WINGMAN

Athlete setup

Get your training to your coach

Five steps, about ten minutes, done once. After this, every session you record reaches your coach on its own.

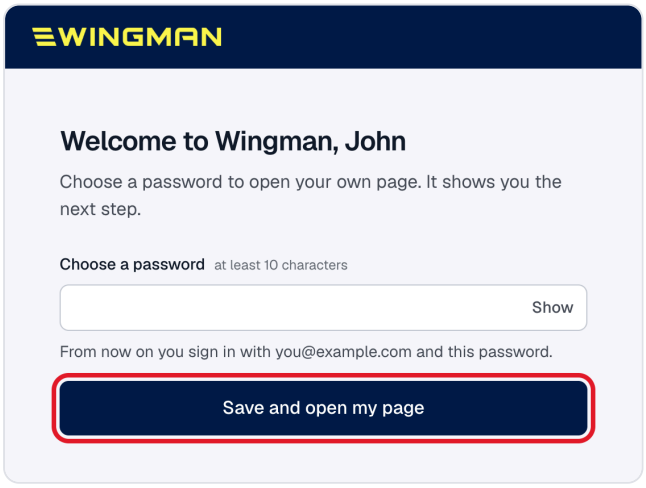
What you need

- Your sports watch or bike computer account (Garmin, Polar, Suunto, Coros, Wahoo and others)
- The personal Wingman link your coach sent you, by WhatsApp or email
- An email address

Wingman reads your training from a free service called intervals.icu, which collects it from your watch. You start with your Wingman link; your Wingman page then takes you through intervals.icu.

1 Open your Wingman link and choose a password

- Open the personal link your coach sent you.
- Choose a password of at least 10 characters and press **Save and open my page**. From now on you sign in with your email and this password.



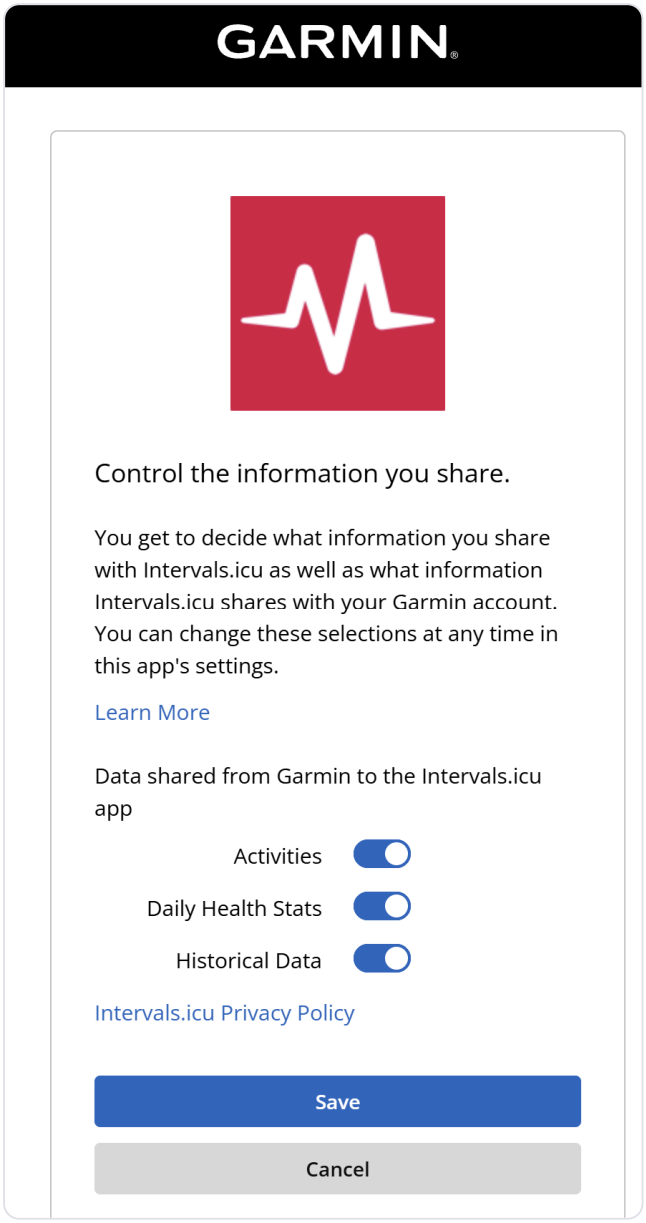
- You land on your own Wingman page, with a box called Finish setting up. Leave it open: steps 2 and 3 happen on intervals.icu, in a new tab, and you come back here for step 4.
- Password not working later? On the sign-in page, press **Email me a sign-in link** and you are sent a link that signs you straight in.

