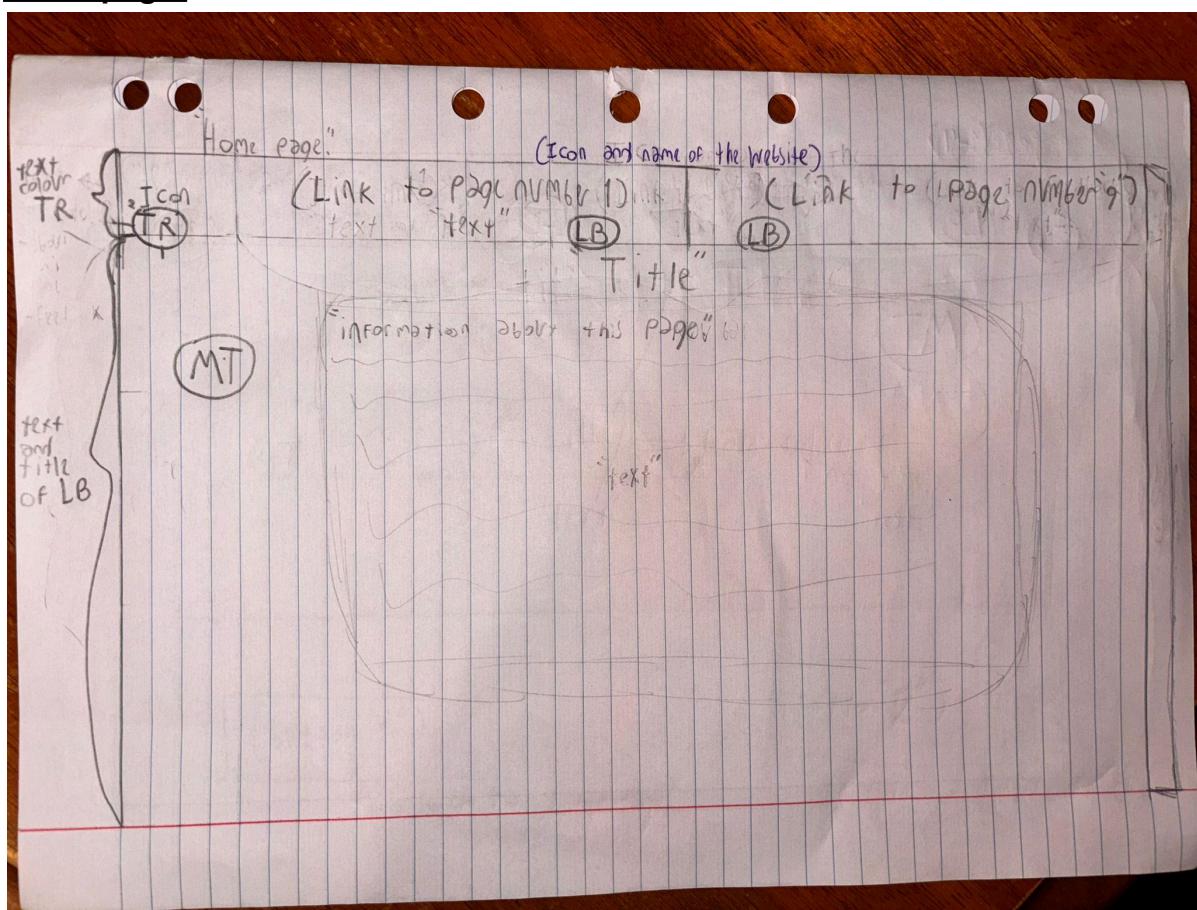
## **Plan number 1: 04/03/2024:**

### **TPTI(training plan for duatlon):**

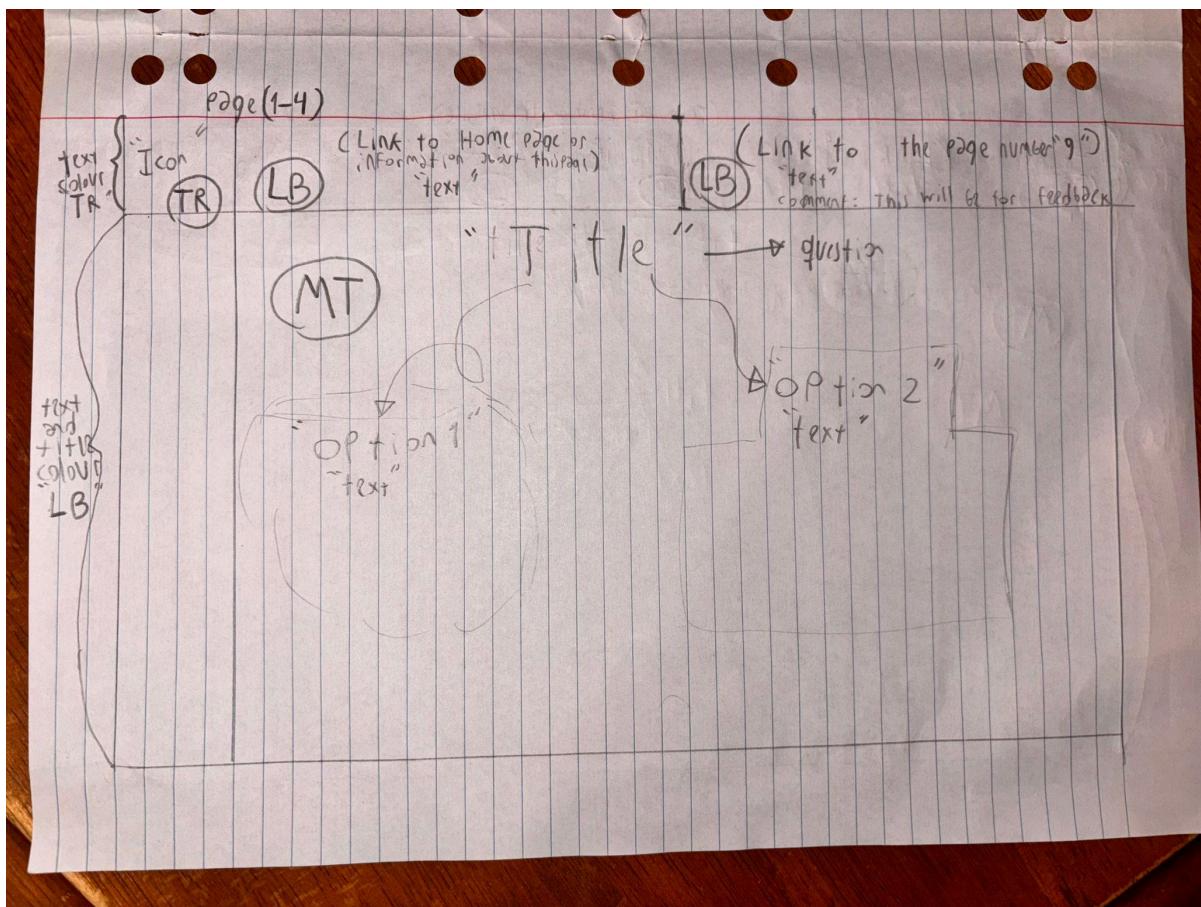
description: The purpose of this site is to prepare a training regime for any person between 16 and 60 years old, enthusiastic about sports who wants to improve in duathlon (a sport consisting of 3 events: a running stage, a cycling stage, and another running stage) The user has to select which sport they want to improve on the main page. It shows two options that you can click on (a cycling option, and a running option), and after choosing the sport, the website sends you to another page that asks the user's level of training. These levels will be shown as two buttons you can click on (beginner or pro). Once a level has been selected, the website will show two training regimes related to the chosen sport and level consisting of warm-ups, exercises, and a warm-down. The user can then select a training regime, and once they have completed it, they can document their progress (time, injuries, etc.).

