COURS

E-mail

Password

Forgot Password?

Sign In

Don’t have an account? **Sign Up!**

Sign Up

COURS

Full Name

E-mail

Password

Confirm Password

Continue

By pressing continue you agree with
our Terms of Service and Privacy Policy

About You

We'd like this information to provide more accurate results, such as run distance, pace and calories. As well as for coaching plans, to personalize your plan to be right for you. Learn More.

Units of Measurement	Metric

ATHLETE INFORMATION

Birthday	Feb 19, 1999
Gender	Female
Height	183 cm
Weight	73 kg

PERFORMANCE POTENTIAL

Max Heart Rate	190
Running Race Distance	10 km
Running Race Time	38:00
Functional Threshold Power	W

TRAINING GOAL

Distance Goal	10 km
Time Goal	34:00
Runs Per Week	3-4

Continue

☐ Use default health information

*If you don't wish to enter your health information, select the "use default" option above and we will use a default value to perform these calculations. Please note that the data will not be as accurate if you choose this option.

DISTANCE GOAL

800 m

1.6 km

5 km

10 km

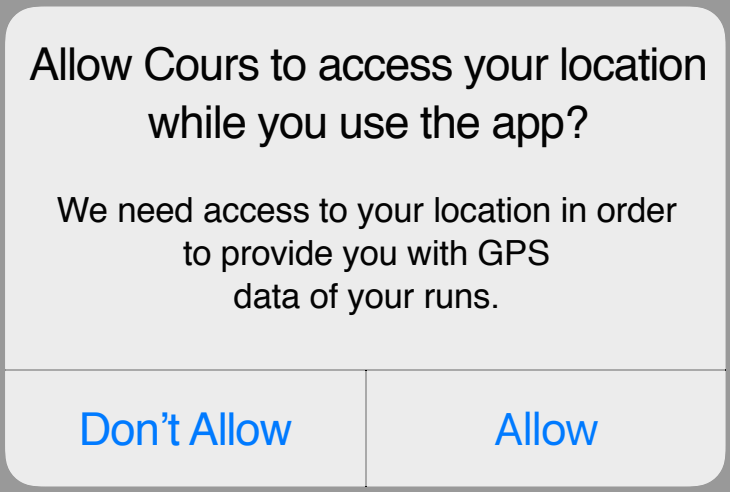
Half-Marathon

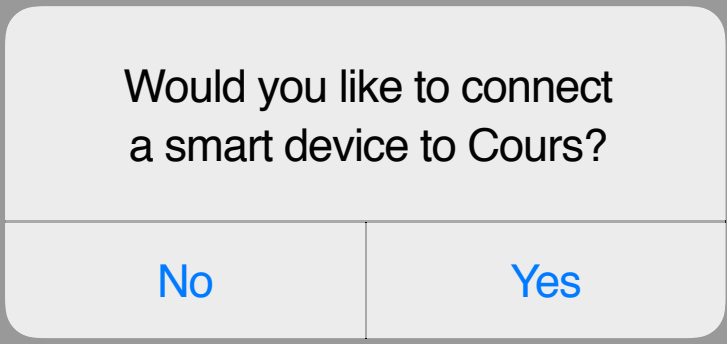
Marathon

Ultra Marathon

TIME GOAL

31
32
33
0 hours 34 min 0 sec
1 35 1
2 36 2
3 37 3

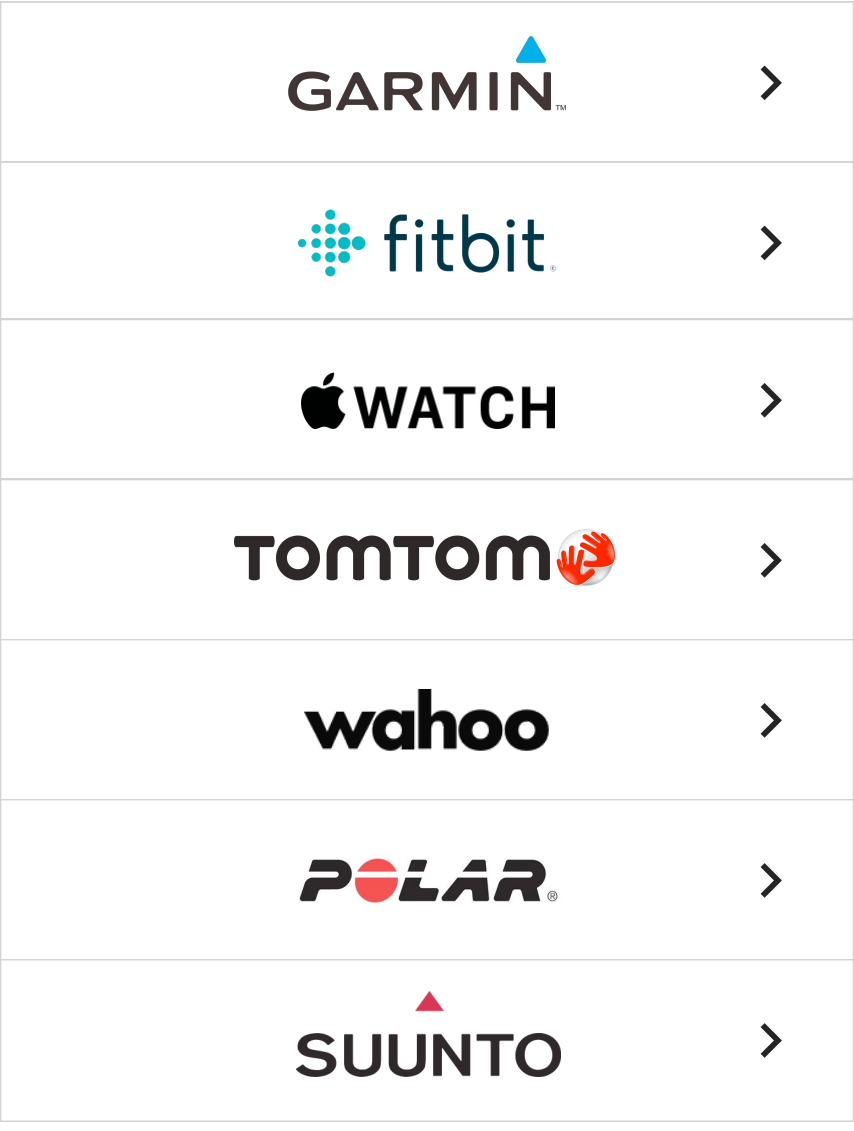

Allow Cours to access your location while you use the app?
We need access to your location in order to provide you with GPS data of your runs.
Don’t Allow
Allow


Would you like to connect
a smart device to Cours?
No
Yes

Connect Your Device

What device do you have?

