

What sports can I track in Active Trainer?

Active Trainer is designed to be a flexible, methodology-neutral training log. This means we strive to accommodate the needs of a wide range of athletes, both sport specific and general fitness. Active Trainer has been proven an effective training tool, especially for endurance athletes and fitness enthusiasts.

The following workout types are supported in the Active Trainer calendar.

- Brick
- Cross Training
- Cycling
- Running
- Strength Training
- Swimming
- Track Workout
- Walking

Each workout type has a unique template, allowing you to track the most relevant data for the sport. For example, for a running workout you may want to track distance, duration and pace. However, for a strength training session, you'll want to log the sets, reps and weight for each exercise. Active Trainer gives you this flexibility.

Related Topics:

What sports can I track in Active Trainer?

What calculators are available in Active Trainer?

How much does Active Trainer cost?

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.