### **How the website looks like:**

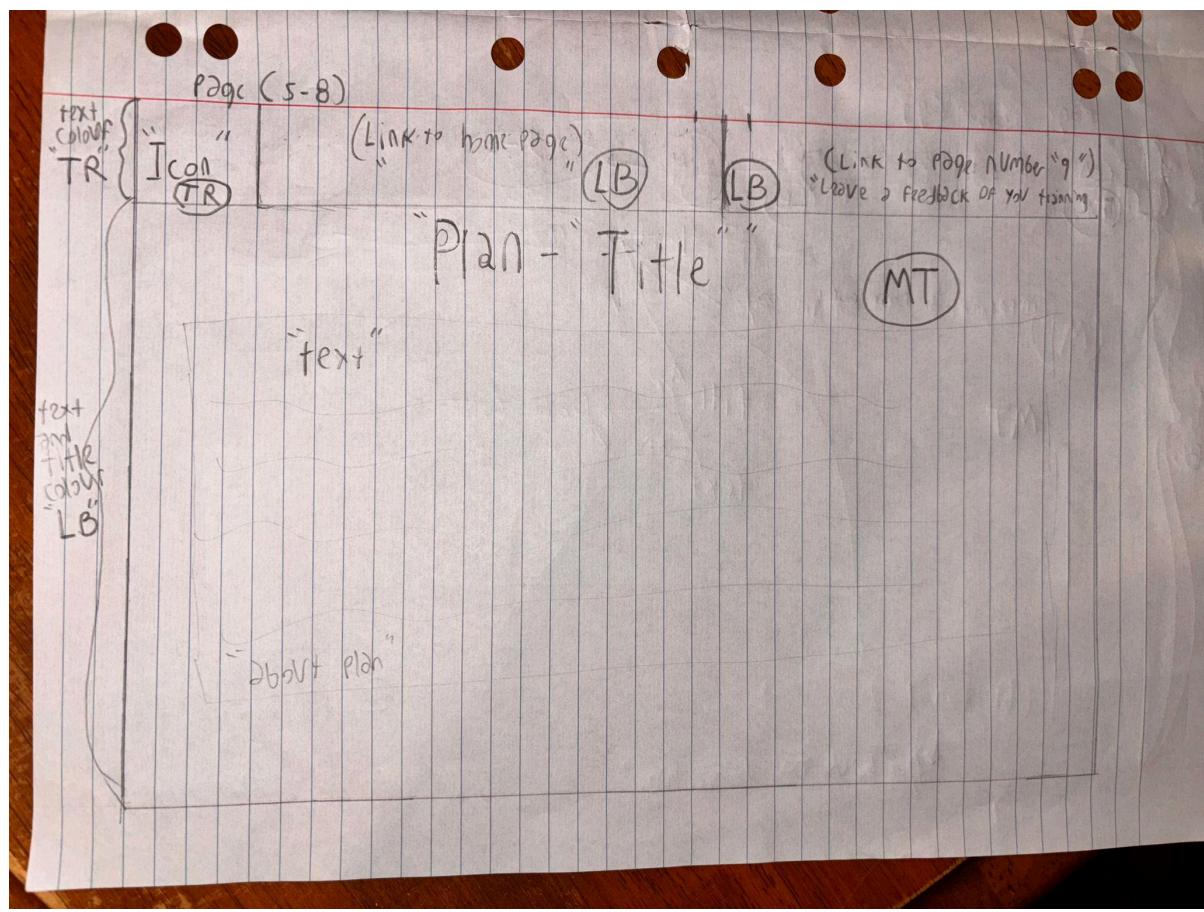
#### **Home page:**



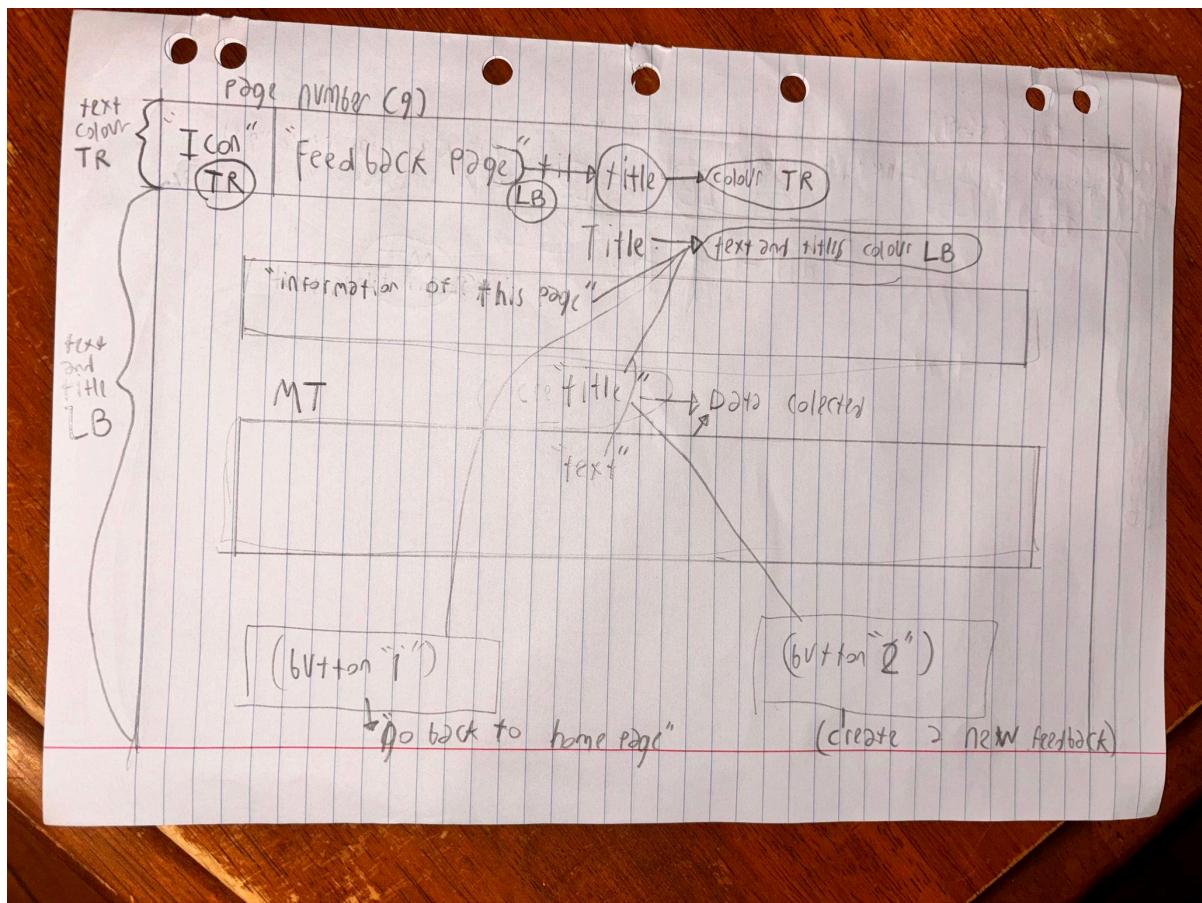
### Page (1-4):



### Page (5-8):



Page 9:



### Color choices, font choices, other design decisions, and justifications:

- title
- description
- images
- text
- footer
- color: beige and brown
- font: acme
- navigation bar
- icon
- links

### SQL Queries:

#### TPTI(training plan to improve) page:

for the options of sports...

```
SELECT name, description FROM sports;
```

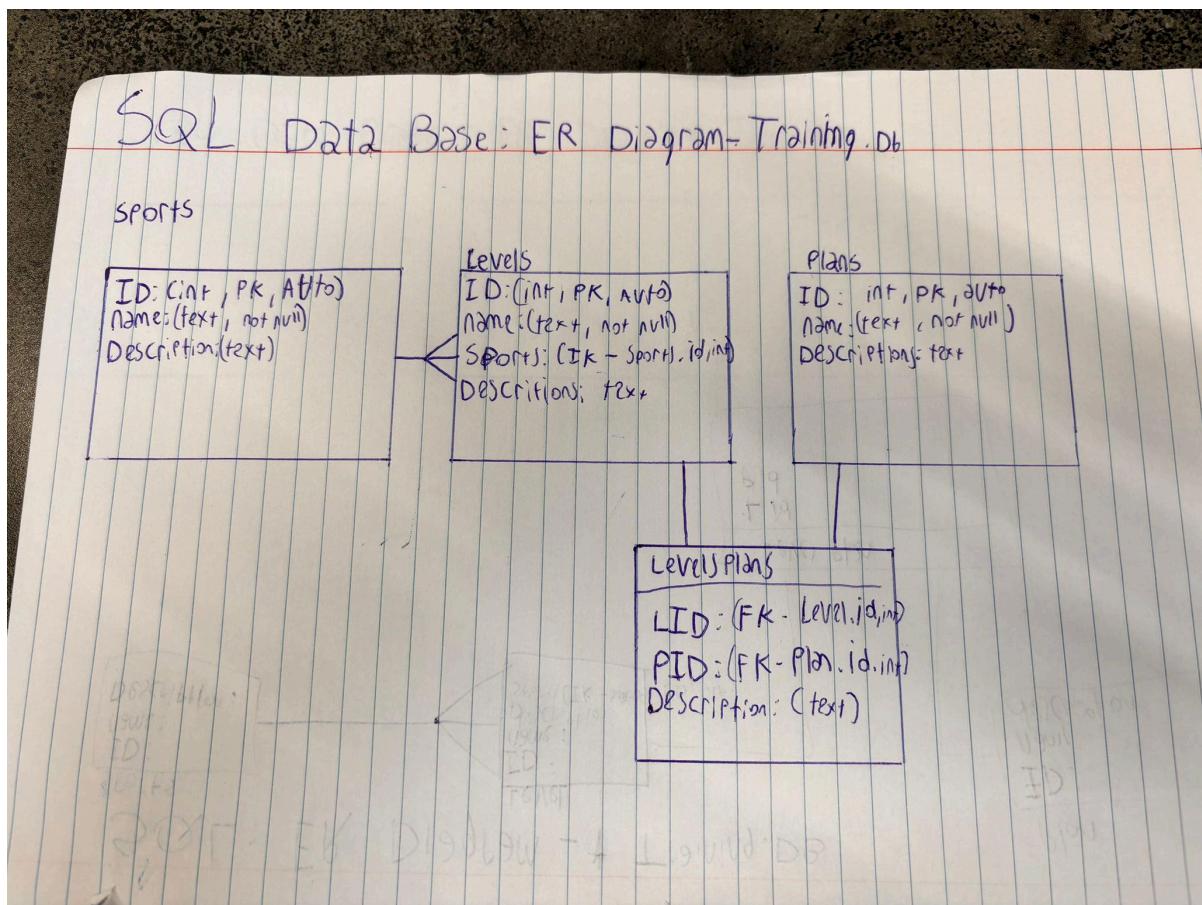
for the options of level....

```
SELECT name, description FROM levels;
```

for the plan options...

SELECT name, description FROM plan;

**SQL ER diagram:**



### **Routes/function signatures each page will need:**

home page:

```
@app.route('/homepage')
```

```
def homepage():
```

```
    return ""
```

page 1

```
@app.route('/homepage/sports/1/level/int:<id>')
```

```
def about RunningLevelOptions():
```

```
    return ""
```

or

```
@app.route('//level/int:<id>')
```

```
def about CyclinLevelOptions():
```

```
    return ""
```

page 2

```
@app.route('/plan/int:<id>')
```

```
def about plan():
```

```
return ""  
  
page 3  
@app.route('/homepage/sports/2/level/int:<id>/plan/int:<id>/feedback')  
def about CyclingPlanOptions():  
    return ""
```

### **Plan-number 2: 20/05/2024:**

#### **Project Plan:**

In designing my project, I initially outlined a schematic design for the website interface. However, once developed, the design did not meet my expectations. I decided to adopt a new layout that better suits my taste and purpose.

Originally, I envisioned the project as a one-off training session. However, I realized that it could be more effective with greater detail. Therefore, I expanded the project to include multiple weeks of practice, aiming to incrementally improve participants' time and speed.

I added several new routes to enhance user experience and ease navigation throughout the website. These changes were necessary to align the project with my vision and improve the user experience.

Initially, I named the website TPTI – Training Plan to Improve, but I found the name unoriginal and unappealing. I have since changed it to PeakForm Academy.

