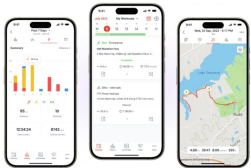FINALSURGE Final Surge App Training Platform

FINALSURGE Final Surge App Training Platform User Guide
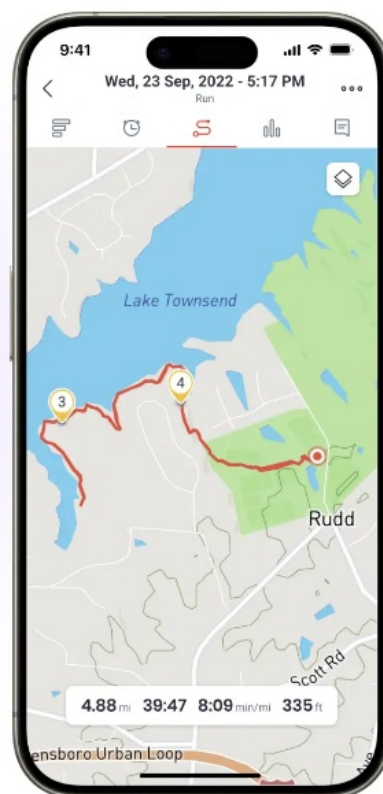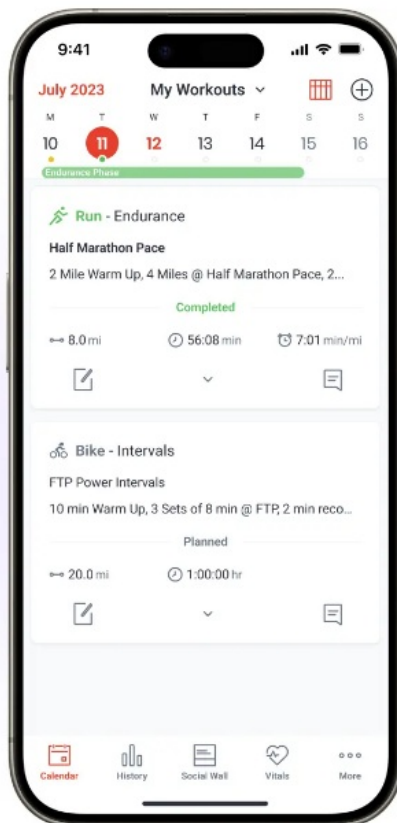
Contents

FINAL SURGE Final Surge App Training Platform

RhodesRunner uses FinalSurge as a private online training platform. All training programs are shared via this platform, so you can record all your running activities. This is essential if you have subscribed to any coaching services. Without your commentary, the coach cannot help tailor your program. On confirmation of your order being placed:

1. You will be sent an invitation to join the FinalSurge training platform
2. Follow the link and follow the onscreen instructions to create an account.