Select your device manufacturer from the list of supported devices below to connect your device to the app.

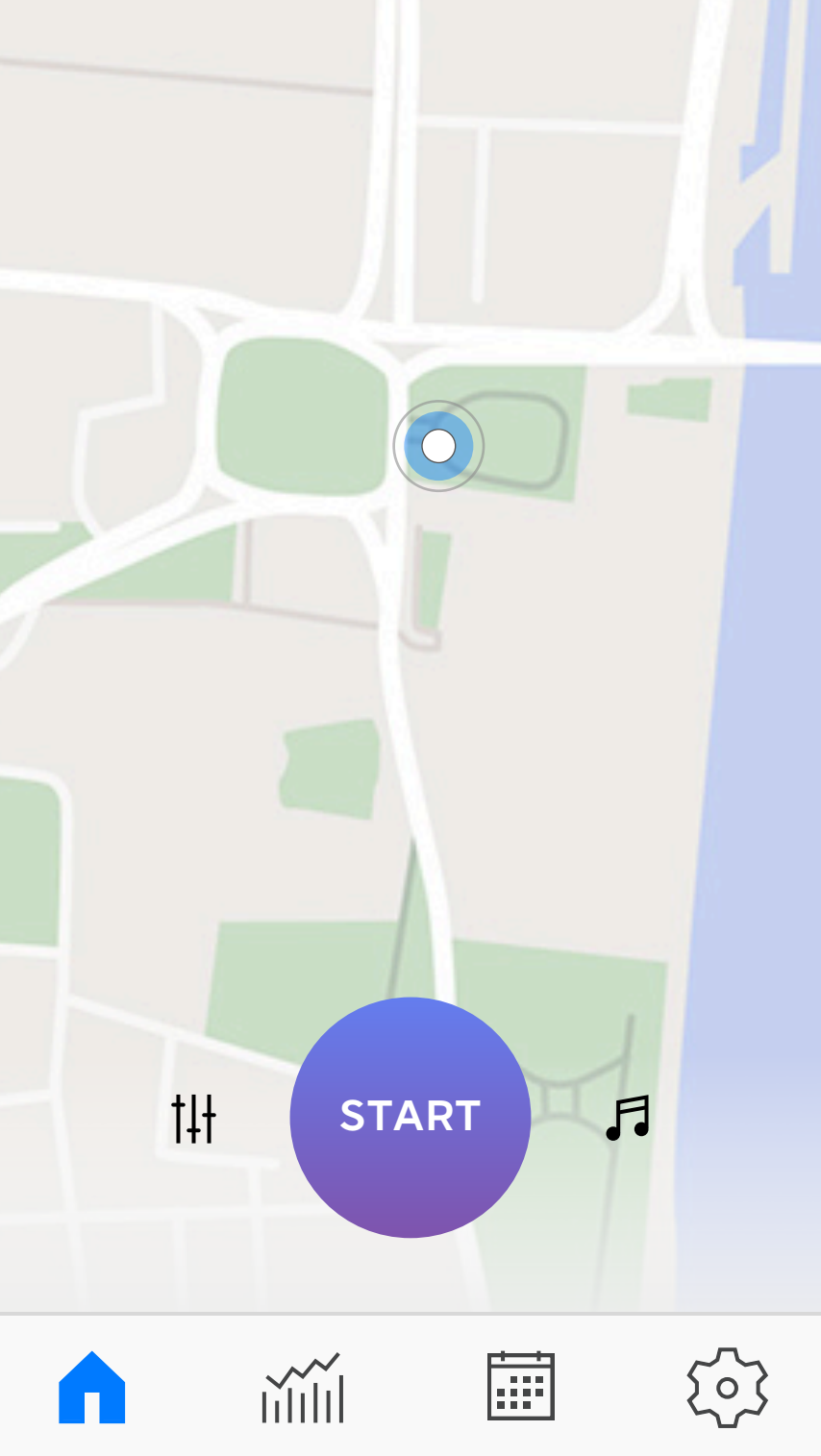


The brands listed above are the ones which are currently supported in our app. If you don't see your device brand listed above feel free to send us a request to add support for your device.

Connect Your Device

Upload your Garmin activites to our app by linking your Garmin Connect and Cours accounts. Click Connect Garmin below to log in to your Garmin Connect account and allow Cours to have access your device's data.

Connect Garmin


START

Choose Music

Buy My Mixtape!

253 Songs

Apple Music

Shuffle Library

Spotify Premium

Amazon Prime Music

Google Play Music

Other / No Music

Choose Music

Albums | Artists | Playlists

Pretty Odd
Panic! At the...

FROOT
Marina and The...

Strong Vibes
Joey Pecoraro

The Casey Collection

The Heisman – 8 Songs

A Rush of Blood to the Head

Coldplay – 11 Songs

Plastic Beach

Gorillaz – 16 Songs

Wilder Mind

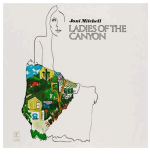
Mumford & Sons – 12 Songs

Neon Impasse

City Girl – 12 Songs

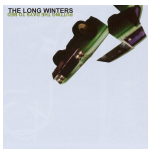
Millennium

Backstreet Boys – 12 Songs



Ladies Of The Canyon

Joni Mitchell – 12 Songs



Putting The Days To Bed

The Long Winters – 11 Songs

Choose Music

The Casey Collection

The Heisman – 8 Songs

Shuffle

1 Check it Out (Heisman Remix)...

2 5 Boro

3 Infinite Skill

4 How U Feel

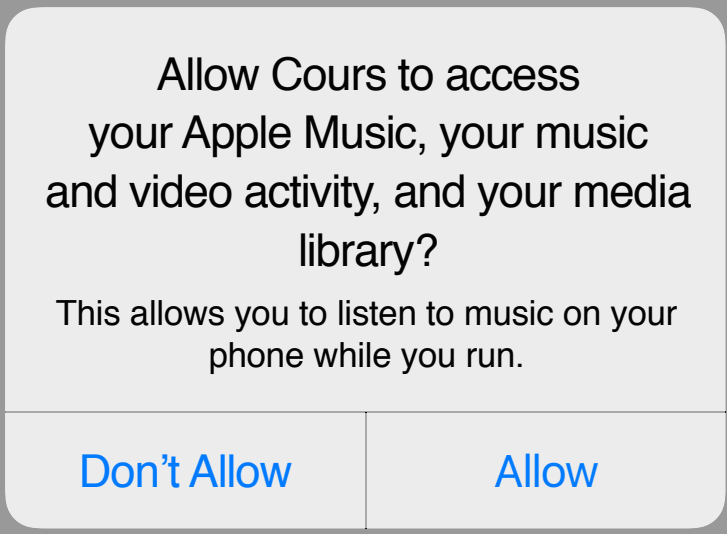
5 Tht 1

6 The Palace

7 Afternoon Atmosphere

8 I Love You

8 Songs, 24 minutes


Allow Cours to access your Apple Music, your music and video activity, and your media library?
This allows you to listen to music on your phone while you run.
Don’t Allow
Allow

ELAPSED TIME

00:00:00

DISTANCE

0.0

AVG PACE

0:00

Hymn For The Weekend – Cold...