**Website Overview:** The site provides personalized training for users aged 16-60 who are passionate about running or cycling. The training program is of an undetermined length, allowing users to train for as long as they wish, focusing on improving skills, fitness, and overall wellness.

**Home Page:** The home page features two buttons: one for cycling and another for running. Clicking either button redirects the user to a page where they select their level of experience in training, categorized as "Beginner" or "Pro."

**Training Regimes:** Based on the selected sport and level, the website presents two carefully researched training regimes. Each regime includes activities classified under warm-up, targeted training, and cool-down exercises, tailored to the user's proficiency level and goals.

**Training Schedule Selection:** Users can choose the training schedule that best helps them achieve their goals. At the end of each session, users can provide feedback about their experience. This feedback will be visible to other users,

allowing them to assess the effectiveness of training plans based on real-life experiences.

**Feedback:** As users progress through the training, they can leave detailed feedback about their experience. This ensures that users achieve their athletic dreams safely, effectively, and enjoyably, with a tailor-made training regime and progress tracking that incorporates user feedback. Additionally, a character limit has been added to the feedback form to prevent database errors from overly long entries.

**routes updates:**

**homepage:** basically here is where you can see what is the website about and choose the sport that you want to train, that redirect you to /sport/<int>

```
@app.route('/')
def home():
    return render_template("home.html")
```

**sport:** here it's going to ask what level do you think you are that "<int:id>" its from the id of the database of the level.

```
@app.route("/sport/<int:id>")
def Sports(id):
    return render_template('sport.html')
```

**level:** here it's where you have to choose what plan you want "<int:id1>/<int:id2>" this means that id1 is for what sport you choose and the id2 from what level you choose so you can choose the plan that you want.

```
@app.route("/level/<int:id1>/<int:id2>")
def level(id1, id2):
    return render_template('level.html')
```

**Here is where the plan displays.**

```
@app.route("/plan/<int:id1>/<int:id2>/<int:id3>")
def plan(id1, id2, id3):
    return render_template('plan.html')
```

**This route handles feedback submission from users. Purpose:** This route processes the feedback from data submitted by users. The exact implementation details are not provided in the code snippet.

```
@app.route('/feedback', methods=['POST'])
def submit_feedback():
```

**This is a display where you can put your feedback and where you can see other people's feedback.**

```
@app.route('/DisplayFeedback')
def display_feedback():
    return redirect('/DisplayFeedback')
```

## **Changes on SQLite:**

### **New SQL queries:**

```
CREATE TABLE sport (
    id INTEGER PRIMARY KEY,
    name TEXT NOT NULL
)
CREATE TABLE Level (id INTEGER PRIMARY KEY, name TEXT NOT NULL
UNIQUE, FOREIGN KEY (id) REFERENCES Sports (id))

CREATE TABLE "plan" (id INTEGER PRIMARY KEY AUTOINCREMENT, name
TEXT UNIQUE NOT NULL, description REAL)

CREATE TABLE LevelPlans (pid INTEGER REFERENCES "plan" (id), lid INTEGER
REFERENCES Level (id))

CREATE TABLE feedback (
    id INTEGER PRIMARY KEY AUTOINCREMENT,
    username TEXT NOT NULL,
    content TEXT NOT NULL,
    plan TEXT NOT NULL,
    date TIMESTAMP DEFAULT CURRENT_TIMESTAMP
)
```

## **Explanation of the Database Structure**

The current database consists of five main tables that are interconnected to provide functionality for personalized training plans, user feedback, and plan organization. The tables and their purpose are outlined below:

### 1. Sport Table:

```
CREATE TABLE sport (
    id INTEGER PRIMARY KEY,
    name TEXT NOT NULL
);

```

- - This table holds the types of sports available. Each sport has an ID and a name. For example:
    - ID = 1: "Cycling"
    - ID = 2: "Running"

### 2. Level Table:

```
CREATE TABLE Level (
    id INTEGER PRIMARY KEY,
    name TEXT NOT NULL UNIQUE,
    FOREIGN KEY (id) REFERENCES Sports (id)
);
```

- - This table defines the difficulty levels for each sport. The id refers to the sport it is associated with. For example:
    - Sport ID 1 (Cycling) is linked with:
      - Level ID 1: "Easy"
      - Level ID 2: "Hard"
    - Sport ID 2 (Running) is linked with:
      - Level ID 3: "Easy"
      - Level ID 4: "Hard"

### 3. Plan Table:

```
CREATE TABLE "plan" (
    id INTEGER PRIMARY KEY AUTOINCREMENT,
    name TEXT UNIQUE NOT NULL,
    description REAL
);
```

- - This table holds specific training plans, each associated with a unique ID and description. The plans are connected to sports and levels via the LevelPlans table.

### 4. LevelPlans Table (Associates Plans with Levels):

```
CREATE TABLE LevelPlans (
    pid INTEGER REFERENCES "plan" (id),
    lid INTEGER REFERENCES Level (id)
);
```

- - This table connects specific plans to the levels they belong to. Each pid (plan ID) is associated with a lid (level ID) to indicate which level the plan is suitable for.

### 5. Feedback Table:

```
CREATE TABLE feedback (
    id INTEGER PRIMARY KEY AUTOINCREMENT,
    username TEXT NOT NULL,
    content TEXT NOT NULL,
    plan TEXT NOT NULL,
    date TIMESTAMP DEFAULT CURRENT_TIMESTAMP
);
```

- - This table stores user feedback for different plans. Each feedback entry includes:
    - Username of the user
    - Content of the feedback

- The plan it is related to
- A timestamp for when the feedback was submitted

### **Why These Changes and Structure Were Made**

The changes in the database structure were implemented to ensure flexibility, scalability, and maintainability. Here's why each aspect was designed this way:

- **Sport and Level Tables:**
  - These are separated to allow easy association of different difficulty levels with multiple sports. By using foreign keys, the system ensures data integrity and efficient querying, making it easier to manage training plans for both sports (Cycling and Running) across various difficulty levels.
- **Plan Table and LevelPlans Association:**
  - Training plans are stored independently in the `plan` table, making it easier to manage and scale the plans. The `LevelPlans` table serves as a bridge between plans and levels, allowing each plan to be associated with a specific level of difficulty for a given sport.
- **Feedback Table:**
  - The feedback table stores user reviews for each training plan. This enables users to share their experiences, and others can review the effectiveness of plans. Adding a timestamp ensures that the feedback is tracked over time, providing insights into the plan's ongoing success.

### **Functionality of the Database:**

The database is designed to allow users to select a sport (cycling or running), choose their experience level (easy or hard), and then access tailored training plans. Here's how the data flows:

1. **User Journey:**
  - A user selects a sport (e.g., cycling, which is sport ID 1).
  - The user selects their experience level (e.g., easy, which corresponds to level ID 1 for cycling).
  - The user is presented with a list of training plans (e.g., plan 1 and plan 2 for easy cycling), which are linked through the `LevelPlans` table.
2. **URL Structure Example:**
  - When searching for a plan using the URL `plan/1/1/2`, it can be broken down as:
    - Sport ID = 1 (Cycling)
    - Level ID = 1 (Easy)
    - Plan ID = 2 (The second plan for easy cycling)

- This structure ensures a logical and clear way of retrieving the appropriate training plans.

### 3. Feedback:

- Users can leave feedback on specific plans, which is stored in the **feedback** table and can be viewed by others, helping new users assess the plans based on real-life experiences.

## **Why This Approach Was Used**

- **Normalization:** Separating data into distinct tables (sports, levels, plans) reduces redundancy and improves data consistency, ensuring that each piece of information (such as a plan or level) exists only once in the database and can be easily maintained.
- **Scalability:** As more sports, levels, or plans are added, the database structure supports expansion without requiring significant redesign. It's easy to add new sports or plans and link them via foreign keys.
- **User Experience:** By structuring the tables in this way, the website can easily provide tailored experiences for users based on their selected sport and skill level, while also gathering and displaying user feedback for continuous improvement.

## **Database relevant implications:**

### 1. Data Integrity

- Highlight how the use of foreign keys ensures relationships between tables (e.g., sport, level, and plan) are consistent and accurate, preventing invalid or orphaned records. This guarantees that every training plan is linked to a valid sport and difficulty level.

### 2. Scalability

- Explain how the database structure allows for easy expansion. You can add new sports, levels, or plans without needing to redesign the entire database, making it flexible for future growth.

### 3. Query Performance

- Emphasize the use of primary keys and foreign key connections, which improve query efficiency. When users select a sport and level, the database can quickly retrieve relevant training plans, making the user experience fast and smooth.

### 4. User Experience and Personalization

- Point out how the database structure supports dynamic user experiences by allowing users to choose sports and levels, and retrieving specific plans tailored to their selection. This provides a personalized training journey.

## **5. Data Consistency and Maintenance**

- Focus on easy maintenance due to data normalization. Changes to a sport, level, or plan only need to be made in one place, reducing redundancy and keeping data consistent.

### **final plan-number 3: 25/07/2024:**

I have finalized the design and functionality of my website, ensuring it aligns with the objectives outlined in plan number 2. The updated style is a significant improvement over the original design, giving the website a fresh and appealing look. I am confident that the changes I've implemented have enhanced both the aesthetics and usability of the site.