3. Click Not registered. Sign up here for free.

4. Complete your details, and make sure you select the right time zone for you! When ready hit Create New Account
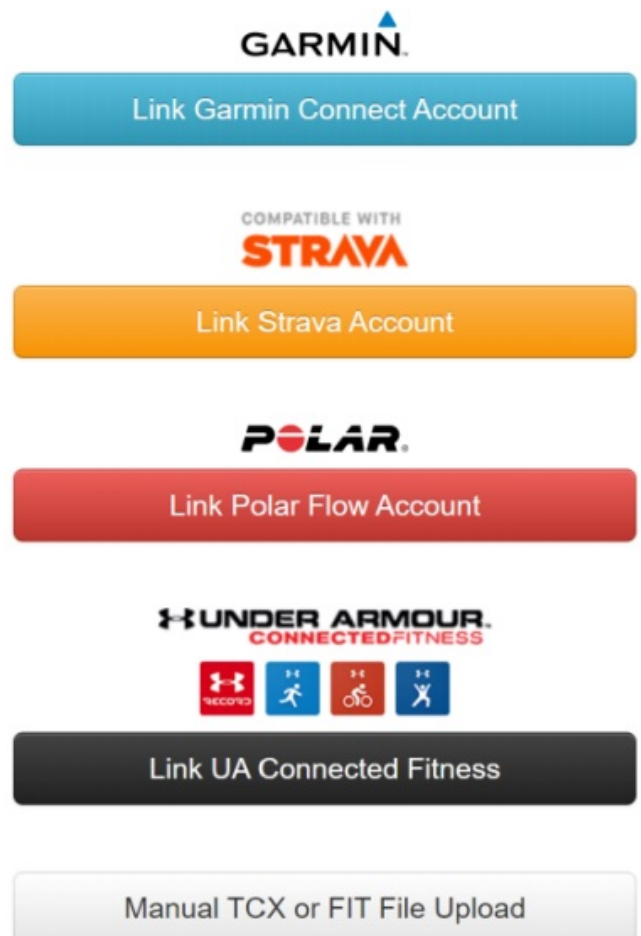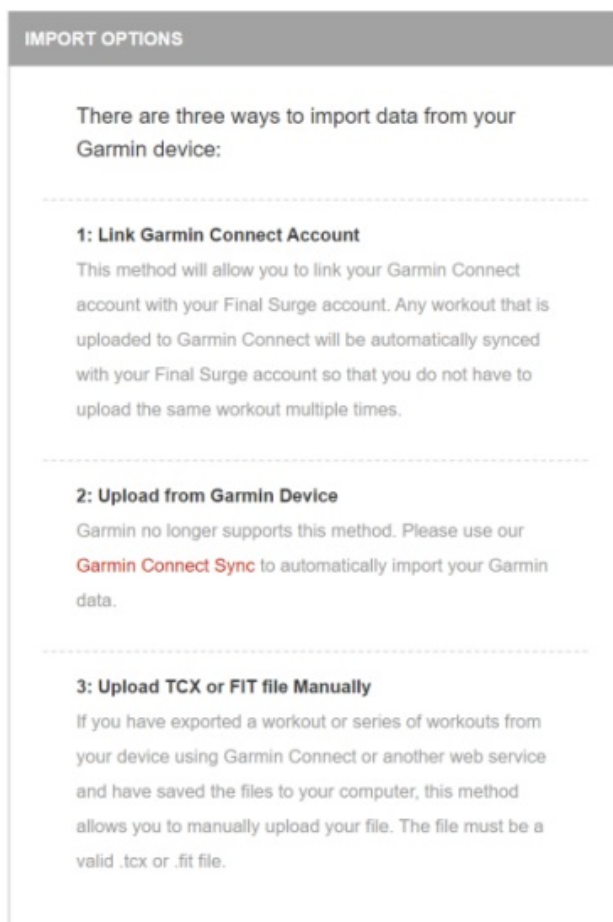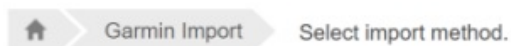
5. Select the Beta platform.
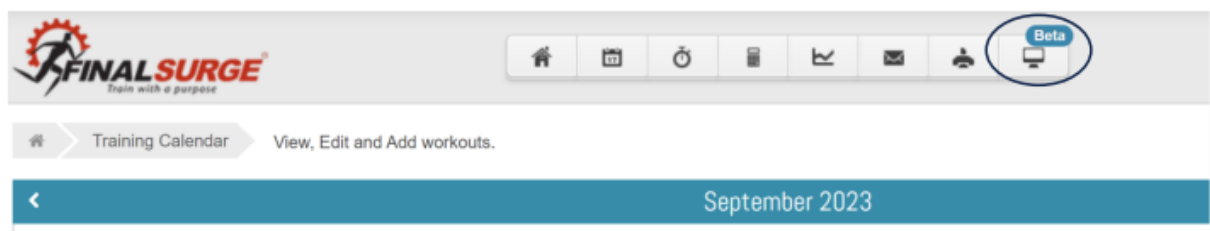
6. To connect your watch to the platform: Click on your name and then select Connected Apps.
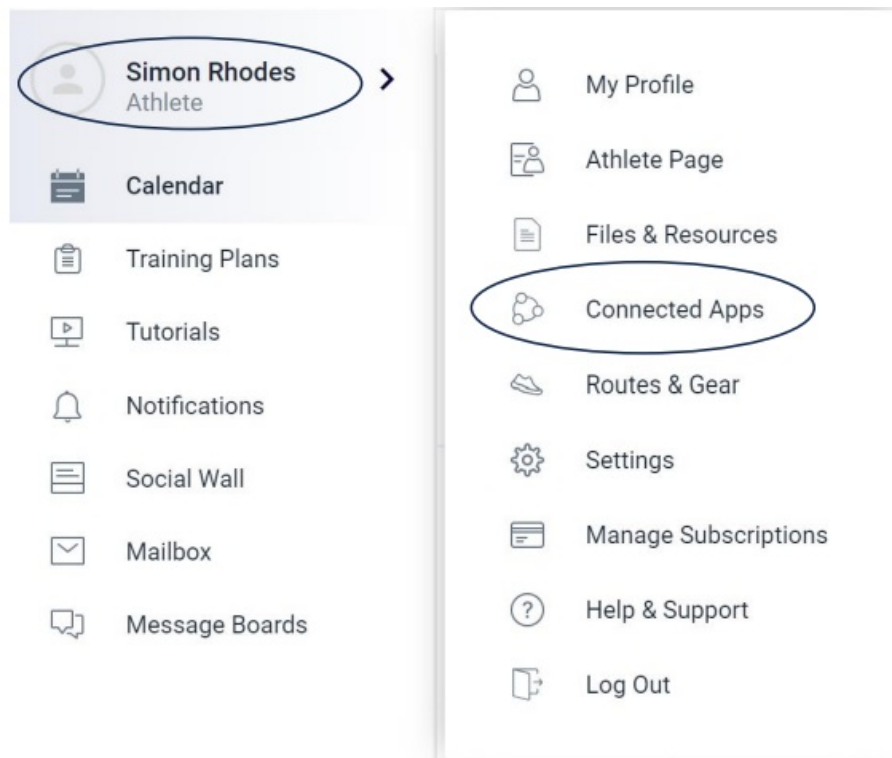
7. Select the device or platform you want to connect to.

8. Follow the on-screen log-on instructions for the platform or watch that you are connecting to If your device is not listed here, you will need to create a Strava account (it's free), attach your watch to Strava and then connect your FinalSurge account to your Strava.

9. Your training program or personal coach-created program will be shared on this platform.

10. You can view your run on FinalSurge either on your computer or via the FinalSurge app, downloaded from

either your Android or Apple App Store.

Documents / Resources

FINALSURGE Final Surge App Training Platform [pdf] User Guide
Final Surge App Training Platform, Surge App Training Platform, Training Platform, Platform

References

- **User Manual**