ELAPSED TIME

01:34:41

DISTANCE

23.1

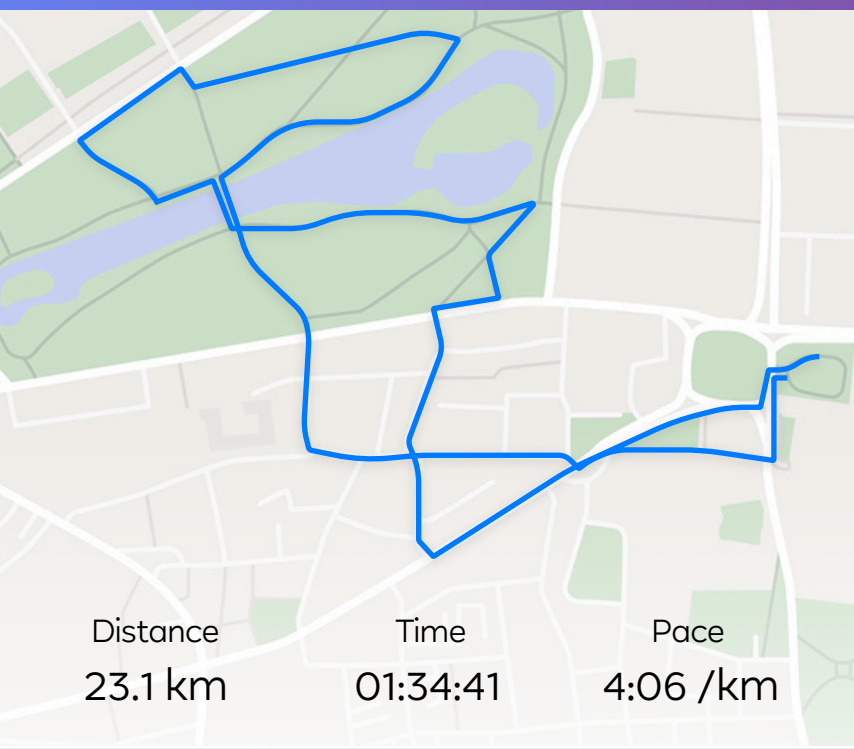
AVG PACE

4:06

Ocean Man – Ween

Resume

Save Activity



Distance	Time	Pace
23.1 km	01:34:41	4:06 /km

DESCRIPTION

Name:	Afternoon Run
Type:	Race
Feel:	
Effort:	8 / 10
Shoes:	Nike Pegasus 32
Notes:	Felt good, well rested. Not my PB but close to it.

Save Activity

Discard Activity

Nov, 24 2018

AFTERNOON RUN DETAILS

Distance 23.1 km	Pace 4:06 / km
Elapsed Time 1:34:41	Elevation Gain 69 m
Est. Calories 2,328	Avg Cadence 174 rpm
Avg Heart Rate 160 bpm	Effort 8 / 10

Type: Race

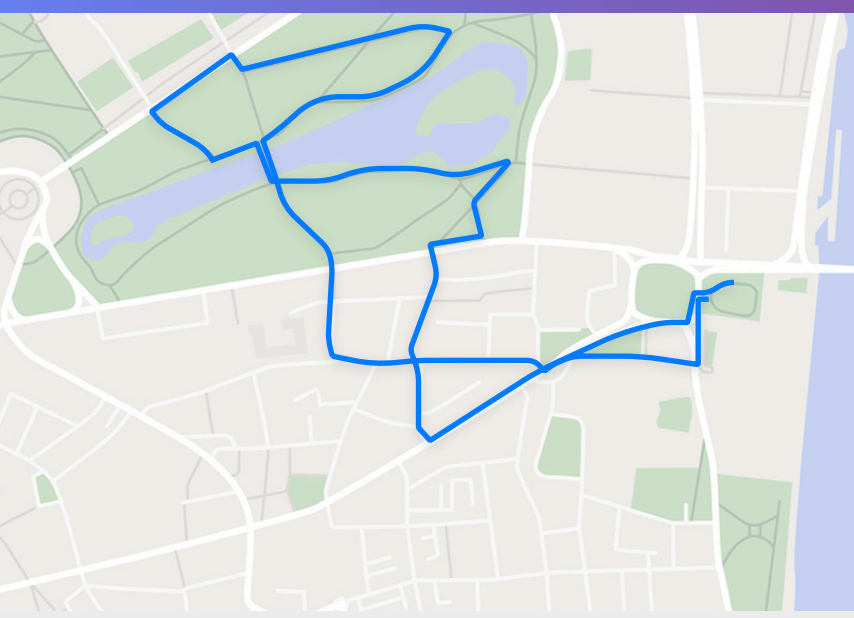
Feel:

Shoes: Nike Pegasus 32

Notes: Felt good, well rested. Not my PB but close to it.

SPLITS

KM	PACE	ELEV
1	3:55	0
2	4:00	4
3	4:02	-2
4	3:44	5
5	1:51	0
6	1:09	-1
7	4:14	-5
8	3:13	3
9	4:02	1
10	4:06	-3
11	4:11	-3
12	3:56	1
13	4:09	-1
14	4:13	1
15	4:13	0
16	4:23	4
17	4:18	-5
18	4:14	0
19	4:16	-3
20	4:17	0
21	4:18	-1
22	4:20	1
23	5:50	12



AFTERNOON RUN DETAILS

Distance 23.1 km	Pace 4:06 / km
Elapsed Time 1:34:41	Elevation Gain 69 m
Est. Calories 2,328	Avg Cadence 174 rpm
Avg Heart Rate 160 bpm	Effort 8 / 10

Type: Race

Feel:

Shoes: Nike Pegasus 32

Notes: Felt good, well rested. Not my PB but close to it.

