

Are there different training plans for different abilities?

Yes! Active Trainer features a library of more than 200 training programs for athletes of different ability levels and a variety of athletic and fitness goals.

Typically, we categorize programs as Beginner, Intermediate and Advanced. However, the definition of each category can vary pretty dramatically in each sport and, more specifically, from coach to coach. To determine whether a training program is right for you, we strongly encourage you to read the description on the Training Plan Details Page, as well as to preview the first two weeks of the program before purchase. To learn more about previewing a training program prior to purchase, please [click here](#).

Active Trainer does have a no refund policy on downloaded training plans, so please ensure you are downloading a program that meets your needs.

Related Topics:

[How to: Preview a training plan before I purchase it](#)

[How to: Purchase a training plan](#)

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Who are some of the Active Trainer featured coaches?

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.