

# infinitude



Multisport Coaching

## Some rules and tips to get the best out of your Challenge experience.

### 1. Taking part without a watch:

- You will need to manually complete the workout in TriDot based on your perceived effort. Please refer to the “Manual workout completion” video.
- For pacing, since you have to have a Strava account, you will need to take your phone with you for the session with the Strava app active. This will give you pacing data and will automatically sync with TriDot.

### 2. Minimum sessions for Train X score

- A minimum of 5 sessions MUST be completed in a 7-day training cycle to be eligible to be one of the 12 weekly winners. This is applicable for ALL ENTRANTS, no matter if a triathlete, runner or cyclist.
- Sessions can be moved around as you need to, but try to keep to the schedule as set out.

### 3. Already and Infinitude Athlete?

- Your training will go ahead as scheduled. We will be looking at your minimum of 5 sessions for the TrainX score. Our athletes will just be continuing their training as is and there is no special program to follow.

### 4. Races and events?

- If a race happens to be in your schedule during the 12 weeks, these will not count towards your TrainX score for the week.

### 5. Assessments

- There will be 3 rounds of assessments during the 12 weeks to monitor your progress.
- These will need to be replicated for each round as far as possible
  - ✓ E.g – If you use a Wattbike once, have to use it again with the same set up (saddle-height; handlebars; height & positions) and same time of day.
  - ✓ If heading outdoors – use the same route & time of day.
  - ✓ The above is applicable for the bike and the run
  - ✓ Results must be entered manually by each entrant in TriDot under the Threshold History section (Check out the Assessment Submission video)