2 Create your free intervals.icu account

- Go to intervals.icu and sign up with your email.
- It is free. You do not need the paid supporter plan.
- Already have an account? Skip to step 3.

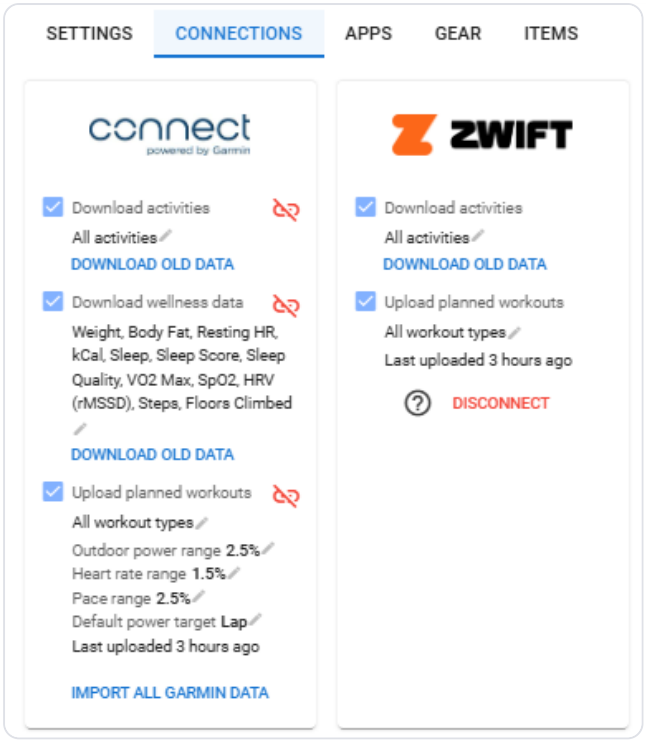
3 Connect your watch to intervals.icu

- In intervals.icu, open **Settings** in the left menu, then the **Connections** tab.
- Find your watch brand and connect it. You sign in to that brand and allow access.
- Leave every switch on when the brand asks what to share. On Garmin that is **Activities**, **Daily Health Stats** and **Historical Data**.





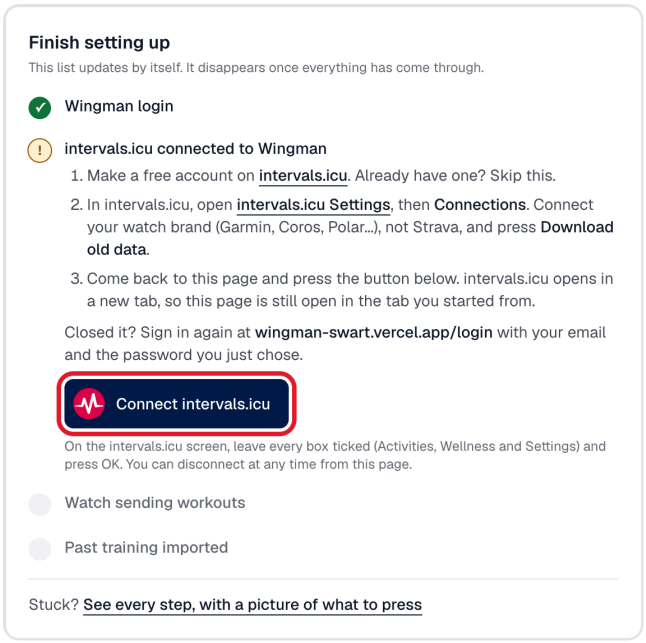
- Tick **Download activities** and **Download wellness data**. Wellness is your sleep, resting heart rate and HRV.
- Press **Download old data** (on Garmin, also **Import all Garmin data**). Do not skip this: ticking the boxes only covers new sessions, and this is what brings your past training across. It can take from a few minutes to a few hours.
- If you see **Permission Denied**, a Garmin switch is off. Follow the Garmin link in that message, turn on all three, save, then press **Download old data** again.



