

# infinitude

Multisport Coaching

The TriDot logo features a red circular icon with three white dots inside, followed by the word "TriDot" in a bold, black, sans-serif font.

## PRESEASON TRAINING CHALLENGE FAQ'S

### **How do I stand a chance against a super fit athlete?**

*Training sessions are optimally designed for each athlete, so your score is based on how well you complete your training, not how fit you are.*

### **I don't own a smart/GPS watch?**

*You can complete your sessions manually on TriDot or use your phone to record the session on Strava.*

### **My smart/GPS watch is not listed on TriDot?**

*If you have a Strava account linked to your watch, the data will automatically upload to TriDot. Alternatively you will need to load the data manually.*

### **I do not have access to a pool?**

*Oh dear! We can help you find a pool in your area. Alternatively you will need to ensure you complete both your strength sessions.*

### **Can I enter if I am training for a race?**

*Yes please! We can gear your training for your race through Race X and help you get to the finishline.*

# **PRESEASON TRAINING CHALLENGE FAQ'S**

**What if I am doing other types of training between sessions like crossfit, yoga or pilates?**

*You can continue other training activities. Only the TriDot sessions are graded with a TrainX score.*

**I do not understand a training session. What now?**

*Drop your coach a message or post on your session question on our Preseason facebook group or on the whatsapp groups.*

**How do I know if I won?**

*Weekly winners will be notified via e-mail directly and the winner will also be announced on our social media pages every week on a Monday.*

**Please do not hesitate to drop us  
a mail if anything is unclear or if  
you have other questions.**

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