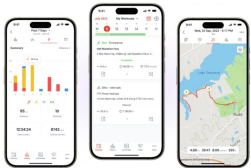


FINALSURGE Final Surge App Training Platform



FINALSURGE Final Surge App Training Platform User Guide

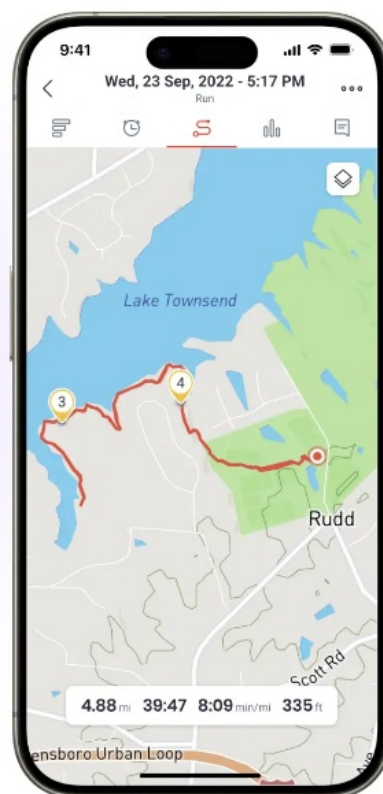
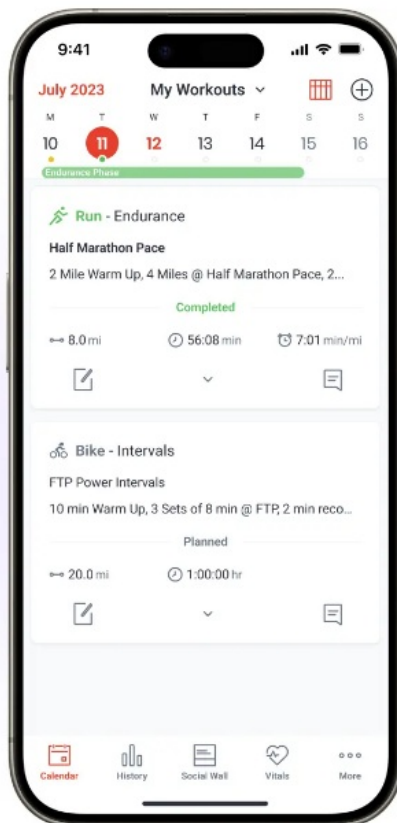
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FINAL SURGE Final Surge App Training Platform



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.



Account Login

Email

Password

☐ Remember me

Login

Not registered? Sign up here for free!

Forgot password?

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



Create a New Account for Free

First Name Last Name

Simon Rhodes

Email Address

ti3555.rhodes@gmail.com

Time Zone

(GMT+12:00) Auckland, Wellington

Password

.....

7-15 characters, must include at least one of each:
upper-case letter, lower-case letter, number.

STRONG

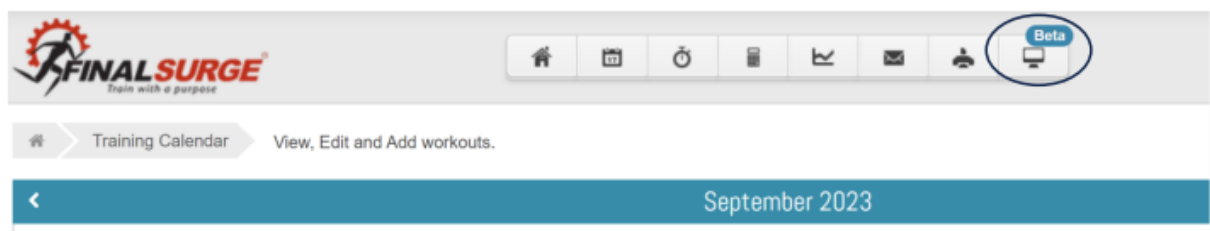
Re-type password

.....

