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What is the Training App?

Go from 0 to 60 miles with the Susan G. Komen 3-Day[®] 24- or 16-week Training Plan. This app will help you train to complete the Komen 3-Day, regardless of your current fitness level. The app was developed by Bluefin Software, LLC, the creators of the Hal Higdon Training Apps, and is available for iOS devices (the Android version of the app has been discontinued for 2017 due to limited use).

The features of the 3-Day App include:

- Weekly training tips
- Daily mileage goals
- Track your distance and pace with each workout, with built-in GPS*
- See your walk on a map
- See your training history
- Share your workouts on Facebook and Twitter
- Audio stats will let you know your pace and distance during the walk
- Select your own music and skip tracks without leaving the app
- Half point alert, letting you know when to turn back
- Set your training date based on your 3-Day[®] event date

* The GPS feature is available on phones only. You can use the app on a tablet or iPod Touch, but the app won't be able to map your walks.

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How do I find the Training App?

Open the Apple App Store to buy and download apps. Search for “Susan G. Komen 3-Day” and choose the 24-week or 16-week version of the app. Follow on-screen instructions to purchase.

How do I open the Training App?

Once you’ve downloaded the 3-Day Training App, select the “3-Day 24-Week” or “3-Day 16-week” icon on your device.

How do I navigate the Training App?

FROM THE HOME SCREEN (in the bottom bar)

Choose your 3-Day event: tap “Choose Event” at the top left side of the screen and scroll to select the city for which you’d like training information. A countdown will appear. (i.e., 100 days left)

Settings: Tap the Settings icon (which looks like a gear cog) and you’ll be able to select options for the following items:

- RunHelper Connect – a subscription-based app to track workouts with GPS (optional add-on for purchase)
- Music – select playlists and other music options
- Sharing – choose information that’s pushed to social media
- Audio Alerts – select options such as voice, pause, distance, frequency, etc.
- Units – select US or Metric
- Workout – select options for each workout
- Journal – select settings for Journal view
- Goals – adjust goals for distance, pace and weight
- Help – find support and FAQs for the Bluefin Software
- Reset – reset progress

FROM THE WALK SCREEN (in the bottom bar)

- Option to Catch Up – If there are fewer than 24 or 16 weeks until your event, the app will prompt you to select whether you want to start at the beginning of the workout plan, or advance to catch up to the current week’s mileage.
- Tips – Tap the gray circle to see the weekly training tips; you can also click “read more” at the top of each tip to see a PDF of the full week’s tip.
- GPS – Tap the GPS indicator to turn it On or Off. Enabling GPS is a way for your phone to confirm that you’ve walked the day’s mileage.
- Week __, Day __ – The scrolling bar near the bottom of the screen will default to the current day’s mileage/workout. Tap a day to see the recommended daily mileage, or double tap it to mark that day’s workout as complete. Slide the grey bar and align the Week_ Day_ to the center arrows for additional details of different days’ training
- Go – When you’re ready to begin your workout for the day, tap the pink “Go” button. It will count you down and keep track of how long you’ve been walking. There is also a lot of functionality within the “Go” screen, like tracking your current and average pace, voice alerts, and the option to play music on your phone during the workout.
- Stretch – Tap the dark gray button for stretching tips from Bluefin. Once inside, you’ll have the option to purchase a supplementary training program from Bluefin for \$1.99. If you’d like to add the program, click “Download Now.” If not, simply close the window by clicking the “x” in the upper right corner.

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FROM THE MUSIC SCREEN (in the bottom bar)

- If you have music on your device, you can select a Playlist for your training walk

FROM THE JOURNAL SCREEN (in the bottom bar)

- Keeps track of distances and times

FROM THE CONNECT SCREEN (in the bottom bar)

- Options to join subscription-based RunHelper Connect

How do I see my mileage goal for the day?

Tap the Walk icon, then scroll left or right to select the day (i.e., Week 22, Day 5) to view the mileage goal for the day.

