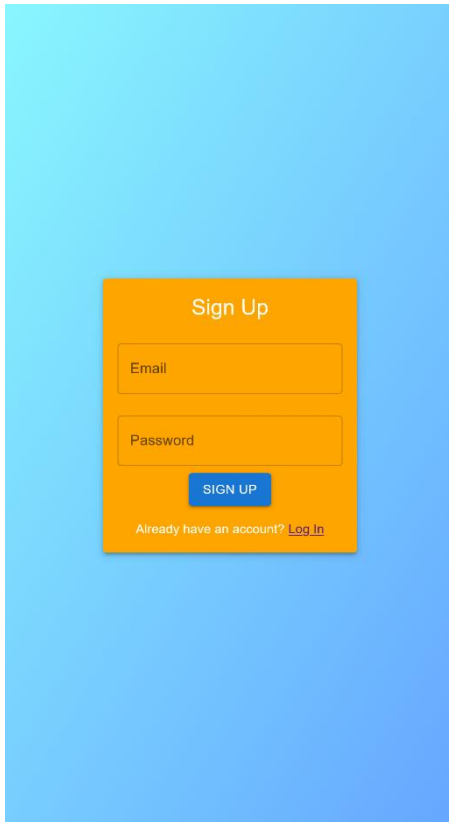


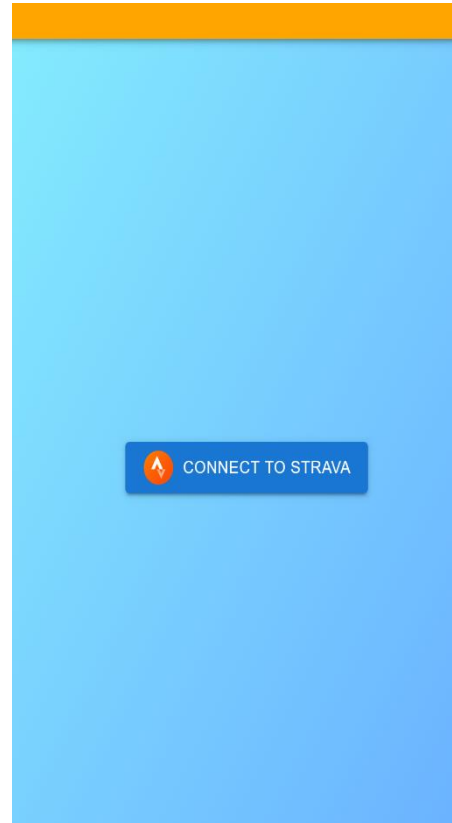
Getting Started With PaceRunner

To get started, PaceRunner requires a Strava account to track your runs.

- Register for a Strava account here: <https://www.strava.com/register/free>
- After creating a strava account you can create you Pacerunner account:

A screenshot of a web form titled "Sign Up" on a blue gradient background. The form is contained within an orange box and includes two input fields: "Email" and "Password". Below the fields is a blue "SIGN UP" button. At the bottom of the form, there is a link that says "Already have an account? Log In".

Sign up to PaceRuner, create username and password. After pressing "Sign up" you will be redirected to authorize Strava account connection



Click "Connect to Strava" and authorize Strava account connection

Welcome, Sebastian!

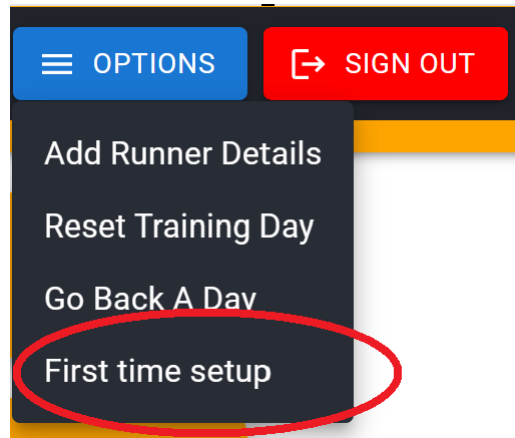
TRAINING PLAN

OPTIONS

SIGN OUT

Your Standard Pace 📌

- To get your account set up, Click options on the top of the screen.
- Followed by “First time setup”.
This will load your training plan details, Strava account details and gather your previous runs from your Strava account to set determine your standard pace.



- After this, scroll down to the bottom of the page and click “start”.

"Pain is inevitable. Suffering is optional."
Haruki Murakami



Information 📌

- You're all set! Now after each run click "Update Last Run" to upload your latest run. Stick to the training plan which will generate your run pace for your next run based on your previous performance.

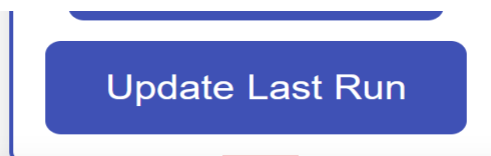
"Pain is inevitable. Suffering is optional."
Haruki Murakami



Information 

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- If the plan asks you to do cross training or rest, click "Rest or Cross" to skip to the next running day. If you need any information about the plan or setting, click information to find out more.



Information 

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