SPLITS

KM	PACE	ELEV
1	3:55	0
2	4:00	4
3	4:02	-2
4	3:44	5
5	1:51	0
6	1:09	-1
7	4:14	-5
8	3:13	3
9	4:02	1
10	4:06	-3
11	4:11	-3
12	3:56	1
13	4:09	-1
14	4:13	1
15	4:13	0
16	4:23	4
17	4:18	-5
18	4:14	0
19	4:16	-3
20	4:17	0
21	4:18	-1
22	4:20	1
23	5:50	12

Activity

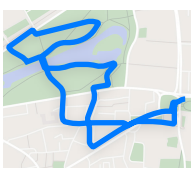
History | Overview | Export

DISTANCE THIS MONTH

38.6 km

AVG PACE	TOTAL RUNS	BEST PACE
4:21	4	4:06

NOVEMBER 2018 — **4 RUNS**



Afternoon Run
2018-11-24 >

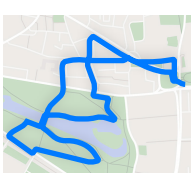
Afternoon Run
2018-11-23 >

Morning Run
2018-11-21 >

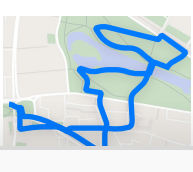
Afternoon Run
2018-11-20 >

OCTOBER 2018 — **21 RUNS**

Afternoon Run
2018-10-26 >

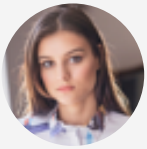


Morning Run
2018-10-25 >

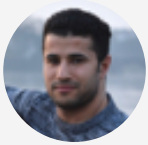


Morning Run
2018-10-25 >

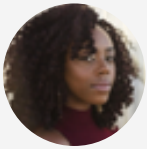
Tap to share with AirDrop



Jane
iPhone X



Paul
MacBook Pro



Natalia
iPad

Susie
iPhone 8 Plus

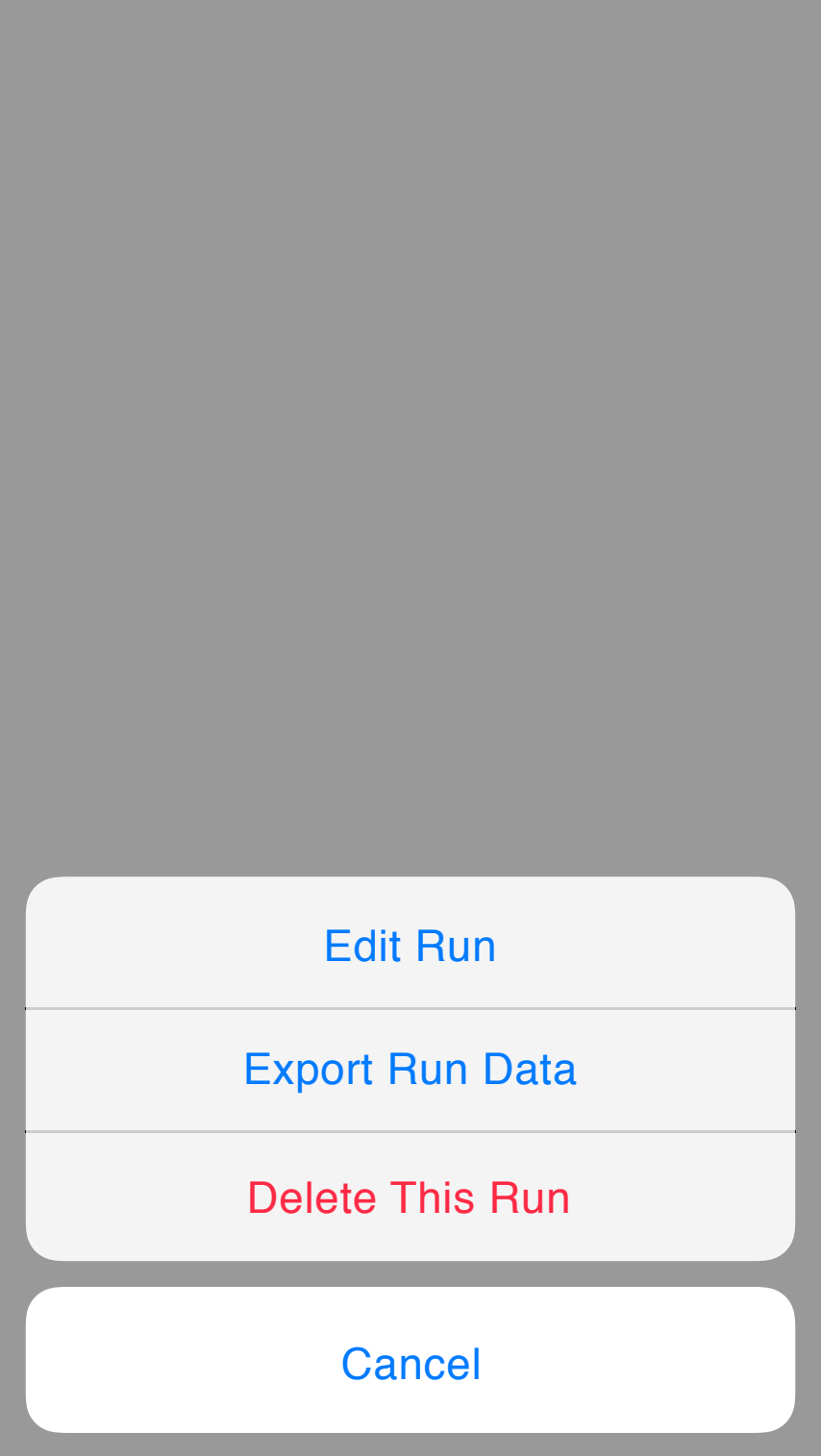
Message

Mail

Print

More

Cancel


Edit Run
Export Run Data
Delete This Run
Cancel

Add An Injury

Please tell us the details of the injury you are currently experiencing. With this information we will be able to update your training plan so your injury doesn't get any worse.