How do I mark my daily mileage goal as complete?

Tap the Walk icon, then scroll left or right to select the day (i.e., Week 22, Day 5). Double tap the day to mark the mileage goal for the day as complete.

How do I see my weekly training tips?

Tap the Walk icon, then scroll left or right to select the day (i.e., Week 22, Day 5) and tap the Tips button to see the walking tip for that day.

How do I track the distance and pace of my walk?

Tap the Walk icon, then scroll left or right to select the day (i.e., Week 22, Day 5). Once you've selected the day and mileage you'd like to walk, tap GO. A countdown will begin (or tap Begin Now). If you've selected a playlist, music will begin at this time. Your distance and pace will be calculated. You may temporarily stop (by tapping Pause) or end (by tapping Done) your walk at any time.

How do I see my walk on a map?

Tap Journal and then the date of the walk you'd like to view on a map. Select the arrow next to the time/pace of the walk, then Map. You'll be able to view your walk on a map.

What other pieces of data can I document for a walk?

Tap Journal and then the date of the walk. You can edit date, distance, weight, calories burned, average pace and duration on this screen.

How do I see my training history?

To see your training history, tap Journal and choose calendar view or list view at the top. If you choose calendar view, tap the date of the training walk data you'd like to view. If you choose list view, tap the mileage/pace of the training walk data you'd like to view.

How do I share my workouts on Facebook and Twitter?

To share workout information on Facebook and/or Twitter, tap the Settings icon from the main page, then tap Sharing. For Facebook, select Connect to Facebook, and for Twitter, select Connect to Twitter. You'll get to choose options for each. You can also share by tapping Journal, then the date/data you'd like to push

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to social media, and then tap Share.

How do I hear my pace and distance during my walk?

To adjust settings to hear pace and distance, tap the Settings icon, then Audio Alerts. You can choose voice, whether or not to pause the music, at which point to alert, frequency, etc. with this feature.

How do I select which music to play while I'm walking with the app?

Tap the Settings icon, then Music. Choose Playlist, Shuffle Songs and Save Playback time options. Then tap Music on the main screen, and choose which playlist you'd like to hear during your walk.

How do I change my training goals?

Tap the Settings icon, then Goals. Edit the Distance, Pace and Weight topics by tapping each unit and scrolling to your new goal.

How do I keep track of what training I've done for the day?

Tap Journal, then select the date. Total distance, duration, pace, etc. will be listed.

What do I do if I start using the app after the training program has already begun for my 3-Day?

You can choose to either advance to the current weekly training schedule, or start from the beginning. To indicate this, tap Choose Event from the home screen and then Walk. A question will pop up: Catch Up? You can tap Beginning (to start from the beginning of the training schedule) or Advance (to catch up to the current week of training).

How do I see stretching tips?

From the Home screen, tap Walk. Next to the Go button, tap Stretch. Please note: the stretching program is a supplementary program available from Bluefin in the Apple App Store for a \$1.99 download fee.

Can I add a walk's mileage if I forgot to bring my phone/start the app?

You can manually log a workout on the journal page. Tap journal, slide the up arrow at the top right corner, select Log Workout from the pop up. Manually enter your distance and duration, and it will calculate your average pace and calories burned. Tap OK and it will be added to your journal (no map, since GPS was not in use, but keeps track of your mileage if you forget to start the app).

NOTE: The health, safety and training information provided to you in connection with your participation in the 3-Day is not intended to replace or be construed as medical advice and any such information is not a substitute for seeking medical advice or treatment from your medical provider. Before starting any exercise program or following any recommendations, advice or other instructions regarding training for the 3-Day, you should first consult a physician and have a physical examination.

This app is sold by Bluefin Software under license from Susan G. Komen[®]. Purchase of this app is not a donation to Komen and Komen will not receive any portion of the proceeds.

Continued use of GPS running in the background can dramatically decrease battery life.