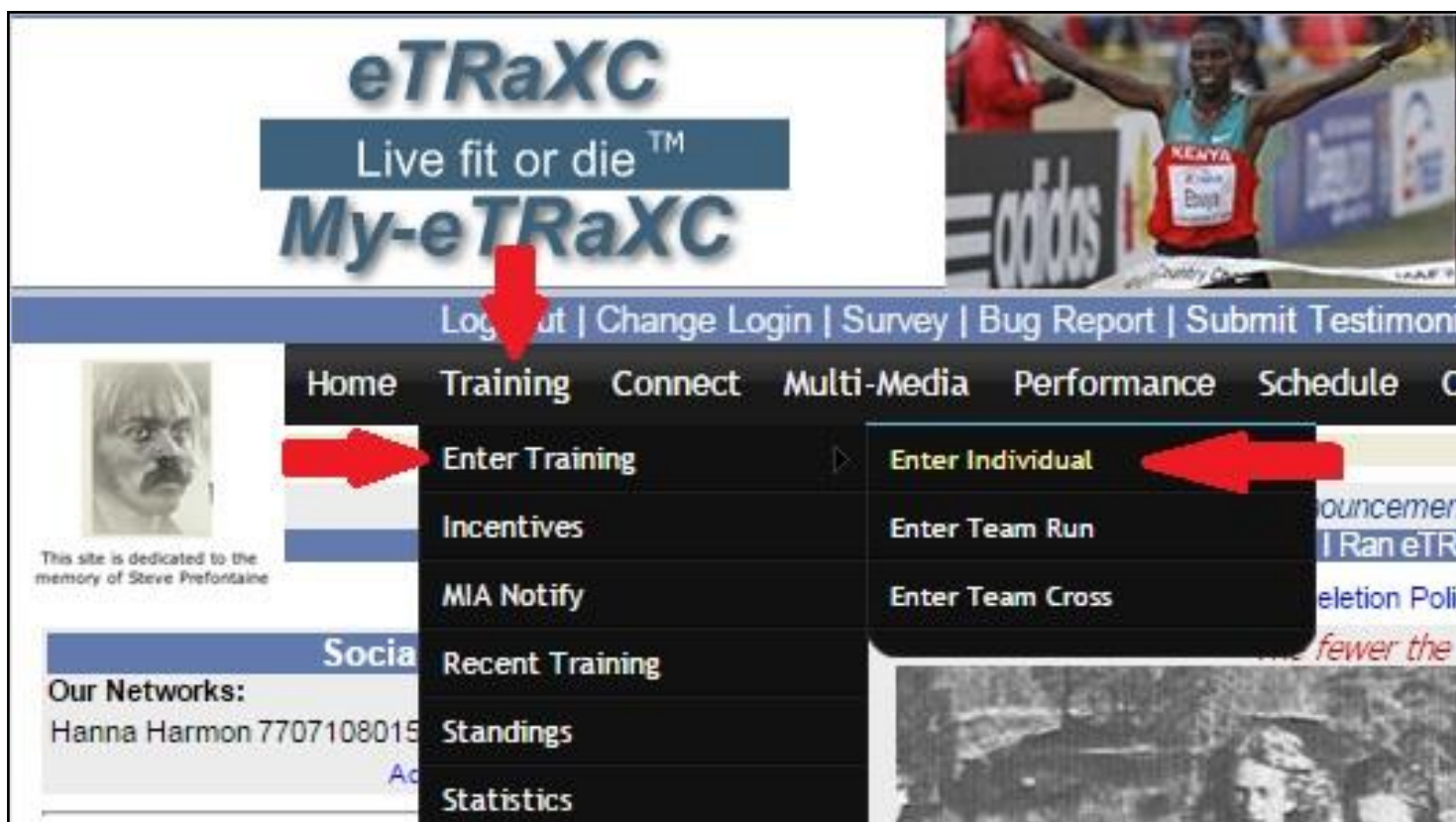


# Instructions for logging miles on eTRaXC

(www.etraxc.com)

1. Login in using your Username and PIN. If you do not have a username and password you need to email Coach Gambrell (jonathan.gambrell@cobbk12.org) to get one.
2. Hover on the “Training” tab at the top. Then hover over “Enter Training” and then click on “Enter Individual Training”:



3. Make sure your name is selected in the “Enter training for” drop down box:



4. You will then record your training for the day. The following areas are mandatory:
- a. Training Date
  - b. Time of Day (in the.....)
  - c. Percvd Effort (How hard did it feel? 1 being easy, 10 being extremely hard)
  - d. I felt.....
  - e. Distance
  - f. Total Time

The screenshot shows a web-based training entry form. At the top, there is a navigation bar with links like 'View All Team Announcements', 'If I Ran eTRaXC...', 'My Wireless Info', 'Training Badges', 'Consecutive Trng Days', and 'Online File Folder'. Below this is a header for 'Enter Training for Gambrell Jonathan (0)'. The form is divided into several sections:

- (Suggested RPE)**: Contains fields for 'Trng Date', 'in the' (time of day), 'Prcvd Effrt' (set to 5), and 'I Felt' (set to Normal). Red arrows point to these four fields.
- Training Balance (optional)**: A row of checkboxes for Cardio, Speed, VO2, Flexibility, Strength-Upper, Power-Upper, Strength-Lower, and Power-Lower.
- Run Training (Get Dist)**: A section with a heading 'How would you like to record this training?' and radio buttons for 'miles', 'km', and 'minutes'. Below this are fields for 'Distance', 'Total Time' (hrs, min, sec), 'Pace/mi', and 'Type' (set to Easy Run). Red arrows point to the 'miles' radio button and the 'Distance' field.
- Cross-Training (What's This?)**: A section with dropdown menus for 'Bike', 'Weights', 'Pool Run', 'Swim', 'Rllr Blade', 'Rllr Ski', 'Nordic', 'Calisth', 'Elliptical', 'Yoga', and 'Misc'. Below these are 'Duration' (hrs, min, sec) and 'Comments' fields.

At the bottom of the form is an 'Enter Training' button, which is pointed to by a large red arrow.

5. Click on "Enter Training" once all mandatory fields are completed