### **Color choices, font choices, other design decisions, and justifications:**

**-title**

**-description**

**-images**

**-text**

**-footer:**

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**-color:**

yellow, white, beige and navy blue

**-font:**

'Roboto Condensed', sans-serif;

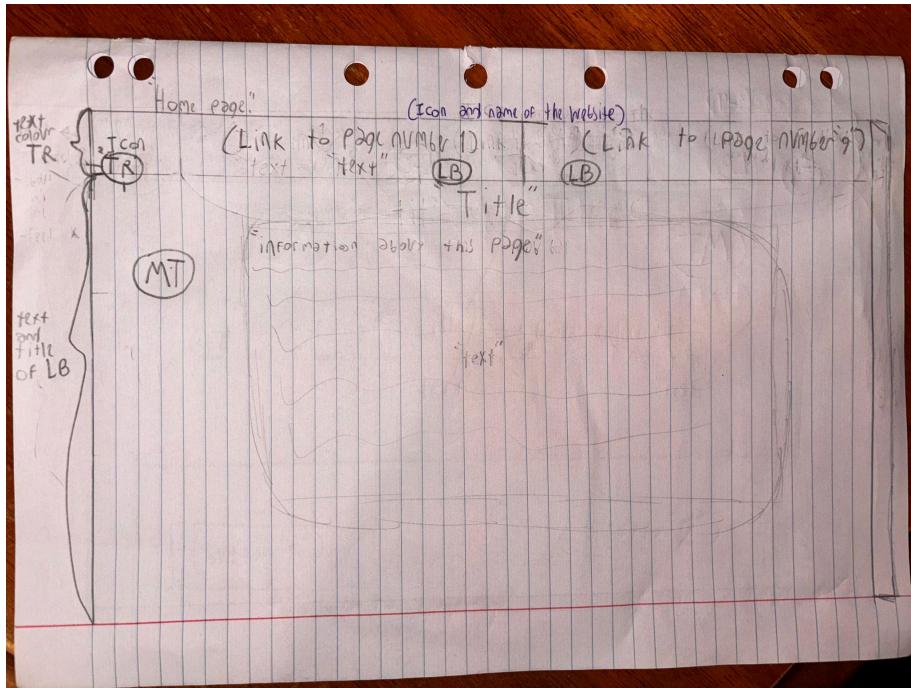
**-navigation bar**

**-icon or logo:**

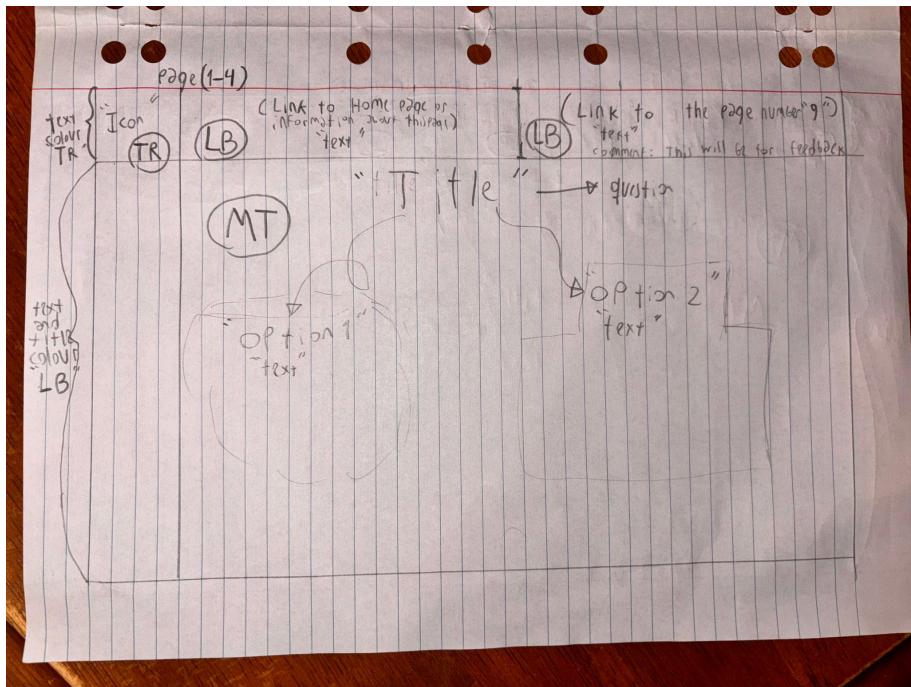
**-links**

	before 04/03/24
--	-----------------

home page

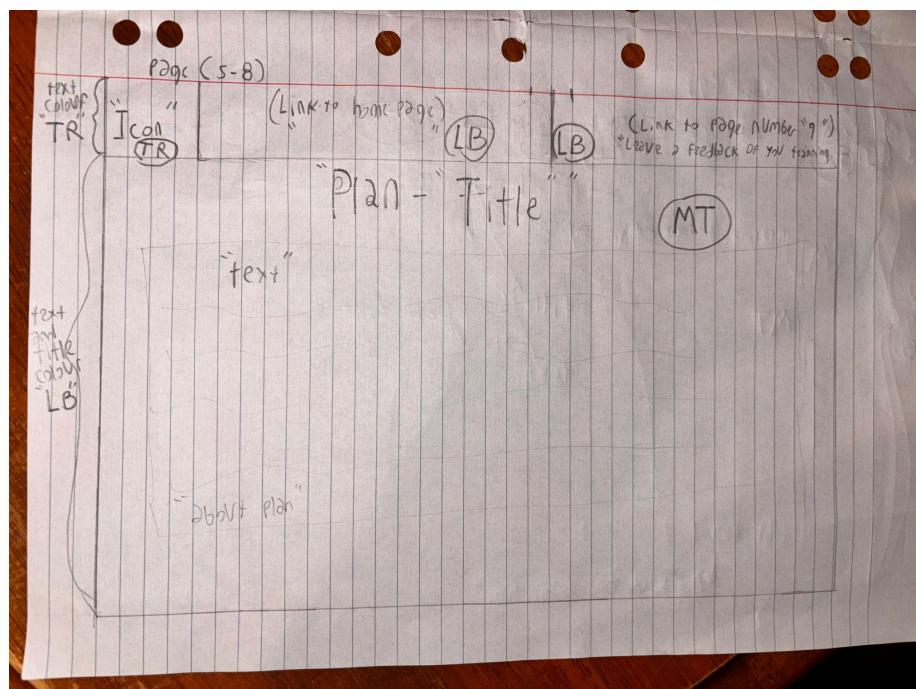


level choose page

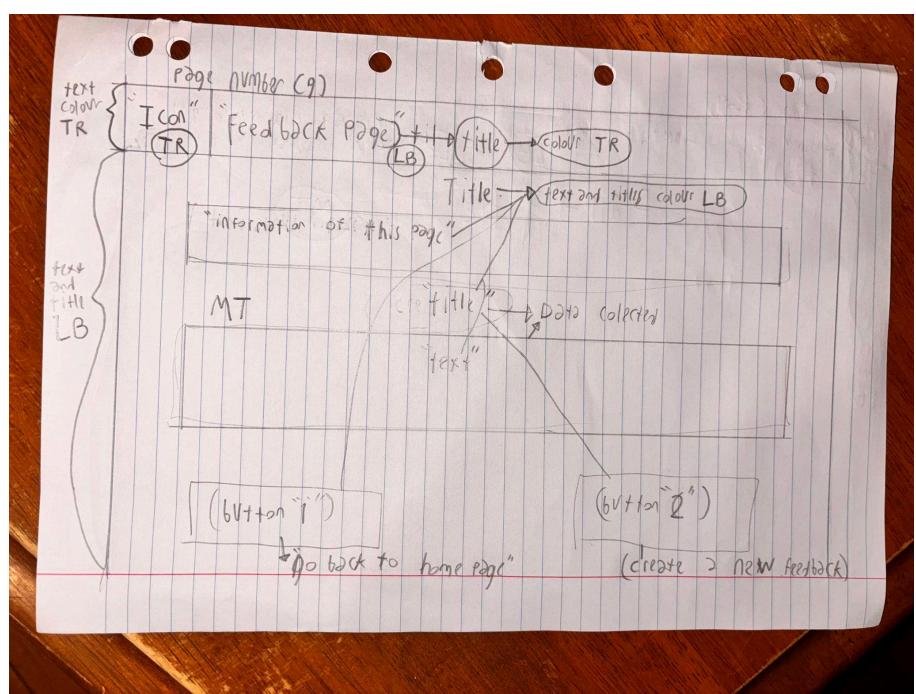


plan choose page

plan display



feedback



progress 15/05/2024

home page

# PeakForm-Academy

[Home](#) [Training-Feedback](#)

## Welcome to Our Dynamic Training Hub!

Hey there, welcome to our vibrant training hub! It's where athletes of all ages and backgrounds come together to unleash their full potential. Whether you're a running enthusiast eager to conquer the pavement or a cycling aficionado craving the open road's rush, we're here to help you soar higher than ever before.

### Tailored Plans, Just for You

With just a simple click, you can choose your sport and level of expertise, and dive into our curated selection of training regimes. Each plan is designed to propel you towards your goals, from dynamic warm-ups to targeted exercises and soothing cooldowns. We've crafted them with care to optimize your performance and boost your overall well-being.

### It's More Than Just Training

But our journey doesn't end when you cross the finish line. Here, you'll document your progress, celebrate victories, and overcome obstacles with the support of a thriving community of like-minded individuals. After all, it's not just about the destination; it's about the journey, and we're here to support you every step of the way.

### It's More Than Just Training

But our journey doesn't end when you cross the finish line. Here, you'll document your progress, celebrate victories, and overcome obstacles with the support of a thriving community of like-minded individuals. After all, it's not just about the destination; it's about the journey, and we're here to support you every step of the way.

### Are You Ready to Start Your Adventure?

So, are you ready to transform your passion into progress? Let's embark on this exhilarating adventure together. Welcome to PeakForm Academy – where greatness begins!

cycling running



level choose page

# PeakForm-Academy

[Home](#) [Training-Feedback](#)

## Running Training levels

Welcome to your personalized training hub where we cater to both novice and experienced athletes. Whether you're just starting your journey as a Running or you're looking to push your limits and achieve new milestones, our training plans are designed to fit your needs. Choose your activity, and we'll guide you through plans that match your skill level. Let's get started and make every step and pedal count!

### Select Your Level:

Start your fitness journey with our beginner-level training plans. These plans are designed for those who are new to Running, providing a gentle introduction with manageable distances and paces. You'll build a solid foundation, improve your stamina, and develop a love for the sport in a safe and structured manner.

Begginer

Take your training to the next level with our advanced plans. Tailored for seasoned Running enthusiasts, these programs incorporate higher intensity workouts, longer distances, and advanced techniques to help you reach peak performance. Challenge yourself and achieve your personal best with expert guidance every step of the way.