INJURY TYPE

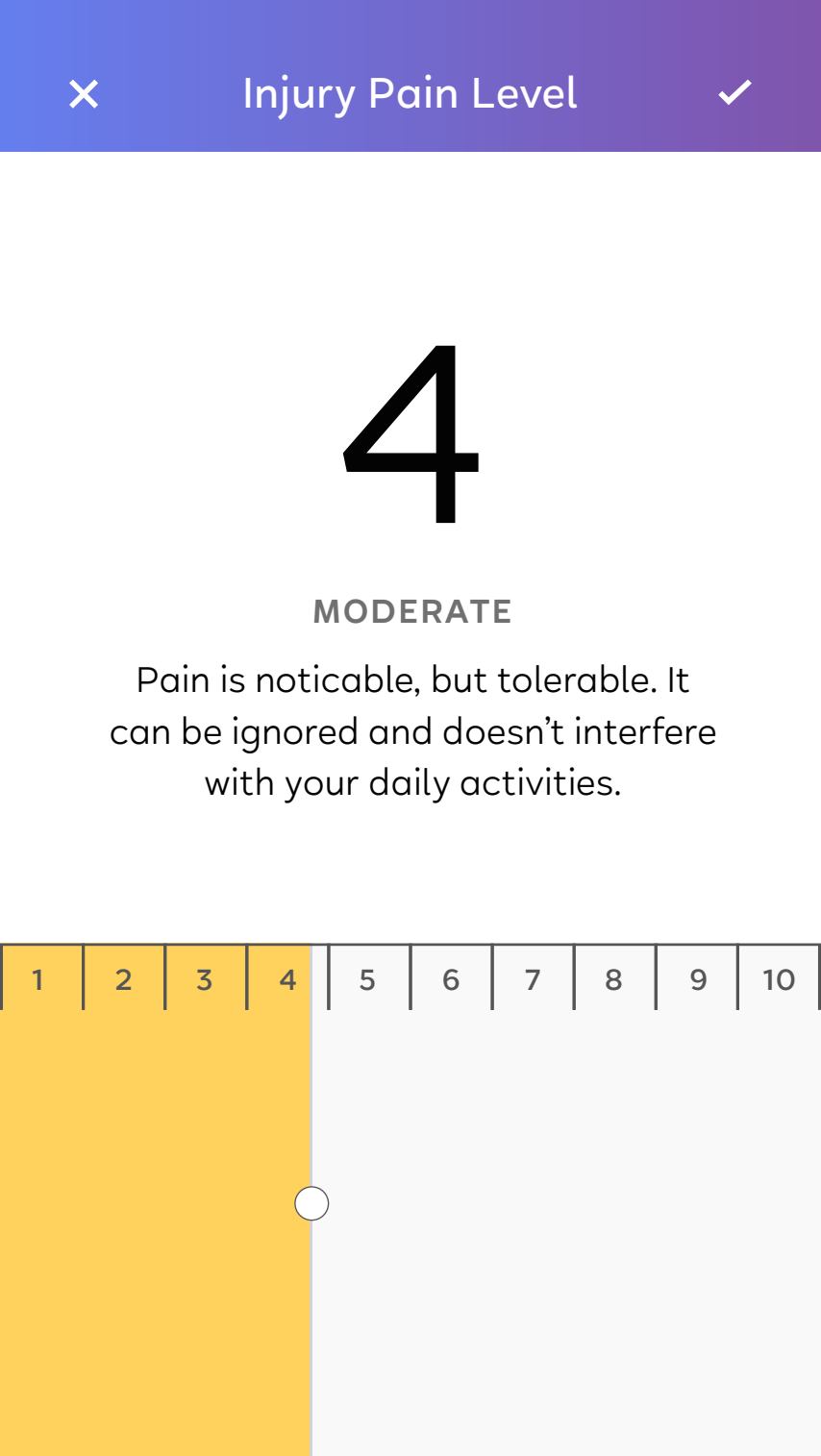
- Runner's Knee
- Achilles Tendonitis
- Hamstring Issues
- ✓ Shinsplints
- Stress Fracture
- Plantar fasciitis
- Pulled muscles
- Side stitches

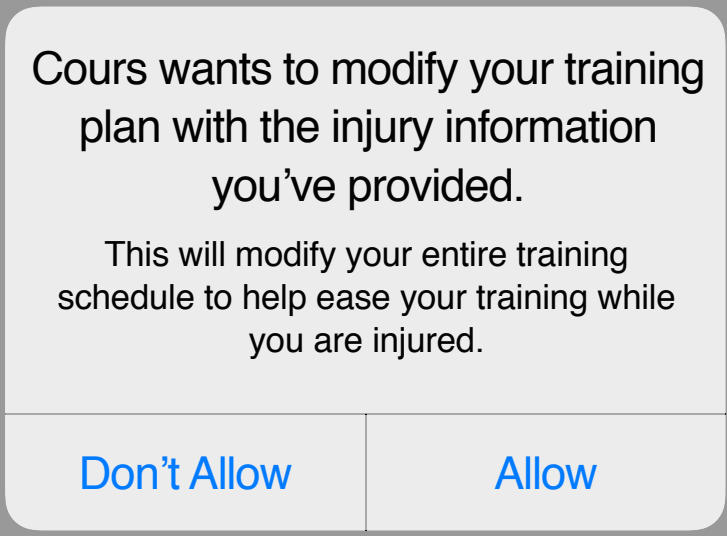
Don't see your injury listed? Ask us to add it.