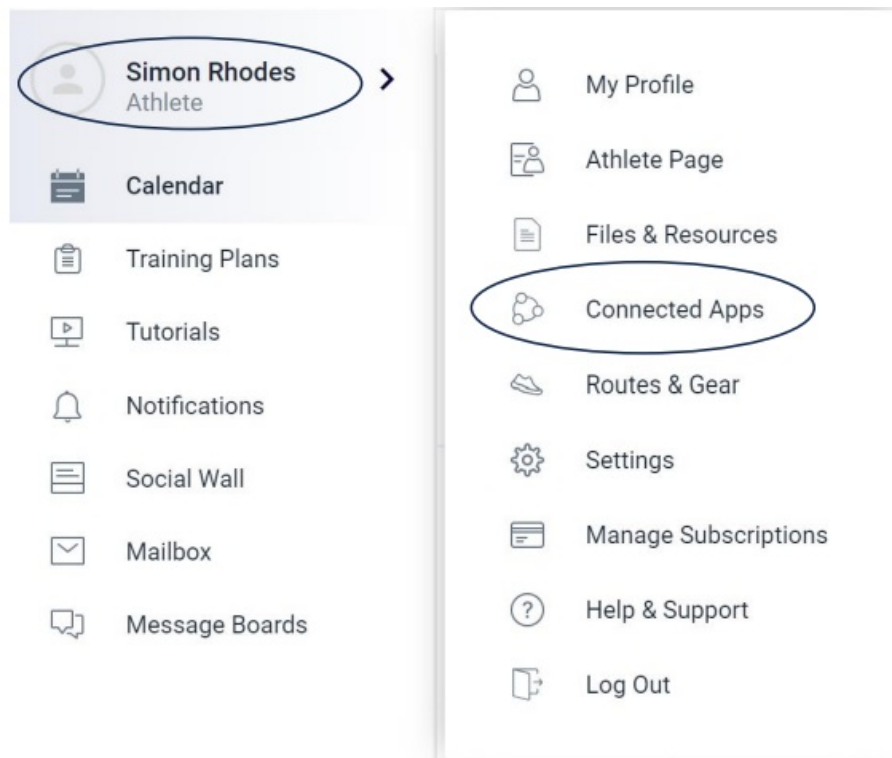
Create New Account

By clicking the button above, you agree to the [Terms of Use](#) and [Privacy Policy](#).

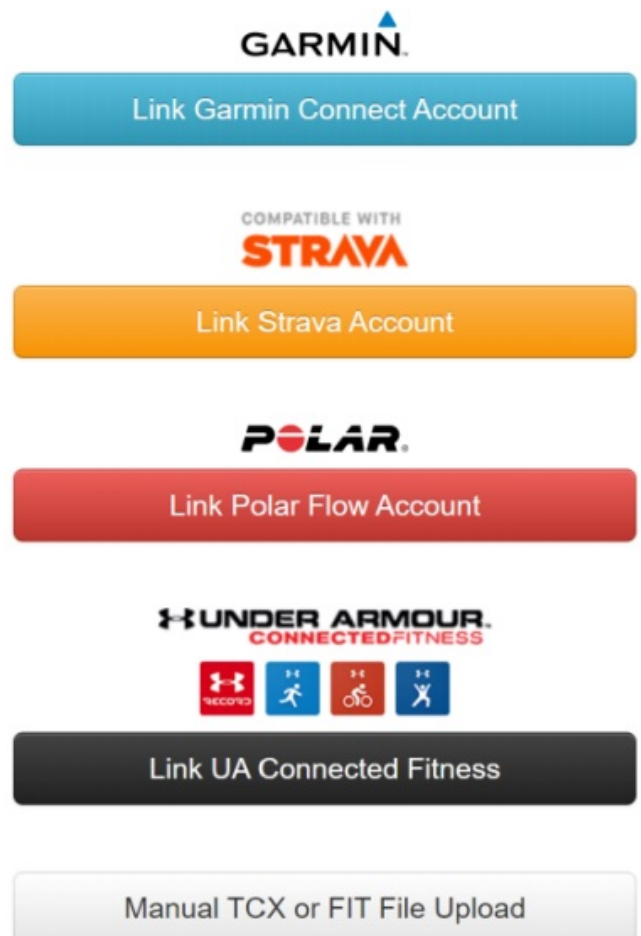
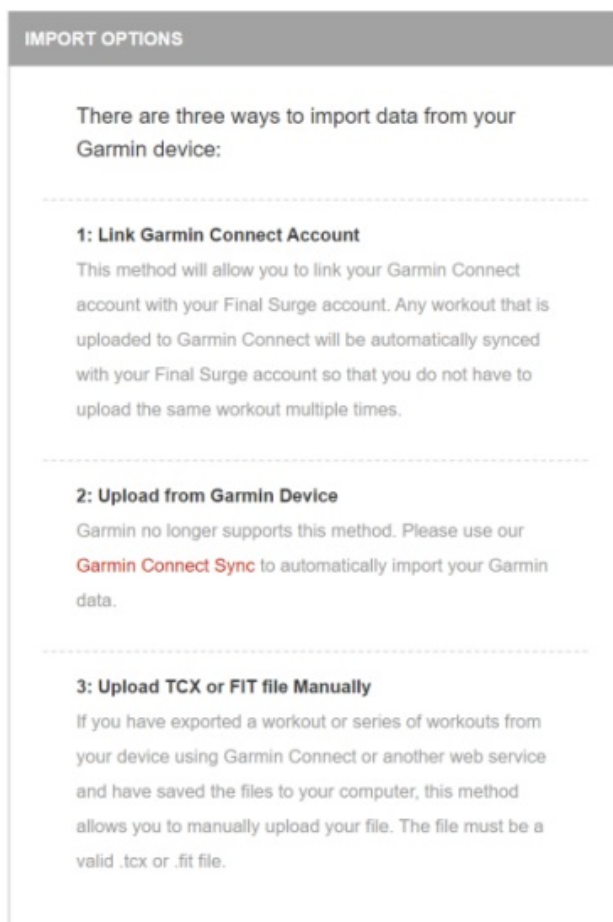
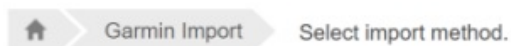
4. Complete your details, and make sure you select the right time zone for you! When ready hit Create New Account
5. Select the Beta platform.



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

	<p>FINAL SURGE Final Surge App Training Platform [pdf] User Guide</p> <p>Final Surge App Training Platform, Surge App Training Platform, Training Platform, Platform</p>
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References

- [User Manual](#)

[Manuals+.](#) [Privacy Policy](#)

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