Advanced

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plan choose page

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[Home](#) [Training-Feedback](#)

## Running - Easy

### First Plan

Overview: This beginner's 5K training plan is designed for those who are new to running or looking to ease back into it after a break. The plan spans 2-weeks, gradually building your endurance and strength to help you comfortably run a 5K (3.1 miles) by the end of the program. Each week includes a mix of walking and running, with rest days to ensure proper recovery.

[Plan 1 Easy Running](#)

### Second Plan

The Casual Park Runner's Plan is perfect for those who enjoy a relaxed approach to running and want to build or maintain a consistent running habit. This plan is designed for people who enjoy running as a way to stay active and unwind, without the pressure of a race or strict training regimen. The plan spans 2-weeks and includes a mix of running, walking, and rest days to promote a healthy, balanced lifestyle.

[Plan 2 Easy Running](#)

plan display

	<h2 style="text-align: center;">PeakForm-Academy</h2> <div style="text-align: right; margin-top: -10px;"> <a href="#">Home</a>   <a href="#">Training-Feedback</a> </div> <hr/> <p><b>running eassy2</b></p> <p>Easy Running Plan 2: Casual Park Runner's Plan</p> <p>Goal: Encourage casual runners to enjoy the outdoors while improving fitness and stamina.</p> <p>Week 1-2: Park Exploration</p> <p>Day 1: 20-minute easy jog around a local park or trail.</p> <p>Day 2: Rest day or leisurely walk.</p> <p>Day 3: 25-minute jog, focusing on steady breathing and relaxed form.</p> <p>Day 4: Rest day or light stretching.</p> <p>Day 5: 30-minute jog, incorporating short bursts of increased speed.</p> <p>Day 6: Rest day or yoga for flexibility.</p> <p>Day 7: 35-minute jog, exploring different trails or paths within the park.</p> <p>Week 3-4: Building Stamina</p> <p>Day 1: 30-minute jog with some gentle hills or inclines.</p> <p>Day 2: Rest day or leisurely walk.</p> <p>Day 3: 35-minute jog, adding some intervals of slightly faster pace.</p> <p>Day 4: Rest day or light stretching.</p> <p>Day 5: 40-minute jog, focusing on maintaining a comfortable yet steady effort.</p> <p>Day 6: Rest day or yoga for recovery.</p> <p>Day 7: 45-minute jog, enjoying the scenery and surroundings of the park.</p> <hr/> <p>leave your feedback of how this plan was and how did you felt to see how you improve throw you train.</p> <div style="text-align: center; margin-top: 10px;"> <a href="#" style="background-color: #f0e68c; color: black; padding: 5px 10px; border-radius: 5px;">feedback</a> </div>
feedback	

Now 29/07/2024

home page

	<div style="text-align: center;">  <h2 style="color: orange;">PeakForm-Academy</h2> <div style="text-align: right; margin-top: -10px;"> <a href="#">Home</a>   <a href="#">feedback</a> </div> <hr/> <p><b>Welcome to Our Dynamic Training Hub!</b></p> <p>It's where athletes of all ages and backgrounds come together to unleash their full potential. Whether you're a running enthusiast eager to conquer the pavement or a cycling enthusiast craving the open road's rush, we're here to help you soar higher than ever before.</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="flex: 1;"> <p><b>Tailored Plans, Just for You</b></p> <p>With just a simple click, you can choose your sport and level of expertise, and dive into our curated selection of training regimes. Each plan is designed to propel you towards your goals, from dynamic warm-ups to targeted exercises and soothing cooldowns. We've crafted them with care to optimize your performance and boost your overall well-being.</p> </div> <div style="flex: 1; text-align: right;">   </div> </div> <p><b>It's More Than Just Training</b></p> <p style="text-align: center; font-size: small; margin-top: 10px;">© PeakForm-Academy</p> </div>

	<p>But our journey doesn't end when you cross the finish line. Here, you'll document your progress, celebrate victories, and overcome obstacles with the support of a thriving community of like-minded individuals. After all, it's not just about the destination; it's about the journey, and we're here to support you every step of the way.</p>  <p><b>Are You Ready to Start Your Adventure?</b></p> <p>So, are you ready to transform your passion into progress? Let's embark on this exhilarating adventure together. Welcome to PeakForm Academy – where greatness begins!</p> <p><b>Select one of the buttons below to choose the sport you want to train in or improve your skills:</b></p> <p><b>Cycling</b> - <b>Running</b></p> <p><small>© PeakForm-Academy</small></p> <p><small>Important: While this website provides training plans and videos recommended by the site creator, please note that the creator is not a professional coach. The information provided is intended to be helpful, but it's always a good idea to consult with a certified fitness professional for personalized advice and guidance. If you have any specific questions or need tailored recommendations, we encourage you to seek the expertise of a qualified coach.</small></p>
level choose page	<h1>PeakForm-Academy</h1> <p><b>running Training levels</b></p> <p>Welcome to your personalized training hub where we cater to both novice and experienced athletes. Whether you're just starting your journey as a runner or you're looking to push your limits and achieve new milestones, our training plans are designed to fit your needs. Choose your activity, and we'll guide you through plans that match your skill level. Let's get started and make every step and pedal count!</p> <p><b>Select Your Level:</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>Beginner:</b></p> <p>Start your fitness journey with our beginner-level training plans. These plans are designed for those who are new to running, providing a gentle introduction with manageable distances and paces. You'll build a solid foundation, improve your stamina, and develop a love for the sport in a safe and structured manner.</p> <p><b>Beginner</b></p> </div> <div style="width: 45%;"> <p><b>Advanced:</b></p> <p>Take your training to the next level with our advanced plans. Tailored for seasoned running enthusiasts, these programs incorporate higher intensity workouts, longer distances, and advanced techniques to help you reach peak performance. Challenge yourself and achieve your personal best with expert guidance every step of the way.</p> <p><b>Advanced</b></p> </div> </div>  <p><small>© PeakForm-Academy</small></p>
plan choose page	<h1>PeakForm-Academy</h1> <p><b>running - Hard</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>First Plan</b></p> <p>this first plan is an Advanced Endurance Cycling Plan, designed for seasoned cyclists looking to push their limits and achieve peak performance. This plan focuses on building exceptional endurance, improving cardiovascular fitness, and enhancing overall cycling efficiency. Whether you're preparing for a long-distance event or simply aiming to boost your stamina, this plan will help you reach your goals.</p> <p><b>Plan 1 hard running</b></p> </div> <div style="width: 45%;"> <p><b>Second Plan</b></p> <p>this second plan is an Advanced Interval Training Plan, specifically designed for experienced cyclists aiming to enhance their speed, power, and overall performance through high-intensity interval training (HIIT). This plan leverages the benefits of interval workouts to boost your anaerobic threshold, increase your VO2 max, and sharpen your competitive edge. Perfect for those targeting race preparation or seeking significant performance gains in a structured, time-efficient manner.</p> </div> </div>

	 
plan display	<p> <b>PeakForm-Academy</b> <a href="#">Home</a> <a href="#">feedback</a></p> <p><b>How this page works?</b></p> <p>On the left, you will find the plan, while on the right, we provide videos to help with technique. These videos offer valuable insights and guidance to enhance your skills. At the bottom of the page, you will find a feedback section where you can share your thoughts and suggestions for improvement.</p> <p><b>Hard Cycling Plan 2</b></p> <p>Hard Cycling Plan 2: Advanced Interval Training Plan</p> <p>Goal: Improve speed, power, and lactate threshold for competitive cyclists or those seeking peak performance.</p> <p><b>Week 1-2: Base Building with Intervals</b></p> <p>Day 1: 1-hour ride incorporating 5-minute intervals at threshold pace.</p> <p>Day 2: Rest day or light recovery spin.</p> <p>Day 3: 1.5-hour ride with alternating 3-minute high-intensity efforts and 5-minute recovery.</p> <p>Day 4: Rest day or active recovery (easy jog or swim).</p> <p>Day 5: 1-hour ride with short, intense sprints followed by brief recovery periods.</p> <p>Day 6: Rest day or yoga for flexibility.</p> <p>Day 7: 1.5-hour ride focusing on sustained efforts slightly above threshold.</p> <p><b>Week 3-4: Increasing Interval Duration</b></p> <p>Day 1: 1.5-hour ride incorporating longer intervals of 8-10 minutes at threshold pace.</p> <p>Day 2: Rest day or light recovery spin.</p> <p>Day 3: 2-hour ride with pyramid intervals (e.g., 2-4-6-4-2 minutes)</p> <p><b>Running technique video:</b></p>  <p><b>Strength exercises video:</b></p>  <p><b>Cycling errors video (improve technique):</b></p>  <p><b>Stretching exercises video:</b></p> 

	<p>Day 5: 1.5-hour ride with Tabata intervals (20 seconds all-out, 10 seconds recovery, repeated 8 times).</p> <p>Day 6: Rest day or yoga for recovery and flexibility.</p> <p>Day 7: 2-hour ride focusing on sustained efforts at or slightly above lactate threshold.</p> <p><b>Week 5-6: Peak Performance</b></p> <p>Day 1: 2-hour ride with over-under intervals (alternating between just below and just above lactate threshold).</p> <p>Day 2: Rest day or light recovery spin.</p> <p>Day 2: Rest day or light recovery spin.</p> <p>Day 3: 2.5-hour ride with progressive intervals (starting easy and gradually increasing intensity).</p> <p>Day 4: Rest day or active recovery (easy hike or swim).</p> <p>Day 5: 2-hour ride incorporating race simulation intervals (e.g., mimic race course terrain and efforts).</p> <p>Day 6: Rest day or yoga for recovery and mental focus.</p> <p>Day 7: 2.5-hour ride focusing on maintaining high power output throughout.</p>	 <p><b>Nutrition Video:</b></p>  <p><b>What to wear:</b></p> <p><b>What to wear:</b></p>  <p><b>BEGINNER TRI: WHAT TO WEAR</b></p>
feedback	<p> <b>PeakForm-Academy</b></p> <p><a href="#">Home</a> <a href="#">feedback</a></p> <p><b>What do you think about the plan?</b></p> <p>We value your feedback! Please let us know what you liked and what you think we can improve upon.</p> <p>Name: <input type="text"/></p> <p>Feedback: <input type="text"/></p> <p>Plan: <input type="text" value="Easy Running Plan One"/></p> <p><input type="button" value="Submit"/></p> <p><b>All Feedback</b></p> <p>[Alberto]: <b>Easy Running Plan One</b>  <b>Plan:</b> 17/06/2024  <b>Feedback:</b> really good plan for beginners</p> <p>[benjamin]: <b>hard running plan one</b>  <b>Plan:</b> 17/06/2024  <b>Feedback:</b> it was a awesome plan!</p> <p>[Jason]: <b>hard running plan one</b>  <b>Plan:</b> 18/06/2024  <b>Feedback:</b> amazing plan</p> <p>[David Pawlikowski]: <b>easy running one</b>  <b>Plan:</b> 24/06/2024  <b>Feedback:</b> Very bad :(</p> <p>[benjamin]: <b>hard cycling</b>  <b>Plan:</b> 27/06/2024  <b>Feedback:</b> really good plans</p> <p>[Jean Paul]: <b>easy running one</b>  <b>Plan:</b> 27/06/2024  <b>Feedback:</b> I like the videos :)</p> <p>[Parfums de marly Althair]: <b>easy running one</b>  <b>Plan:</b> 27/06/2024</p>	

