

Getting started with Trainingpeaks

Wenn du ein Konto hast, kannst du dich ganz normal anmelden. Wenn du noch kein Konto bei trainingpeaks hast, kannst du unter dem folgenden Link ein kostenloses Konto erstellen. Wichtig, du brauchst nicht die Premium-Version, **die Basis-Version ist ausreichend für das Trainingstagebuch.**

Si vous avez un compte, vous pouvez vous connecter normalement. Si vous n'avez pas de compte trainingpeaks, vous pouvez créer un compte gratuit en cliquant sur le lien suivant. Important, il n'est pas nécessaire d'avoir la version premium, **la version de base est suffisante pour le journal d'entraînement.**

Se avete un account potete fare un normale login. Se non avete un account trainingpeaks potete creare un account gratuito al seguente link. Importante, non è necessario avere la versione Premium, **la versione basic è sufficiente per il diario di allenamento.**

<https://home.trainingpeaks.com/signup>

Create Your Free Athlete Account

Includes a 14-Day Premium Trial

Primary Sport

Gender

Enter Your Birthday

Your date of birth helps us improve your TrainingPeaks experience.

☐ Get notified on the latest articles, updates, and products.

☐ By checking this box, you agree to the [Terms of Use](#), [Privacy Policy](#) and [Refund Policy](#).

Sign up

Setting

Auf dem PC: Wenn du deinen Namen in der oberen rechten Ecke auswählst, kannst du auf die Einstellungen zugreifen. Unter Trainer kannst du deinen Trainer hinzufügen (wenn er ein trainingPeaks-Konto hat), gib einfach die Email-Adresse ein.

Sur PC : en sélectionnant votre nom dans le coin supérieur droit, vous pouvez accéder aux configurations. Sous coaches, vous pouvez ajouter votre coach (s'il a un compte trainingPeaks), il suffit d'entrer l'adresse email.

Su PC: selezionando il vostro nome in alto a destra potete accedere alle impostazioni. Sotto la voce allenatori potete aggiungere il vostro allenatore (se ha un account trainingPeaks), basta inserire l'indirizzo Email.

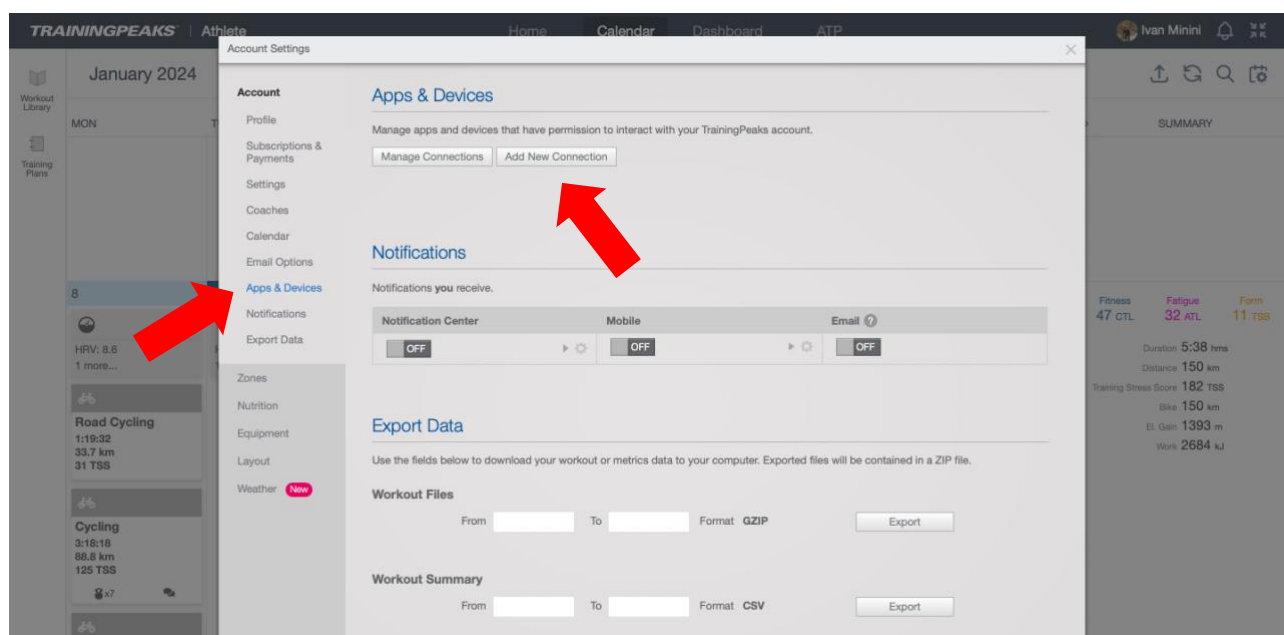
The screenshot shows the TrainingPeaks Athlete interface. At the top, there's a navigation bar with 'Home', 'Calendar', 'Dashboard', and 'ATP'. On the right, the user's name 'Ivan Minini' is displayed next to a profile icon and a bell icon. A red arrow points to the profile icon. Below the navigation bar, there's a sidebar with 'Workout Library' and 'Training Plans'. The main area shows a calendar for January 2024. The 'Today' button is highlighted. A red arrow points to the 'Account Settings' link in the top right corner. The calendar shows a workout on Friday, January 12th: 'Zwift - endurance Alex 1.0 in France' with a duration of 1:00:02, distance of 9.40 km, and 26 TSS. The right sidebar shows summary statistics: Fitness 47 CTL, Fatigue 32 ATL, Form 11 TSS, Duration 5:38 hrs, Distance 150 km, Training Stress Score 182 TSS, Bike 150 km, El. Gain 1393 m, and Work 2684 kJ.

