



TRAININGPEAKS™
The Ultimate Training & Nutrition Software

Below is a list of video links to give you an overview of your new Training Peaks account from Carmichael Training Systems:

Getting Started:

<http://help.trainingpeaks.com/hc/en-us/articles/204072144-Getting-Started-with-your-TrainingPeaks-Athlete-Account>

Account Overview & Setting Training Ranges:

<http://help.trainingpeaks.com/hc/en-us/articles/204073584-How-to-Set-your-Thresholds-and-Calculate-your-Zones>

Uploading Files:

<http://help.trainingpeaks.com/hc/en-us/articles/204072034-Drag-and-Drop-to-Upload-a-Device-File>

And if you want to get your workouts on your mobile device:

<https://www.trainingpeaks.com/athletes.html>

Please note: when setting [CTS Training Ranges](#), you will need to choose “CTS” for the Method option, then record your highest sustainable avg HR and avg Power for the 8min Field Test you achieved, and you’ll be ready to start training right!