

Can I have more than one training program in my calendar at one time?

Yes! You may download as many training programs into your calendar as you wish. However, Active Trainer encourages athletes not to over-train!

Many Active Trainer users choose to complete training programs in conjunction. For example, you may choose to augment a half-marathon training program with a core strength training program for runners. However, please be aware that all workouts will appear on the same calendar, sometimes making it hard to differentiate between the two programs.

If you have problems with multiple training programs overlapping in your calendar, please see the help document entitled [How to: Move workouts](#)

Related Topics:

[How to: Move workouts](#)

Need additional help?

If you have additional questions, please contact us at trainingsupport@active.com. We will respond to all questions in a timely manner.