**before:**

At the very beginning of this project, I had such an excellent idea. However, I did not really know how exactly to bring my concept into life. My design was abstract, and details were unclear. Starting to work with the project and seeing how it took shape through initial iterations, I realized my design was a little awkward and didn't quite serve the purpose for which the website was intended. At this time, I just wanted to revisit the broader layout and user experience. I began thinking more about ease of use and other ways to make the website more intuitive. I wanted it to be smooth for the visitor, so I started off with adjusting the navigation buttons, layout, and general appearance. It wasn't easy at all, as my draft was really vague and hard to get something workable out of.

### **progress:**

As I continued through the development process, I was literally excited by how the website started to take visual form. For this, I went ahead and asked many different people for feedback, and the general reception from most people was that even though most liked it for its retro appeal, there was one thing: the design genuinely did not fit the energetic feel most sports tend to have. Upon this feedback, it finally clicked in my head that while I might have made something beautiful to look at, it didn't capture the spirit of the target audience. This inspired me to do a lot of research into how color schemes and visual elements affect moods and motivations. I researched color psychology and learned that bright, bold colors-mostly those side of yellow-are the colors that will make people happy and motivated. Further, I went through my design and realized areas that had not been covered, like the contents for beginners in sports. I wanted to give a facility that would serve the needs of every level of experience, so I added tutorial videos that would help beginners enhance their skills.

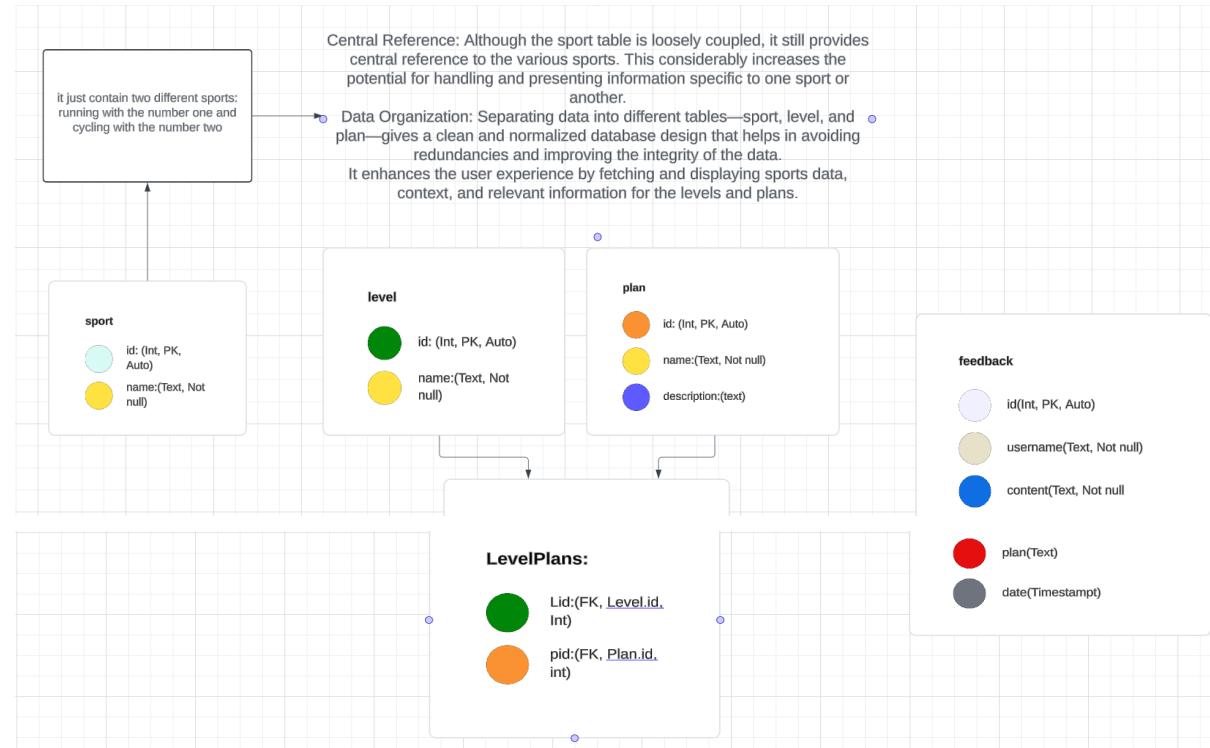
### **Now:**

In such a way, through this research and refining process, I learned how important thoughtful design is in motivating users and making the platform functional and inspirational. Once I set up bright colors-like yellow-and these kinds of helpful elements on the website, it became something I was proud to show. I feel that the new design is a lot more engaging and user-friendly. Responses from other people helped me cement that belief-people found the new look refreshing and captured the sense of energy expected from a sports-focused platform. I also made it a point to solicit detailed feedback from users who tested the website. They said that it doesn't just look great, it also works well. This I followed with a feedback section, so in case there was going to be further glitches, the users would be in a position to state their problem and get them sorted out in the shortest time possible. The user experience

was further improved by making sure that the images applied were relevant and the instructional text was used appropriately, understanding how this works in the website and what services the website provides.

This process taught me the importance of iteration, feedback from users, and continuous improvement. As I listened more carefully to feedback and took the time to research design principles for myself, I was able to create a website that better serves its purpose and provides its users with a far more enjoyable experience.

### New ER diagram:



### TEST:

#### Form Overview:

This form on the website collects user information, including name, feedback, and training experiences, to identify areas for improvement and assess user satisfaction. Submitted feedback is made publicly visible to all visitors of the website.

#### Testing Procedures

The following scenarios were tested to ensure the form functions as intended:

#### Scenarios Tested:

1. **Empty Fields:** Attempting to submit the form with the "Name" and "Feedback" fields left empty.
  2. **Valid Input:** Entering valid data into both the "Name" and "Feedback" fields.
  3. **Inappropriate Language:** Submitting the form with inappropriate language in either the "Name" or "Feedback" fields.
  4. **Partial Input:** Filling out only one of the fields while leaving the other empty.
  5. **Character Limit Test:** Testing whether the username field limits input to 10 characters and the feedback field to 100 characters by trying to exceed these limits.
- 

### Expected Outcomes:

1. **Empty Fields:** The form should not submit, and a prompt should appear asking the user to fill in all required fields.
2. **Valid Input:** The form should submit successfully, saving the feedback to a database and displaying it for all site visitors.
3. **Inappropriate Language:** A content filter should block the form from submitting and display an "inappropriate content" if inappropriate language is detected.
4. **Partial Input:** The form should not submit and should prompt the user to complete all required fields.
5. **Character Limit Test:** The form should prevent the user from entering more than 10 characters in the username and 100 characters in the feedback fields.

### Test Results

The form was tested, and the results aligned with the expected outcomes. Evidence of the tests and their results are documented below.

1-

A screenshot of a web form with three fields: Name, Feedback, and Plan. The Name field is empty and has a red border. A validation message "Please fill out this field." is displayed above it. The Feedback field is also empty. The Plan dropdown menu shows "Easy Running Plan One". A yellow "Submit" button is at the bottom.

2-

**Name:**

Jamal

**Feedback:**

i really like this website!

**Plan:**

Easy Running Plan One

**Submit**

[Jamal]: **easy running one**

**Plan:** 15/08/2024

**Feedback:** i really like this website!

16

27 Jamal

i really like this website!

easy running one

2024-08-15 12:25:17.794249

3-

Name:

Steban  
~~~~~

Feedback:

this website is shit!

Plan:

Easy Running Plan One

Submit

### Inappropriate Content Detected

It seems that you've entered inappropriate content. Please refrain from using such language.

[homepage](#)

(sorry for the inappropriate word)

4-

Name:  
benjamin

Feedback:  
[empty input field]

Plan:  
Easy Running Plan One

Submit

Name:  
[empty input field]

Feedback:  
really good!

Plan:  
Easy Running Plan One

Submit

5-as you can see i want to write more but i can't.

**Name: (max 10 characters)**

**Feedback: (max 100 characters)**

**Plan:**

**Submit**

### **Buttons Overview:**

The buttons on the website are crucial for navigation. They allow users to move between various sections of the site. The primary buttons include:

- **Home Button:** Directs users to the home page.
- **Feedbacks Button:** Takes users to a page where they can view feedback left by others and submit their own.
- **Dynamic Navigation Buttons:** These buttons appear based on the current page and allow users to navigate between different sections of the website.

### **Testing Procedures**

The following tests were conducted to ensure the buttons function correctly:

1. **Home Button Functionality:** Click the "Home" button from various pages to confirm it consistently redirects to the home page.
2. **Feedbacks Button Functionality:** Click the "Feedbacks" button to ensure it navigates to the feedback page and allows users to view and submit feedback.
3. **Dynamic Navigation Buttons:** Navigate through different pages to verify that the dynamic buttons appear correctly and link to the appropriate pages.
4. **Button Accessibility:** Test the buttons with keyboard navigation and screen

readers to ensure they are accessible to all users.

NOTES: when you put the mouse over the button the button will change the color.

## Expected Outcomes

- Home Button Functionality:** The "Home" button should consistently redirect the user to the home page, regardless of the current page.
- Feedbacks Button Functionality:** The "Feedbacks" button should reliably take users to the feedback page, where they can view and submit feedback without issues.
- Dynamic Navigation Buttons:** The dynamic buttons should appear as expected on each page and should direct users to the correct sections of the website.
- Button Accessibility:** All buttons should be fully accessible, allowing for navigation via keyboard and compatibility with screen readers.

## Test Results

All buttons were tested, and most of the outcomes matched the expected results. However, an issue was identified with the dynamic navigation buttons. These buttons allow users to navigate between two options based on the "plan" or "level" sections of the website, as well as two options on the homepage.

- Example: This page is the feedback page, the button called “home” at the top right is the button that I press.**

The screenshot shows a web page titled "PeakForm-Academy". At the top right, there are two buttons: "Home" and "Feedback". Below the title, a heading reads "What do you think about the plan?". A message says "We value your feedback! Please let us know what you liked and what you think we can improve upon." There is a form with three fields: "Name:" (with an input field), "Feedback:" (with an input field), and "Plan:" (with a dropdown menu set to "Easy Running Plan One"). A "Submit" button is at the bottom of the form.

and here is redirecting to homepage:



## Welcome to Our Dynamic Training Hub!

It's where athletes of all ages and backgrounds come together to unleash their full potential. Whether you're a running enthusiast eager to conquer the pavement or a cycling enthusiast craving the open road's rush, we're here to help you soar higher than ever before.



## Tailored Plans, Just for You

With just a simple click, you can choose your sport and level of expertise, and dive into our curated selection of training regimes. Each plan is designed to propel you towards your goals, from dynamic warm-ups to targeted exercises and soothing cooldowns. We've crafted them with care to optimize your performance and boost your overall well-being.



2. Example: you are in the home page and want to see other people feedbacks so you press the button feedback:



## Welcome to Our Dynamic Training Hub!

It's where athletes of all ages and backgrounds come together to unleash their full potential. Whether you're a running enthusiast eager to conquer the pavement or a cycling enthusiast craving the open road's rush, we're here to help you soar higher than ever before.



## Tailored Plans, Just for You

With just a simple click, you can choose your sport and level of expertise, and dive into our curated selection of training regimes. Each plan is designed to propel you towards your goals, from dynamic warm-ups to targeted exercises and soothing cooldowns. We've crafted them with care to optimize your performance and boost your overall well-being.



## What do you think about the plan?

We value your feedback! Please let us know what you liked and what you think we can improve upon.

|                                       |                                                    |
|---------------------------------------|----------------------------------------------------|
| Name:                                 | <input type="text"/>                               |
| Feedback:                             | <input type="text"/>                               |
| Plan:                                 | <input type="text" value="Easy Running Plan One"/> |
| <input type="button" value="Submit"/> |                                                    |

3. Example: you are on the website and you want to navigate through the website, you choose the sport of cycling, after you choose beginner and plan one so this is how it looks like.

## Are You Ready to Start Your Adventure?

So, are you ready to transform your passion into progress? Let's embark on this exhilarating adventure together. Welcome to PeakForm Academy – where greatness begins!

Select one of the buttons below to choose the sport you want to train in or improve your skills:

Cycling

Running

### Select Your Level:

#### Beginner:

Start your fitness journey with our beginner-level training plans. These plans are designed for those who are new to cycling, providing a gentle introduction with manageable distances and paces. You'll build a solid foundation, improve your stamina, and develop a love for the sport in a safe and structured manner.

Beginner

#### Advanced:

Take your training to the next level with our advanced plans. Tailored for seasoned cycling enthusiasts, these programs incorporate higher intensity workouts, longer distances, and advanced techniques to help you reach peak performance. Challenge yourself and achieve your personal best with expert guidance every step of the way.

Advanced

### cycling - Easy

#### First Plan

Our Beginner's Road Cycling Plan is perfect for newcomers to the world of cycling or those looking to get back into it after a long break. This 2-weeks program is designed to gradually build your fitness, endurance, and confidence on the bike, allowing you to enjoy the freedom and health benefits of road cycling. Whether your goal is to complete a local charity ride, join group rides, or simply enjoy leisurely weekend rides, this plan will help you get there.

Plan 1 Easy cycling

#### Second Plan

The Casual Urban Cycling Plan is ideal for those who want to incorporate more cycling into their daily routine in a relaxed and enjoyable way. This 2-week plan is designed for urban dwellers who use their bike for commuting, running errands, or leisurely rides around the city. It emphasizes short, manageable rides that fit seamlessly into your lifestyle, promoting fitness, reducing stress, and making city living more enjoyable.

Plan 2 Easy cycling

### How this page works?

On the left, you will find the plan, while on the right, we provide videos to help with technique. These videos offer valuable insights and guidance to enhance your skills. At the bottom of the page, you will find a feedback section where you can share your thoughts and suggestions for improvement.

#### Easy Cycling Plan 1

Easy Cycling Plan 1: Beginner's Road Cycling Plan

Goal: Introduce beginners to the joys of road cycling while gradually building endurance and fitness.

Week 1-2: Getting Started

#### Running technique video:



### Issue Description

Occasionally, when using the dynamic navigation buttons, a strange behavior occurs:

- **Intermittent Functionality:** When clicking one of the dynamic buttons, it sometimes fails to respond. If you then attempt to click the other button, it also might not work. However, if you return to the first button and click it again, it starts functioning as expected.
- **Homepage Options:** The issue also appears with the two options on the homepage, where users choose between different pathways. The same intermittent problem occurs here, where buttons do not respond immediately but may work after switching between them.

**Notes:**

- **Device-Specific Issue:** The issue appears to be device-dependent. Testing across various devices revealed that some devices exhibit this problem while others do not, suggesting that the issue might be related to the device rather than the code itself.
- **Troubleshooting Attempts:** Various solutions were attempted, including code adjustments and different implementation strategies, but the issue persists on certain devices. This inconsistency indicates a need for further investigation.

**Database Structure Overview:**

The website's database consists of several key tables:

- **Sport Table:** Contains two sports, cycling and running.
- **Level Table:** Includes one easy and one hard level for each sport (cycling and running).
- **Plans Table:** Stores training plans, each associated with a specific sport and level.
- **Feedback Table:** Collects user feedback submitted through the website.

**Testing Procedures**

The following tests were conducted to ensure the correctness, performance, and security of the database queries:

1. **Basic Functionality**
  - **Correct Data Retrieval:** Verify that queries correctly retrieve the levels (easy and hard) associated with each sport (cycling and running). Ensure that the correct plans are retrieved based on the selected sport and level. Check that the feedback query correctly retrieves all user-submitted feedback.
  - **Data Integrity:** Ensure that data retrieved from each table is accurate and that the relationships between sports, levels, and plans are consistent and correctly maintained.
2. **Performance**
  - **Query Execution Time:** Measure the time it takes to execute queries, particularly those that join multiple tables, such as retrieving plans based on both sport and level.
  - **Index Utilization:** Ensure that queries make effective use of indexes, especially when filtering by sport or level, to optimize performance.

- **Load Testing:** Test query performance under high-load conditions, such as multiple users accessing plans or feedback simultaneously.

### 3. Data Accuracy

- **Aggregations and Joins:** Test queries involving complex joins or aggregations, such as calculating the number of plans per sport and level, to ensure accuracy.
- **Normalization Checks:** Verify that the relationships between tables (e.g., sports, levels, and plans) maintain data integrity and prevent redundancy.

## Results

The database queries were tested thoroughly, and most outcomes matched the expected results.

example of database connection with website.

|    |                     |                                                                 |                       |                            |
|----|---------------------|-----------------------------------------------------------------|-----------------------|----------------------------|
| 1  | Alberto             | really good plan for beginners                                  | Easy Running Plan One | 2024-06-17 12:21:47.411936 |
| 2  | benjamin            | it was a awesome plan!                                          | hard running plan one | 2024-06-17 12:37:37.843710 |
| 3  | Jason               | amazing plan                                                    | hard running plan one | 2024-06-18 11:38:34.140106 |
| 5  | David Pawlikowski   | Very bad :(                                                     | easy running one      | 2024-06-24 14:30:44.208463 |
| 7  | benjamin            | really good plans                                               | hard cycling          | 2024-06-27 13:51:27.058594 |
| 8  | Jean Paul           | I like the videos :)                                            | easy running one      | 2024-06-27 14:25:49.785013 |
| 9  | Parfums de marly... | very skibtacluar                                                | easy running one      | 2024-06-27 14:28:26.041121 |
| 11 | Patricia            | Great and interesting information. It may need a little m...    | easy running one      | 2024-06-27 21:36:47.382554 |
| 16 | feli                | i think the website looks very good, it has good informat...    | easy running one      | 2024-07-06 23:07:45.028638 |
