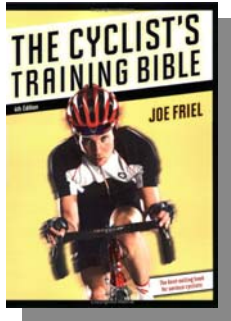


1. EXPERT ADVICE - get a FREE training plan:



Joe Friel, author of the Training Bible series of books and owner of TrainingBible Coaching is the Official Coach of Bike MS. Coach Friel has provided a selection of training plans regularly valued at more than \$100 per plan at no charge to Bike MS participants.

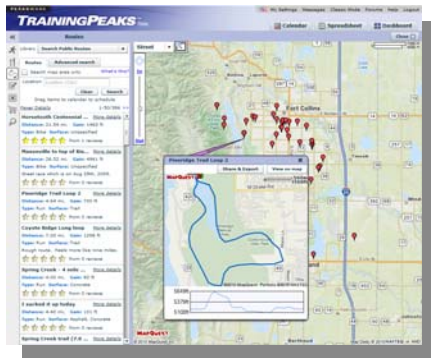
Find the plan that's right for you to help you prepare for your event (*only for current Bike MS participants*).

[Select your free training plan here](#)

Or, if you want more than a training plan, contact [Joe Friel's coaching company TrainingBible Coaching](#) to get expert, one-on-one advice.

Or, if you're not ready for a training plan, you can still get create a free (Basic) or Premium TrainingPeaks account and get the following benefits. [Get started here.](#)

2. ROUTES - search, share and create routes or upload from GPS devices:



Search hundreds of thousands of routes in the public library or create your own. Share the route with your friends on Facebook, Twitter, via email or post a link to the route on your website or blog. Record a route as your workout and compare over time in the Route History. Create new routes manually or upload a route from a GPS device.

- [View a shared route here](#) from the 2010 Tour Down Under
- [Search for a route](#) in your neighborhood here.
- [Click here to learn all about how to work with routes.](#)

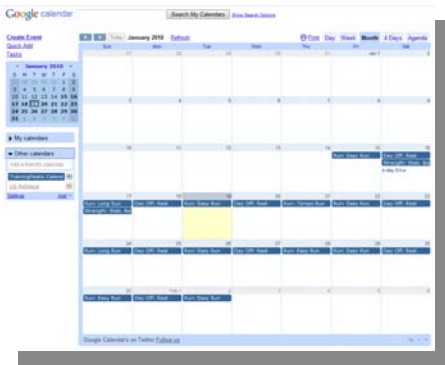
3. COMPATIBLE DEVICES – upload GPS, heart rate, speed/distance & power workouts:



If you use any one of 80+ compatible heart rate monitors, power meters or GPS devices from brands like Garmin, Timex, Polar, Cyclops, etc, upload it to your TrainingPeaks account to accurately record what you did. View the uploaded stats, analyze a graph of the workout or view a map if you uploaded a GPS device.

[Click here to see if your device is compatible.](#)

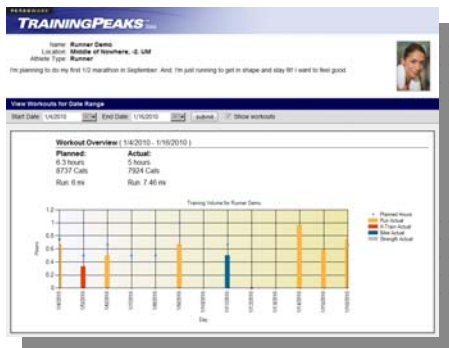
4. CALENDAR SYNC – sync your calendar with iCal, Outlook, Google, Yahoo!, etc:



Easily sync your training calendar with outside calendars (iCal, Google Calendar, Outlook, Yahoo!, etc) to continually sync the next two weeks at a time.

[Learn how to sync your calendar here](#)

5. SHARE WITH FRIENDS – share workouts, routes and your workout progress:

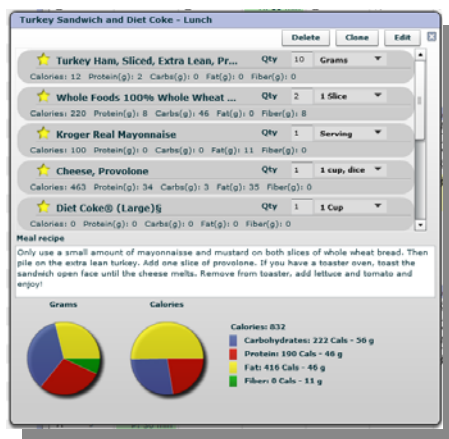


Share your public profile with each other to keep motivated and keep your friends accountable. [Click here for an example.](#)

Share workouts or routes to your friends on Facebook, Twitter or via email. [Click here to see an example.](#)

- [Learn how to share routes here](#)
- [Learn how to share a workout here](#)

6. MONITOR YOUR DIET – track and plan what to eat



Discover if you are eating the right amount of calories compared to what you are burning in your workouts.

- Search for foods in the nutrition library of 100,000 items. Save as favorites and create meals to easily record later.
- If you can't find the food you are looking for, simply add it to the community database.
- If you planned your own meals or you are following a meal plan, you can email yourself the list of groceries required for the week.

[Click here to learn how to monitor your diet in TrainingPeaks.](#)