

---

*How to:* Customize a training plan after purchase

We realize no “off-the-shelf” training plan is perfect for every athlete. That’s why Active Trainer provides you with the flexibility to tailor purchased training plans to fit your needs.

All workouts in the training plans you purchase may be edited, moved or deleted all together. Furthermore, you may augment the assigned workouts with additional workouts of your own design. Maybe you like to swim one day a week and your running program does not include this activity. Simply click on “Add a Workout” in your Active Trainer calendar to incorporate swimming into your routine.

The flexibility in Active Trainer allows you to develop a training plan that fits within your busy lifestyle!

### **Related Topics:**

[\*How to:\* Add a completed workout to my calendar](#)

[\*How to:\* Move workouts](#)

[<i>How to:</i> Edit a workout](#)

[<i>How to:</i> Delete workouts](#)

### **Need additional help?**

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