

We encourage all athletes on the TS Performance Pathway to keep an updated training diary to help them:

- plan their training and race programme.
- monitor how they feel and record illnesses and injuries.
- reflect and review sessions and blocks of training.
- have conversations with coaches around their training load and balance of training.
- reflect and review races.

Training Peaks is an online Training Diary that enables you to do this and share your programme with other coaches. To ensure that you, the athlete has full control over who sees your Training Peaks we have set it up in the following way.

Accounts that are paid for by Triathlon Scotland

Only the Head of Performance (Fiona Lothian) and the Performance Coordinator (Craigie-Lee Paterson) have access to all the athletes accounts (no other members of TS staff have access)

This is shown in settings as Current Coach **Triathlon Scotland**

Access will be used for

Administration of the account	Generating athlete reports	Planning
Assessing athlete and coach engagement	Safeguarding and wellbeing	

For any other coaches to see your account, the account needs to be shared with the coach.

The coaches your account is shared with can be found under settings under Shared Coach

Access will be used for

Supporting you in keeping a training diary	Camp planning	Feedback
Advice on balance of training	Goal setting	

All athlete accounts have / will be shared with

- Lead Academy Coach: Kevin MacArthur

You can also share with your triathlon coach or single sport coach however they need to have their own Training Peaks coach account and give you the email linked to your account.

Accounts that are paid for by yourself or another coach

We ask that you share with:

- 1. Head of Performance** (Fiona Lothian) linked email fionalothian@triathlonscotland.org

will show up as **Triathlon Scotland** under shared coach

Access will be used for

Generating athlete reports	Planning
Assessing athlete and coach engagement	Safeguarding and wellbeing

- 2. Lead Academy Coach** Kevin MacArthur linked email kevinmacarthur@triathlonscotland.org

Access will be used for

Supporting you in keeping a training diary	Communication with your home coaches	Feedback
Advice on balance of training	Goal setting	Camp planning

Privacy / GDPR

If you have any concerns about your data you can

- Discuss your concerns with:

Fiona Lothian - Head of Performance, 07874357260, fionalothian@triathlonscotland.org

Giles Lomax – Wellbeing and Protection Lead, 07912937567, gileslomax@triathlonscotland.org

- Unshare your account with any coach you do not want to have access
- Unshare your account with Triathlon Scotland - note this will automatically downgrade your account to basic if Triathlon Scotland is your current coach and paying for your account.

Please refer to the [Triathlon Scotland Privacy Notice - Performance](#) for further information

Support in using Training Peaks

This will be provided at camps, where you will have the opportunity to log on, discuss your training and enter training from the camp.

Parental / Guardian Access

Please make sure your parent/guardian has access to your account by giving them your log in details. Any comments posted by coaches will come through as an email (please set up a forward from your own email account so your parent/guardian also get the update).