| 17 | Magnus              | Very nice design, appealing and visually pleasing looks i...    | easy running one      | 2024-07-25 13:50:36.902184 |
| 18 | Maika               | Good detail in the text. Good explanations                      | easy running two      | 2024-07-30 10:37:58.701044 |
| 19 | Ti                  | Spelling                                                        | easy running one      | 2024-07-30 13:04:24.347662 |
| 20 | Jayden biakle biala | gj                                                              | hard running plan two | 2024-07-30 13:07:20.299391 |
| 22 | Cecilia             | The plan is amazing! I'll do it for a while and then i'm goi... | easy cycling plan two | 2024-07-31 21:34:15.637297 |
| 23 | Alberto             | This is a very good plan                                        | hard cycling plan one | 2024-08-01 09:38:23.853116 |
| 27 | Jamal               | i really like this website!                                     | easy running one      | 2024-08-15 12:25:17.794249 |
| 29 | francisco           | i would like that the page have a dark mode the backgro...      | easy running one      | 2024-09-24 09:34:42.034847 |

[Alberto]: **Easy Running Plan One**  
Plan: 17/06/2024  
Feedback: really good plan for beginners

[benjamin]: **hard running plan one**  
Plan: 17/06/2024  
Feedback: it was a awesome plan!

[Jason]: **hard running plan one**  
Plan: 18/06/2024  
Feedback: amazing plan

[David Pawlikowski]: **easy running one**  
Plan: 24/06/2024  
Feedback: Very bad :(

[benjamin]: **hard cycling**  
Plan: 27/06/2024  
Feedback: really good plans

[Jean Paul]: **easy running one**  
Plan: 27/06/2024  
Feedback: I like the videos :)

[Parfums de marly Althair]: **easy running one**  
Plan: 27/06/2024

## **Navigation Error Testing**

The website has been tested to ensure that when users search for or navigate to content that does not exist (such as an invalid URL or missing plan), they are automatically redirected to a "Content Not Found" page.

### **Test Steps:**

- **Invalid Content Search:** When a user searches for content that is not available (e.g., a non-existent plan), the website redirects to a "Content Not Found" page.
- **Page Not Found:** If a user enters an incorrect URL, the website redirects to a "Content Not Found" page.

### **Results:**

In all cases, users are correctly redirected to the "Content Not Found" page. The page also includes a button that allows users to return to the homepage, ensuring a smooth and user-friendly experience when navigation errors occur.

As you can see, I tried to search for something and it was not found.

## Oops! Page Not Found

Sorry, the page you're looking for doesn't exist.

[homepage](#)

### Relevant Implication

A **relevant implication** refers to the potential effects or consequences of decisions made during the design and development of your website. These implications impact areas such as user experience, performance, security, and scalability.

#### Where It Applies to Your Website

##### 1. User Experience (UX):

- The layout, navigation, and personalization features (choosing sport and level) directly impact how users interact with your site and whether they find it engaging and intuitive.

##### 2. Performance:

- The structure of your database and efficient queries ensure the site loads quickly, especially when users are selecting plans or providing feedback.

##### 3. Scalability:

- Your database design allows for the easy addition of new sports, levels, or plans without major changes. This means the site can grow as needed to accommodate more users or features.

##### 4. Security:

- Input validation for user feedback helps protect against potential data breaches or database errors, ensuring user data is safe.

##### 5. Health and Safety:

- State: Training smart, not too much.
- Explain: The site promotes safe training practices by offering comprehensive plans.
- Example: A user selects a plan that includes structured warm-ups to prevent injuries.
- Why: Emphasizing health and safety helps users train effectively while minimizing risk.

These are the key relevant implications that affect how your website functions, grows, and is perceived by users.

## **Feedback Person:**

### **Jack (Programmer):**

**Feedback:** Jack suggested enhancing the website's readability by adding more spacing around the text to make it easier to follow. He also recommended incorporating a table on the plans page to better organize information.

**Response:** In response to Jack's feedback, I increased the font size and adjusted the spacing, significantly improving the text's readability. Although I attempted to create a table for the plans page, I encountered challenges due to the database structure, resulting in all information appearing in one square. Instead, I focused on creating more space between each text element for better clarity.

The screenshot shows the homepage of PeakForm-Academy. At the top, there is a navigation bar with a brown background. On the left is the logo 'PeakForm-Academy' and on the right are two buttons: 'Home' and 'Training-Feedback'. Below the navigation bar, there is a section titled 'Welcome to Our Dynamic Training Hub!' in bold black text. The text below it reads: 'Hey there, welcome to our vibrant training hub! It's where athletes of all ages and backgrounds come together to unleash their full potential. Whether you're a running enthusiast eager to conquer the pavement or a cycling aficionado craving the open road's rush, we're here to help you soar higher than ever before.' This is followed by a section titled 'Tailored Plans, Just for You' with a paragraph about how users can choose their sport and level of expertise. Another section titled 'It's More Than Just Training' discusses the support of a community. The overall layout has very little white space between the text blocks.

The screenshot shows the same homepage after the readability changes were applied. The layout is now much more spacious. The 'Welcome to Our Dynamic Training Hub!' section has more white space above and below the text. The 'Tailored Plans, Just for You' and 'It's More Than Just Training' sections also have significantly more white space between them. The overall design is cleaner and easier to read.

how you can see the text is more separated to the borders and is easier to read.

Also I changed the spaces between each text.

## running eassy2

Easy Running Plan 2: Casual Park Runner's Plan

Goal: Encourage casual runners to enjoy the outdoors while improving fitness and stamina.

Week 1-2: Park Exploration

Day 1: 20-minute easy jog around a local park or trail.

Day 2: Rest day or leisurely walk.

Day 3: 25-minute jog, focusing on steady breathing and relaxed form.

Day 4: Rest day or light stretching.

Day 5: 30-minute jog, incorporating short bursts of increased speed.

## Week 1-2: Base Building with Intervals

Day 1: 1-hour ride incorporating 5-minute intervals at threshold pace.

Day 2: Rest day or light recovery spin.

Day 3: 1.5-hour ride with alternating 3-minute high-intensity efforts and 5-minute recovery.

Day 4: Rest day or active recovery (easy jog or swim).

Day 5: 1-hour ride with short, intense sprints followed by brief



**Strength exercises video:**



## Patricia (Programmer):

**Feedback:** Patricia recommended improving the separation between text elements for better readability and mentioned issues with the feedback and home buttons not working properly on certain pages.

**Response:** I've added more spacing between text elements to enhance clarity and readability across the site. Additionally, I fixed the navigation issue with the feedback and home buttons, ensuring they now function correctly on all pages.

## Isabella (Non-programmer):

**Feedback:** Isabella wasn't happy with the color scheme in the progress section, describing it as sad and retro. She suggested changing the colors to something more modern and appealing, and also recommended adding images to improve the overall design.

**Response:** I've updated the color scheme to a brighter, more encouraging palette based on research on colors that evoke positive emotions and motivation. I also added relevant images throughout the site to make it more visually engaging and lively.

before feedback:

## Welcome to Our Dynamic Training Hub!

Hey there, welcome to our vibrant training hub! It's where athletes of all ages and backgrounds come together to unleash their full potential. Whether you're a running enthusiast eager to conquer the pavement or a cycling aficionado craving the open road's rush, we're here to help you soar higher than ever before.

### Tailored Plans, Just for You

With just a simple click, you can choose your sport and level of expertise, and dive into our curated selection of training regimes. Each plan is designed to propel you towards your goals, from dynamic warm-ups to targeted exercises and soothing cooldowns. We've crafted them with care to optimize your performance and boost your overall well-being.

### It's More Than Just Training

But our journey doesn't end when you cross the finish line. Here, you'll document your progress, celebrate victories, and overcome obstacles with the support of a thriving community of like-minded individuals. After all, it's not just about the destination; it's about the journey, and we're here to support you every step of the way.

After the feedback:



## Welcome to Our Dynamic Training Hub!

It's where athletes of all ages and backgrounds come together to unleash their full potential. Whether you're a running enthusiast eager to conquer the pavement or a cycling enthusiast craving the open road's rush, we're here to help you soar higher than ever before.



### Tailored Plans, Just for You

With just a simple click, you can choose your sport and level of expertise, and dive into our curated selection of training regimes. Each plan is designed to propel you towards your goals, from dynamic warm-ups to targeted exercises and soothing cooldowns. We've crafted them with care to optimize your performance and boost your overall well-being.



### It's More Than Just Training

© PeakForm-Academy

## Cecilia (Non-programmer):

**Feedback:** Cecilia, as a beginner, suggested adding tutorial videos to help explain proper techniques, especially for running.

**Response:** I've added instructional videos for running and other training techniques. These videos are designed to guide beginners like Cecilia, providing clear instructions and helping users understand how to start training effectively.

### Week 1-2: Base Building with Intervals

Day 1: 1-hour ride incorporating 5-minute intervals at threshold pace.

Day 2: Rest day or light recovery spin.

Day 3: 1.5-hour ride with alternating 3-minute high-intensity efforts and 5-minute recovery.

Day 4: Rest day or active recovery (easy jog or swim).

Day 5: 1-hour ride with short, intense sprints followed by brief



### Strength exercises video:



recovery periods.

Day 6: Rest day or yoga for flexibility.

Day 7: 1.5-hour ride focusing on sustained efforts slightly above threshold.

Week 3-4: Increasing Interval Duration

Day 1: 1.5-hour ride incorporating longer intervals of 8-10 minutes at threshold pace.

Day 2: Rest day or light recovery spin.

Day 3: 2-hour ride with pyramid intervals (e.g., 2-4-6-4-2 minutes)

### Cycling errors video (improve technique):



### Stretching exercises video:



one section of the plan page that shows how i add videos to people learn about technique

**Conclusion:** The feedback I received from Jack, Patricia, Isabella, and Cecilia has been incredibly helpful in improving the website. Each suggestion provided valuable insights that allowed me to enhance readability, fix navigation issues, update the color scheme, and add instructional content for beginners. By addressing these points, I believe the website has become more user-friendly and visually appealing, ultimately better serving our users' needs.

### **Conclusion of the whole project:**

The journey that I embarked on for this project was so long and full of lessons that were truly priceless. In the very beginning, I felt completely overwhelmed, trying to figure out how to take my abstract idea and turn it into a tangible reality. The process of learning Python for web development was challenging, yet it has turned out to be one of the most valuable skills I now possess.

I also studied databases: how they are structured, what they comprise, and how they work. This indeed gave me the ability to store and manipulate data efficiently, which each web application would require.

Mastering HTML and CSS brought all my ideas into reality. Both languages have been employed to design and style my website; thus, rendering it beautiful, not just functional.

In this extended process, I spent hours learning and perfecting my work. What started off with utter confusion gradually settled into clarity and then turned into confidence. The fact that I could actually perceive my abstract ideas morphing into a real, operable website brought me immense joy and satisfaction. More than anything technical, this project stood as a testament to the hard work and time devoted to learning.