



# Example of training plan order at Triathlontrainer.info

## Step 1: Personal data



Home Training plans Information Contact Legal notice and info Members area

Registration / Order Training plan **Order example**

→ Personal → Plan selection → Physical data → Athletic data → Payment → Register

Please type your information in carefully and completely. The more precise you are with your PR/best times, heart rate, and goals, the better we can provide a plan that is made just for you and your success. You will receive the first plan for four (4) weeks free of charge.

\* these data are necessary

**Personal data**

Salutation\*-Title: Mr.

Last name:\*

First name:\*

Date of birth: (DD.MM.YYYY)\*

Street:\*

Postcode-City:\*

Country:\*

Email:\*





Phone:

**Next Step**

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## Step 2: Training plan selection



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### Registration / Order Training plan

[Order example](#)

→ Personal → **Plan selection** → Physical data → Athletic data → Payment → Register

Please choose the type of plan you wish to train with as well as the amount of sessions per week. The ironman plan is for long-distance only, half-ironman is for middle distance to Olympic length, and Olympic is for Olympic to sprint distances. The beginner plan is for those who wish to become familiar with the sport and are participating in an informal community triathlon consisting of short distances. Every plan can be adjusted down in length and intensity level. A standard reduction level is considered seven (7) seconds per mile while running and five (5) seconds per 100 meters swimming.

\* these data are necessary

#### Training plan selection

**Type of plan:\***

**Sessions:\***

**Range:**





**Tempo:**

**Emphasis:**

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## Step 3: Physical data



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### Registration / Order Training plan

[Order example](#)

→ Personal → Plan selection → **Physical data** → Athletic data → Payment → Register

Please type your information in carefully and completely. The more precise you are with your PR/best times, heart rate, and goals, the better we can provide a plan that is made just for you and your success. You will receive the first plan for four (4) weeks free of charge.

\* these data are necessary

#### Physical data

**Max. pulse rate (Run):**

**Height (cm):**

**Weight (kg):**

**Lose weight:**

If you would like to reduce your body weight, please enter how much you'd like to loose per week (max 2 pounds).

**Desired weight (kg):**

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## Step 4: Athletic data

**TRIATHLONTRAINER**.INFO  
& Ausdienstservice.de

Home Training plans Information Contact Legal notice and info Members area

Registration / Order Training plan **Order example**

→ Personal → Plan selection → Physical data → **Athletic data** → Payment → Register

The most important pieces of information here are your PR/best times for running and swimming. Please enter these carefully and thoroughly. The more precise you are with your PR/best times, heart rate, and goals, the better we can provide a plan that is made just for you and your success. Please also give your best times for any triathlons you've already completed.

\* these data are necessary

**Athletic data**

**Very Important:** If you were to compete today, how fast could you run 10k or 5k? And what would your actual time for a 400 or 1500 swim be? It's paramount that you enter realistic times! We must have accurate times to provide profitable training sessions for you. The bike training is governed by your pulse, not time.

**Real. time for 10k run:\***

**Real. time for 400m swim:\***

**Last competition results:**

Please enter year, length of race and time!

**Best times/PR:**

Please enter year, length of race and time!

**Goal for this season:**



**Long term goal:**

**Last Step** **Next Step**

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## Step 5: Payment informations



Home Training plans **Information** Contact Legal notice and info Members area

Registration / Order Training plan **Order example**

→ Personal → Plan selection → Physical data → Athletic data → **Payment** → Register

By subscribing for the first month, you incur no costs and thus incur no financial risk. If you do not cancel within the first four weeks, then a second training plan will be sent to you and you will receive 13 such plans for the year at \$ 359.

\* these data are necessary



Payment	
Payment frequency:*	Annually payment (1 x 359 Dollar)
Payment method:*	Creditcard (VISA, Mastercard)
Card Holder:*	Thomas Sample
Card type:*	VISA-Card
Card number:*	1234 1234 1234 1234
Valid to:*	06 / 2017
Check number:*	123 (On the back side of the card)

Last Step Next Step

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## Step 6: Comments / Accept the disclaimer



Home Training plans **Information** Contact Legal notice and info Members area

Registration / Order Training plan **Order example**

→ Personal → Plan selection → Physical data → Athletic data → Payment → **Register**

Please confirm for us that you are in good general health and accept our business conditions disclaimer.

Register	
Statement:*	I confirm I am in good general health
Comments:	
Disclaimer:*	<input checked="" type="checkbox"/> I accept the disclaimer of triathlontrainer.info!

Please click "Send" to complete your registration!

Last Step Send

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## Bestätigung

The screenshot shows the website header with the logo 'TRIATHLONTRAINER.INFO' and navigation links: Home, Training plans, Information, Contact, Legal notice and info, and Members area. Below the header, there are links for 'Registration / Order Training plan' and 'Order example'. The main content area contains the following text:

**Your order was successful!**

**Thank you** for your training plan order at Triathlontrainer.info! We will process your data immediately. We will send you in the coming days your first plan.

To control your data you will receive an e-mail to the address you specify! Please check your data again and give us your data back with desired changes.

Good luck and many success  
Your team of Triathlontrainer.info

If you do not get the confirmation email, it's probably because you entered your email address incorrectly. Should you get within 3 days no training plan or our confirmation email, send us an email to: [info@triathlontrainer.info](mailto:info@triathlontrainer.info).

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## What next?

You will receive a free 4-week training plan per Email within one day, to test. This will contain all the information to the training plan and your login data to our member's area. If you don't cancel your order within the 4 week trial period you will automatically receive a new training plan every 4 weeks (total of 13 plans). A year's membership costs 359,- Dollar. This should be paid after the trial period. We will only book money from your account or will only send you an invoice, if you don't cancel your order during the trial time.

You will find the clips for our swim training, transition training and more at the member's area. Here you can plan your races and download your trainings plans.

**We would be delighted to welcome you as a new member.**