

Training Portal Log In Page: <http://trainingportal-mileage.rhcloud.com/login.zul>

Once you have registered in the portal, you will receive an email that contains your username and password. Please key in the information to log in. You will need to change the password during your first log in.



Mileage Login

Username/Email :	<input type="text"/>
Password :	<input type="password"/>
<input type="button" value="Login"/>	

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Training Portal – Member's Homepage

Link to member's training profile. Please check page 3 for the details.

Info Sheet, please check in to fill up all the details. Check page 4 for details.

All latest training plans /race before member's update will be stated here. You can click and update the training/race in "Training Update page" directly. Please check page 5 for details.

1. Username
2. To change password.
3. To log out

Home Training Profile

Good day, Tong

Site Map

- Training Profile
- Info Sheet
- Change My Password

Latest Training Plan

- [2013-05-25 - Long Run 21km \(2x10.5\) -](#)
- [2013-04-07 - Run 350 - 21km -](#)

Message

Date	Category	
May 27, 2013	TRAINING_PLAN	Dear All, ... <more> <delete>
May 27, 2013	TRAINING_PLAN	Dear All, ... <more> <delete>
May 22, 2013	TRAINING_UPDATE	Dear Tong, ... <more> <delete>

last login time

Tong

Change Password

Logout

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All training plan, update emails can be seen here as well. You should receive the same messages in your mailbox too. You can delete the messages here directly.

Training Profile



Home Training Profile

Training Profile

Project:	Mileage 2013			
Goal:	Cut down my 10km & 21km timing		Personal Best:	Newton 30km Run 2012 - 30.0 KM - 2:40:00 - 2012
				Yellow Ribbon 10km Run 2012 - 10.0 KM - 0:48:00 - 2012
				Run 350 2013 - 21.1 KM - 1:52:00 - 2013
				Singapore Marathon 2012 - 42.195 KM - 4:34:00 - 2012
Race Record:	Name	Distance	Time	Date
		0.0 KM		2013-04-07

Calendar

Today Day Week Month 29/Apr/2013 - 03/Jun/2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	May 1	2	3	4	5
		6x600 Slope			Long Run 21km (2x10.5)	
6	7	8	9	10	11	12
Overseas						
13	14	15	16	17	18	19

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This page will keep track of your races, personal best of different distance but you have to fill up the official formal distance like marathon 42.195km. Then the system will compare your latest race result with old record and update the personal best accordingly.

Calendar below contains your various training plan (in Red), you can click to check the training details. You may also click on the empty calendar to write down your note, for example 6 May – 9 May “Overseas” in green.

Member's Information Sheet – Screen 1

Mileage Training Portal

Home Training Profile Tong

Adult Information Sheet
Project's Group: Mileage

1. PERSONAL DETAILS Save

Last Name: Tong Gender: MALE
First Name: Gabriel
Nick Name: Tong
Address: Telephone: (Mobile) (Home)
Postal Code: 548597 Email:
NRIC/Passport No.: Nationality: Singapore
Date of Birth: Nov 8, 1973
format(MM dd, YYYY)
Marital Status: Married Occupation: self employed
Height(cm): 169 Weight(kg): 55
Save

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There are total 4 sections to fill up, please remember to click “Save” button on top right of the section bar to save the information.

After you fill up the specific section, you can click on the top bar of the section to close the section window like screen 2.

The default is only 1 Emergency contact and 1 Personal Best to be filled up but you can click the “Add” and “Add Personal Best” button to key in more after you fill up the first one.

Member's Information Sheet – Screen 2

Mileage Training Portal

Home Training Profile Tong

Adult Information Sheet
Project's Group: Mileage

1. PERSONAL DETAILS Save
2. MEDICAL HISTORY Save
3. EMERGENCY CONTACT PERSON Add Save
4. ATHLETIC DETAILS Add Personal Best Save

Thank you for providing the information.

Training Update Page:



[Home](#) [Training Profile](#) Tong ▼

Training Update

Date	May 25, 2013		
Training Plan	Long Run 21km (2x10.5)		
Category	<input type="text"/>		
Note	<div></div>		
Training's Timing	<div>60min 59min</div>	<div><div>Race</div><div>Event's Name <input type="text"/></div><div>Distance <input type="text"/> 0 <input type="text"/></div><div>Race's Timing <input type="text"/></div><div>Run's Lap Time <input type="text"/></div></div>	
Athlete's Comment	<div></div>		
Coach's Comment	<div></div>		

Save & Send

You will be able to key in your “Training” or “Race” Timing and your comment here. Once you have updated the necessary information, click “Save & Send”. The system will generate an email to both athlete and coach.

Coach can log in and fill up his comment as feedback. The system will generate another email after his update.