INJURY DETAILS

Injury Pain Level	4 / 10
Time You've Been Hurt	2 days
Can You Still Run	Yes

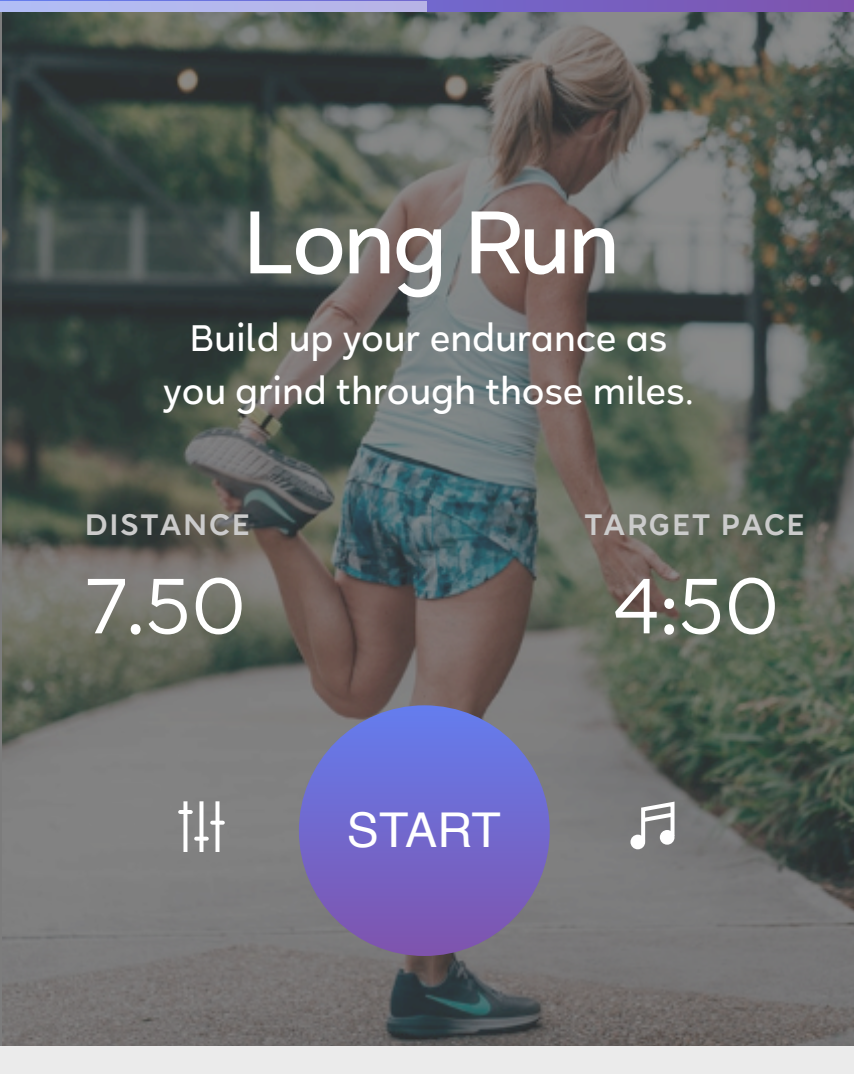
Continue


Injury Pain Level
4
MODERATE
Pain is noticable, but tolerable. It can be ignored and doesn't interfere with your daily activities.
1
2
3
4
5
6
7
8
9
10


Cours wants to modify your training plan with the injury information you've provided.
This will modify your entire training schedule to help ease your training while you are injured.
Don't Allow
Allow

Training Plan

This Week | Full Schedule



TRAINING PLAN OVERVIEW

Kilometers	Runs Completed
15.5 /175	3 /22

THIS WEEK

M 19	Rest Day Take a break for the day!	>
T 20	Benchmark 15:00 min	>
W 21	Long Run 7.50 km	>
T 22	**Tempo 2.50 km**	**>**
F 23	Recovery Run 5.00 km	>
S 24	Long Run 7.50km	>
S 25	Long Run 7.50 km	>

EXTRAS

Modify Your Plan >

Our Privacy Promise >

Activity

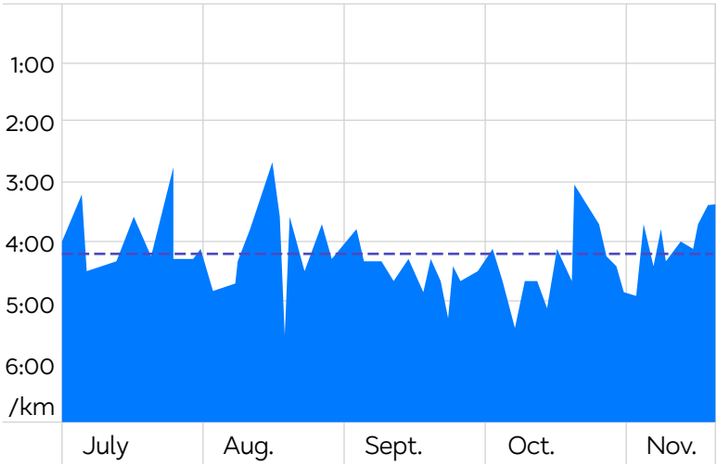
History | Overview | Export

TOTAL DISTANCE

368.3 km

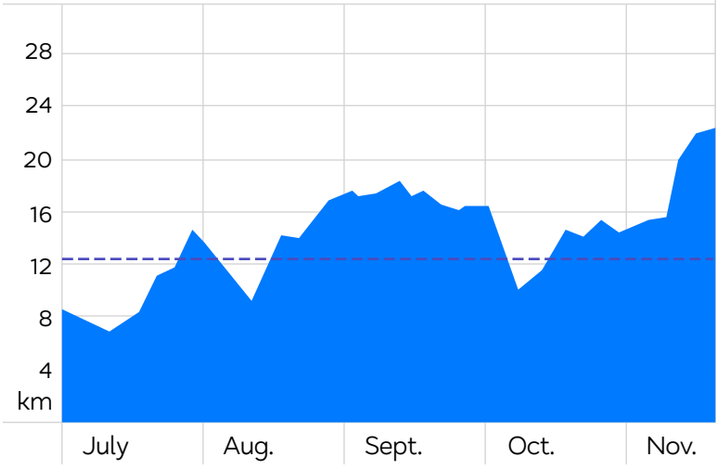
AVG PACE	TOTAL RUNS	BEST PACE
4:08	27	2:96