The screenshot shows the 'Account Settings' dialog box. The 'Coaches' tab is selected. The 'Current Coach' is 'SwissTriS'. There is a 'Remove' button. Below it, there's a 'Shared Coaches' section with a text input field for 'Coach's email address' and an 'Add' button. A red arrow points to the 'Add' button. The 'Calendar' tab is also visible, showing 'Calendar Sync (.ics)' with a text input field for the URL. The 'Email Options' tab is also visible, showing a checkbox for 'Planned workout daily emails' and a 'Delivery Time' dropdown menu. The 'Apps & Devices' tab is also visible, showing a section for managing connections. The dialog box has 'Cancel', 'Save', and 'Save & Close' buttons at the bottom. A red arrow points to the 'Coaches' tab in the left sidebar of the dialog box.

In den Einstellungen kannst du die Verbindung zu deinen Geräten (Garmin, Polar, etc.) verwalten. Du kannst eine neue Verbindung hinzufügen, indem du dein Gerät auswählst. Auf diese Weise werden die Workouts automatisch hochgeladen.

Dans les paramètres, vous pouvez gérer la connexion de vos appareils (Garmin, Polar, etc.). Vous pouvez ajouter une nouvelle connexion en sélectionnant votre appareil. De cette manière, les séances d'entraînement sont téléchargées

Nelle impostazioni è possibile gestire la connessione dei vostri device (garmin, polar, ecc). è possibile aggiungere una nuova connessione scegliendo il vostro dispositivo. In questo modo gli allenamenti vengono caricati in modo automatico.



TP

App for Athletes ▾

Training Plans ▾

Find a Coach

Resources ▾

Become a Coach

Launch App



TrainingPeaks Compatible Apps & Devices



Now you can send your run and bike workouts to your Apple Watch, and get step-by-step interval prompts in the Apple Workout app. Completed workouts will be synced back to TrainingPeaks for you or your coach to analyze.

Connect To Apple



Garmin offers TrainingPeaks compatible devices including watches and bike computers. With Garmin AutoSync, you can upload your planned workouts from TrainingPeaks to your Garmin device for real-time workout guidance.

Connect to Garmin



Enter training in manual mode

Um ein Training manuell einzugeben, gehst du zu deinem Kalender und wählst das "+"-Symbol am gewünschten Tag. Wähle die Sportaktivität. Gib die Trainingsinformationen ein, z. B. Dauer, Distanz mit der Option, das Training mit RPE und Kommentaren abzuschließen. Speichere und dein Training wird im Kalender gespeichert.

Pour entrer manuellement une séance d'entraînement, accédez à votre calendrier et sélectionnez le symbole "+" le jour souhaité. Choisissez l'activité sportive. Saisissez les informations relatives à la séance d'entraînement, telles que la durée, la distance, avec l'option de terminer avec le RPE et les commentaires. Sauvegardez et votre séance d'entraînement sera enregistrée dans le calendrier.

Per inserire un allenamento in modo manuale andate sul vostro calendario e selezionate il simbolo "+" sul giorno desiderato. Scegliere l'attività sportiva. Inserire le informazioni dell'allenamento come durata, distanza con possibilità di completare con RPE e commenti. Salvate e il vostro allenamento sarà salvato sul calendario.