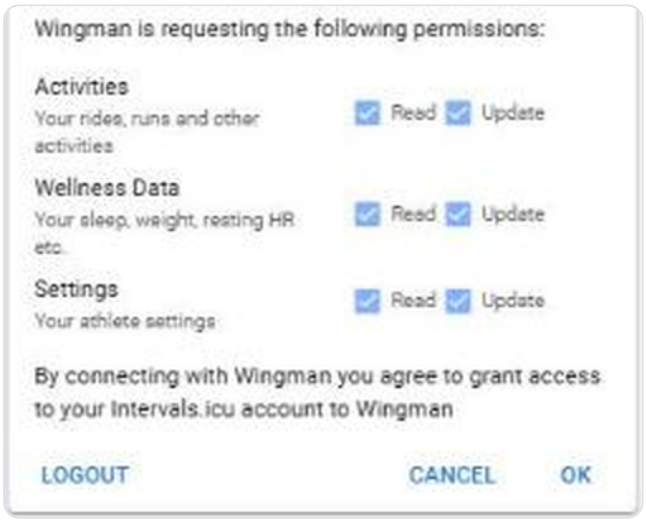
Connect your watch brand directly. Do not rely on Strava: sessions that reach intervals.icu through Strava cannot be passed on to your coach.

4 Back on your Wingman page, connect intervals.icu

- Switch back to the Wingman tab from step 1. Closed it? Sign in again with your email and password. Your page has a short list called **Finish setting up**. It ticks itself off as each part comes through, and tells you exactly what is still missing.
- Press **Connect intervals.icu** in that list.



- intervals.icu asks what Wingman may do. It should look like this:



- Every box should be ticked: **Read** and **Update** for Activities, Wellness Data and Settings.
- Read is how your sessions and recovery reach your coach.
- Update lets your coach correct your training zones and build on your training from Wingman.
- Leave them all ticked and press **OK**.

You can disconnect at any time from your Wingman page. Wingman deletes its access

straight away.

5 Add Wingman to your home screen

Wingman runs in your phone's browser, and you can keep it on your home screen like any other app. Do this once and it is always one tap away. See it tap by tap, with pictures.

iPhone or iPad

1. Open your Wingman page in Safari or Chrome.
2. Tap the **Share** button, the square with an arrow pointing up. It is at the bottom in Safari and at the top in Chrome.
3. Scroll down and tap **Add to Home Screen**.
4. Tap **Add**.

Android

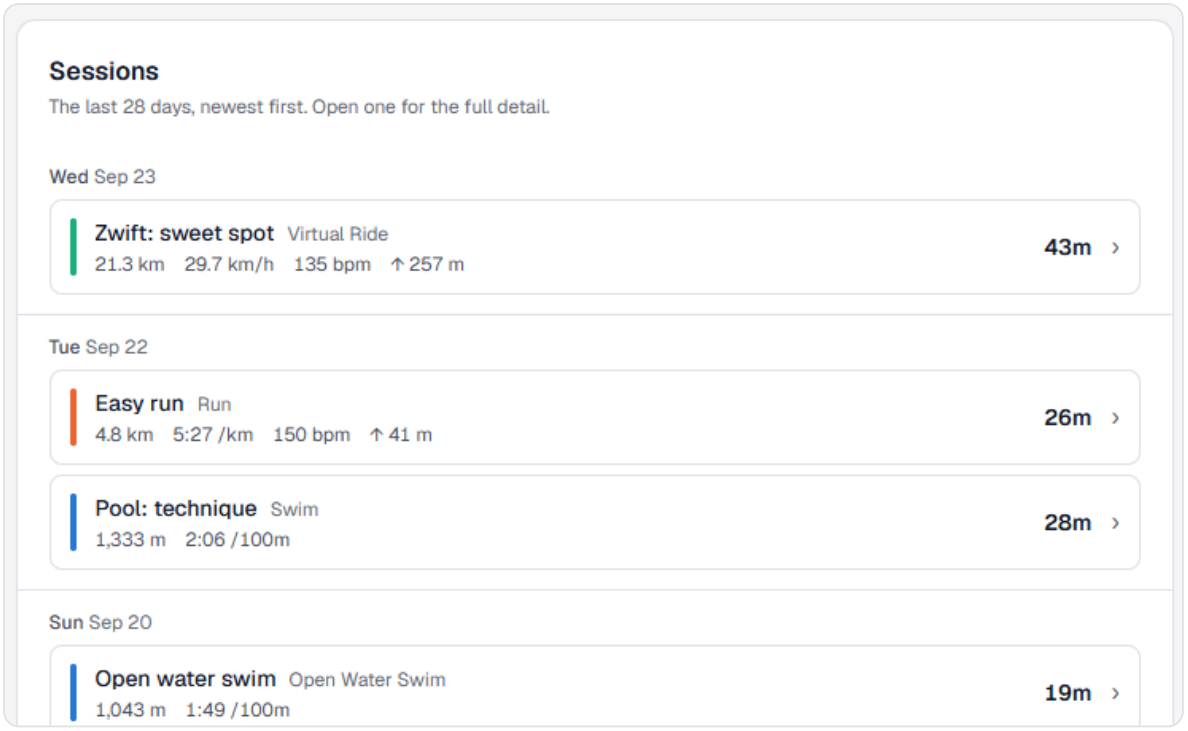
1. Open your Wingman page in Chrome.
2. Tap the **menu**, the three dots at the top right.
3. Tap **Add to Home screen** (on some phones, **Install app**).
4. Tap **Add**.