PACE



Avg Pace	Fastest Pace
4:08 /km	2:96 /km

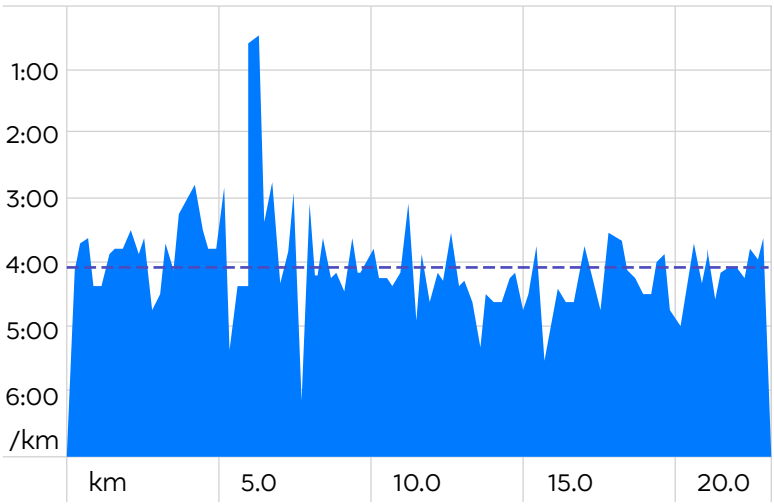
DISTANCE



Avg Distance	Longest Distance
12.3 km	23.1 km

HEARTRATE

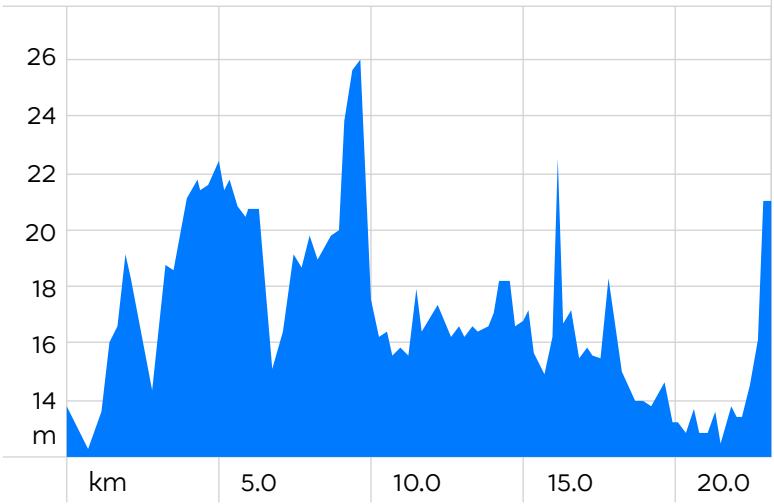
PACE



Avg Pace
4:06 /km

Fastest Split
1:09 /km

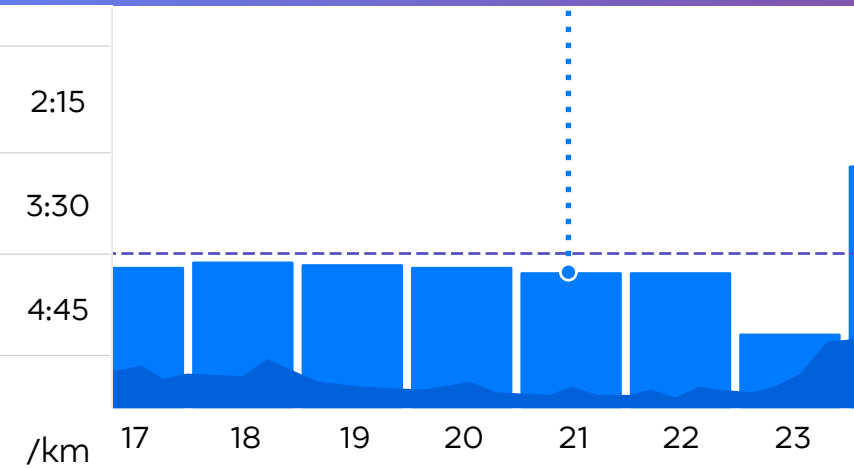
ELEVATION



Elevation Gain
69 m

Max Elevation
27 m

HEARTRATE



SPLITS

18	4:14 /km	0 m
19	4:16 /km	-3 m
20	4:17 /km	0 m
21	4:18 /km	-1 m
22	4:20 /km	0 m
23	5:30 /km	12 m
0	49:15 /km	-4 m

Modify Your Plan

Please feel free to tweak and modify your training plan data as you feel fit.

TRAINING GOAL

Distance Goal	10 km
Time Goal	34:00
Runs Per Week	3-4

ATHLETE INFORMATION

Weight	4 / 10
Height	2 days
Gender	Female
Add An Injury	>
Other Health Issues	>

OTHER INFORMATION

Missed Run Notifications	On
Training Deadline	None

Continue

Settings

Please feel free to tweak and modify your training plan data as you feel fit.

ACCOUNT INFORMATION

- Current Membership — Free
- Smart Devices >
- Change Your E-mail >
- Change Your Password >
- Past Purchases >
- Add A New Shoe >

PREFERENCES

- Units of Measurement — Metric
- Privacy Controls >
- Data Permissions >
- Push Notifications >
- E-mail Notifications >
- Modify Training Plan >

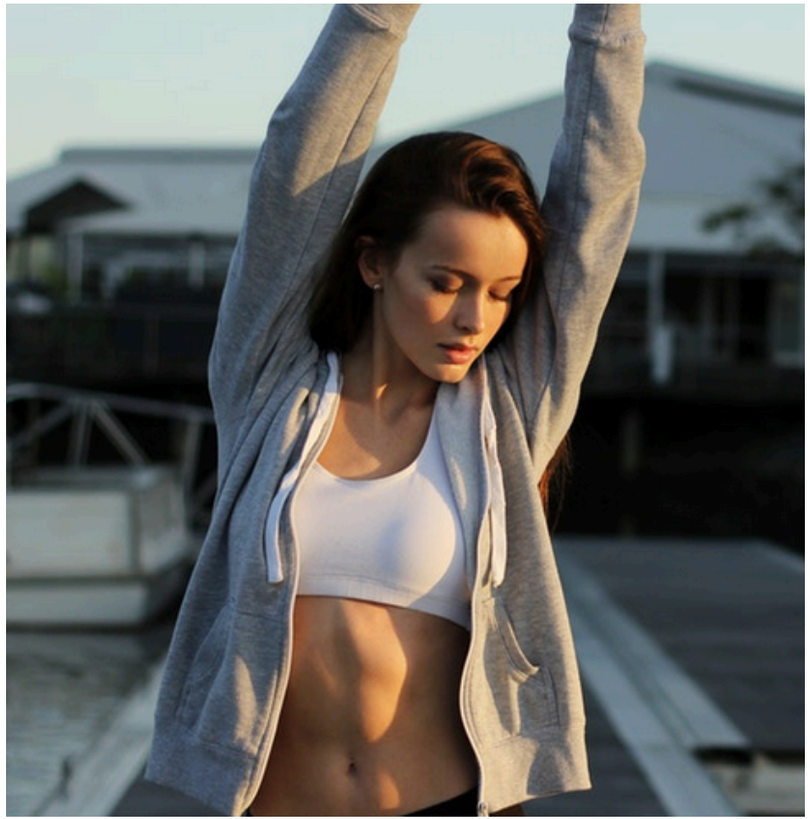
RUN TRACKER SETTINGS

- Auto-Pause — On
- Indoor or Outdoor — Outdoor
- Audio Feedback — On / Female
- Countdown — Off