The screenshot displays the TrainingPeaks web interface for an athlete named Ivan Minini. The main view is a calendar for January 2024. The calendar grid shows days from Monday the 8th to Sunday the 14th, and then continues to the 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, and 28th. The day Tuesday, January 9th, is highlighted as 'Today'. On the calendar grid, a red arrow points to a '+' icon located on the Tuesday, January 9th cell, indicating where to click to add a new training session manually.

On the left sidebar, there are links for 'Workout Library' and 'Training Plans'. Below the calendar, there are details for the selected day (Tuesday, January 9th):

- HRV: 8.6 (1 more...)
- HRV: 8.4 (1 more...)
- A '+' icon in a box, which is the target of the red arrow.
- Below this, there are three training entries listed:

- Road Cycling**: 1:19:32, 33.7 km, 31 TSS
- Cycling**: 3:18:18, 88.8 km, 125 TSS
- Zwift - endurance Alex 2.0 in New York**: 1:00:31, 27.7 km, 27 TSS

On the right side of the calendar, there is a 'SUMMARY' section showing various metrics:

- Fitness**: 47 CTL
- Fatigue**: 32 ATL
- Form**: 11 TSB
- Duration**: 5:38 hrs
- Distance**: 150 km
- Training Stress Score**: 182 TSS
- Bike**: 150 km
- El. Gain**: 1393 m
- Work**: 2684 kJ

Below the summary, there are more metrics for the selected day:

- Fitness**: 40 CTL
- Fatigue**: 11 ATL
- Form**: 28 TSB
- Duration**: 00:00 hrs
- Distance**: 0.00 km
- Training Stress Score**: 0 TSS

At the bottom, there are more metrics for the selected day:

- Fitness**: 33 CTL
- Fatigue**: 4 ATL
- Form**: 30 TSB
- Duration**: 00:00 hrs

TRAININGPEAKS | Athlete Home Calendar Dashboard ATP Ivan Minini

January 2024 Today

MON TUE WED THU FRI SAT SUN

8 Today 9 10 11 12 13 14

HRV: 8.6 1 more... HRV: 8.4 1 more...

Road Cycling 1:19:32 33.7 km 31 TSS

Cycling 3:18:18 88.8 km 125 TSS

Zwift - endurance Alex 2.0 in New York 1:00:31 27.7 km 27 TSS

15 16 22 23 24 25 26 27 28

SUMMARY

Fitness 47 CTL Fatigue 32 ATL Form 11 TSB

Duration: 5:38 hrs Distance: 150 km Training Stress Score: 182 TSS Bike: 150 km El. Gain: 1393 m Work: 2684 kJ

40 CTL 11 ATL 28 TSB

00:00 hrs 0.00 km 0 TSS

33 CTL

00:00 hrs

Tuesday, January 9, 2024

Add a Workout

Run Bike Swim Brick Crosstrain

Day Off Mtn Bike Strength Custom XC-Ski

Rowing Walk Other

Add Other

Event Goals Note Metrics Availability

Upload Device Files

Upload File

[Learn about the many ways to AutoSync your activity data.](#)

TRAININGPEAKS | Athlete Home Calendar Dashboard ATP Ivan Minini

January 2024 Today

MON TUE WED THU FRI SAT SUN

8 Today 9 10 11 12 13 14

HRV: 8.6 1 more... HRV: 8.4 1 more...

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SUMMARY

Fitness 47 CTL Fatigue 32 ATL Form 11 TSB

Duration: 5:38 hrs Distance: 150 km Training Stress Score: 182 TSS Bike: 150 km El. Gain: 1393 m Work: 2684 kJ

40 CTL 11 ATL 28 TSB

00:00 hrs 0.00 km 0 TSS

33 CTL

00:00 hrs

TUESDAY January 9, 2024 Enter Time

Does not repeat New

Easy Run 1:00:00 10.0 km

Warm Up Main Set Cool Down

Planned Completed

Duration 1:00:00 h:m:s

Distance 10.0 km

Average Pace 06:00 min/km

Calories kcal

Elevation Gain m

TSS

IF

Elevation Loss m

Work kJ

Min Avg Max

Pace 06:00 min/km

Heart Rate bpm

Equipment

Shoes Select Shoe

Description

Easy run

How did you feel?

Strong Normal Weak

Perceived Exertion

3 Very Easy Moderate All Out

Post-activity comments

good feeling and happy

Tags

Public Cancel Save Save & Close