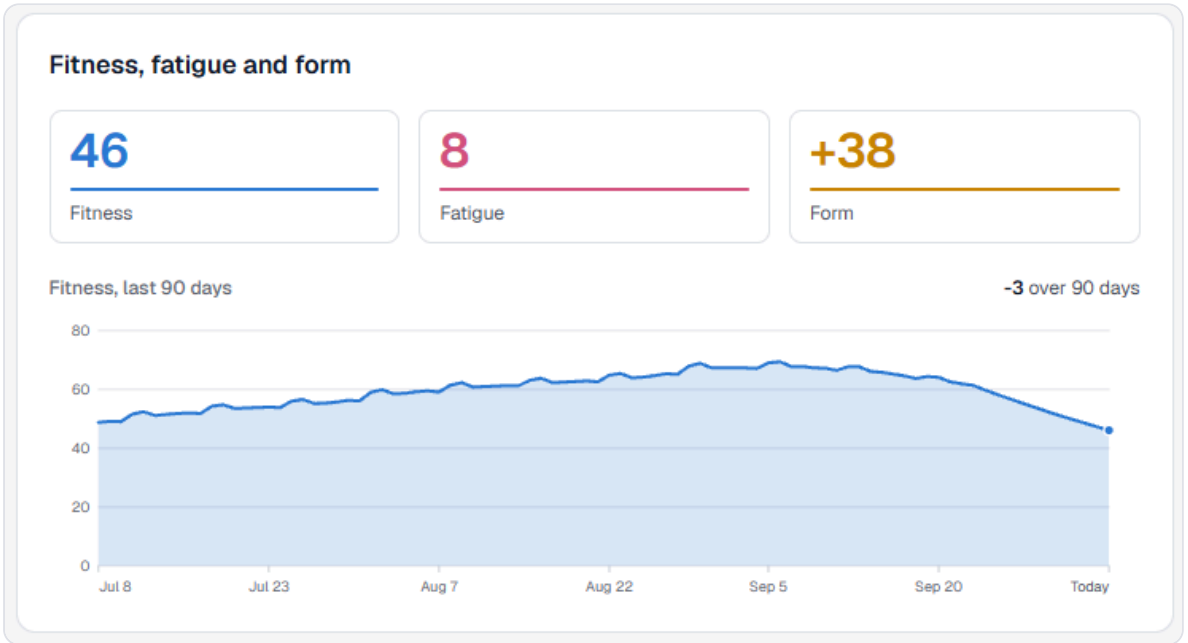
The Wingman icon appears with your other apps. Tap it and you are straight on your training, with no address to type.

You're in

Your past training arrives over the next few hours, as your watch brand sends it to intervals.icu. New sessions follow about a minute after your watch syncs. The **Finish setting up** list disappears once everything has come through; if it is still there, it says what to do.



Your fitness, fatigue and form chart appears once your coach has confirmed your training zones.



If something goes wrong

My link says I am already set up

You have chosen a password before. Sign in with your email and that password, or reset it below.

I forgot my password

On the sign-in page, press **Forgot password?** and we email you a reset link.

My sessions are not showing up

Check step 3: your watch brand must be connected on the intervals.icu Connections tab with **Download activities** ticked, and **Download old data** pressed for anything before the day you

connected. If your sessions only reach intervals.icu through Strava, connect the watch brand directly.

I want to stop sharing

On your Wingman page, open **Disconnect intervals.icu**. Wingman deletes its access straight away.
