
How to: Preview a training plan before I purchase it

So, you think you've found a training program that meets your needs, but you're not quite sure. Not a problem with Active Trainer.

All our programs allow you to read a detailed description of the program directly from the coach. Also, you are able to preview all the details of the first two weeks of the program! If you don't feel like the first week is a good fit (either too easy or too challenging), chances are it's not the right program. The workouts displayed in the two-week preview are EXACTLY what you'll see in your calendar if you purchase... no surprises!

Steps

(1) Click on the name of the training program you wish to preview. The system will take you to a page with all the details of that program.

(2) The details page will display a description of the program, authored directly by the coach. At the bottom of the screen is a two-week calendar with workouts displayed. Click on any of the days to see the workout details.

(3) The workout details are exactly what would appear in your calendar if you purchase the program. Make sure the workouts fit your needs before purchasing.

Video Tutorial

Related Topics:

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

[Are there different training plans for different abilities?](#)

[How to: Customize a training plan after purchase](#)

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.