OTHER

- App Credits >
- Our Privacy Promise >
- Logout of this Account >

USER TESTING



Anna Munroe

HELLS KITCHEN, NYC

Photographer

INTERNET USE

7/7 ★ ★ ★ ★ ★ ★ ★

SMARTPHONE TYPE

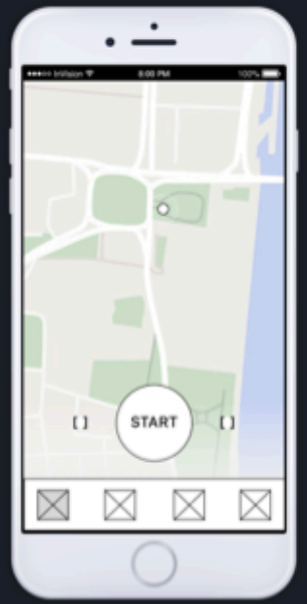
iPhone 6s

ANNUAL INCOME

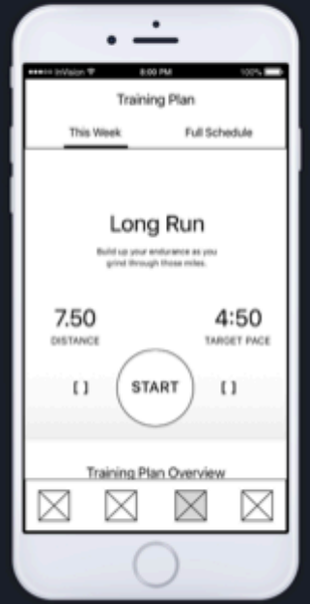
$58,000

SKILLS WITH TECHNOLOGY

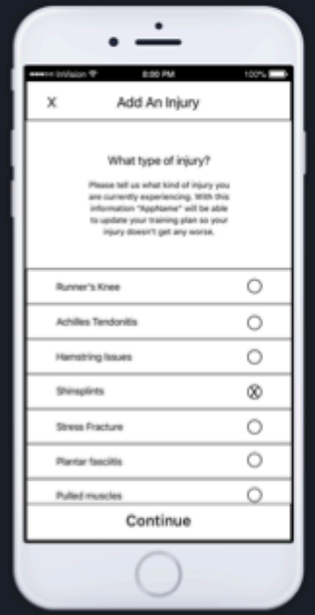
4/5 ★ ★ ★ ★



Barry injured himself during his evening workout. He opens his app so he can modify his personal training plan.

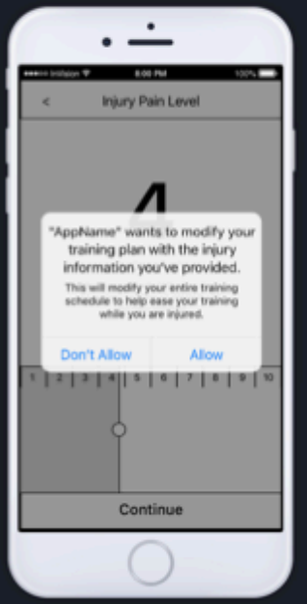


Barry opens the Training Schedual tab and chooses the Add An Injury option.

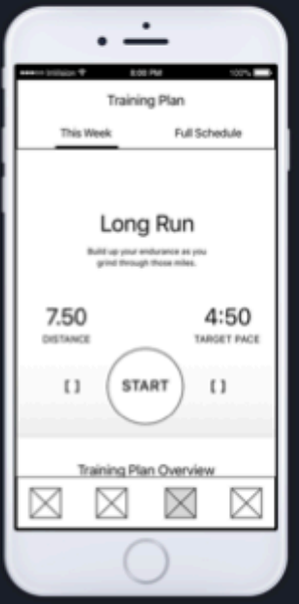


The app prompts Barry to enter the type of injury that he has. Barry tells the app that he has shinsplints.

The app then prompts Barry to enter the injury's severity. He tells the app that it's a 4/10; it hurts but not too badly.



The app knows that Barry took a two month break from the app. It uses this data in conjunction with Barry's injury data in order to tabulate changes to his training plan. Before it makes these changes, it prompts Barry confirm that he



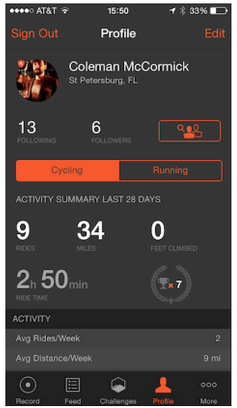
Finally the app updates Barry's information and provides him with his modified training schedule.

H1 **COURS**

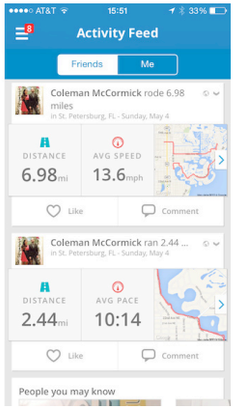
H2 Add A Smart Device

H3 DESCRIPTION HEADER GOES HERE

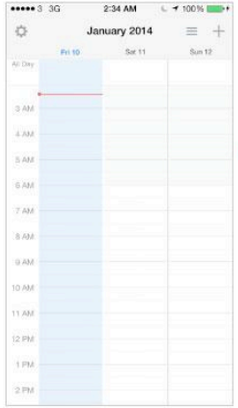
BODY There are many variations of pass-ages of Lorem Ipsum available, but the majority have suffered alteration in some form, by


Sign Out
Profile
Edit
Coleman McCormick
St Petersburg, FL
13
FOLLOWING
6
FOLLOWERS
Cycling
Running
ACTIVITY SUMMARY LAST 28 DAYS
9
RIDES
34
MILES
0
FEET CLIMBED
2h 50min
RIDE TIME
ACTIVITY
Avg Rides/Week 2
Avg Distance/Week 9 mi
Record
Feed
Challenges
Profile
More

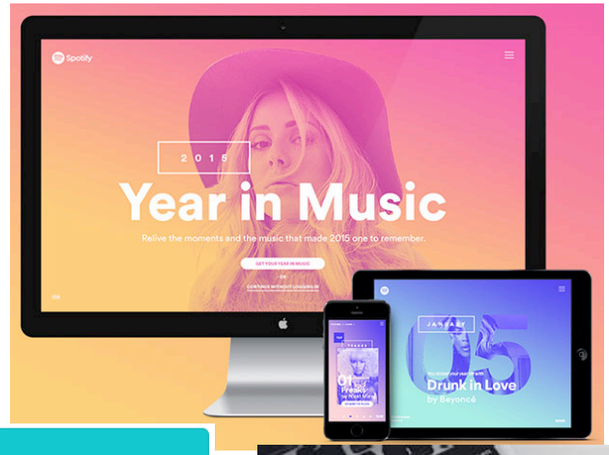
Me
Coleman McCormick
Active since Oct 2009
BASIC
MILES
14.6
THIS WEEK
18.9
LAST WEEK
ACTIVITIES
All Time Totals
247
Tracked
PERSONAL RECORDS
1 month ago
57:57
Longest Duration
WORKOUTS PER WEEK
4 this week
Me
Goals
Start
Friends
Settings

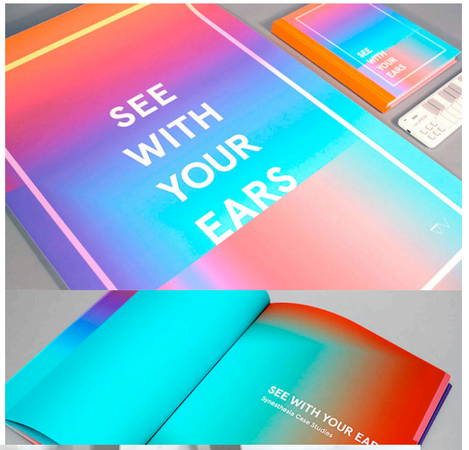

Activity Feed
Friends
Me
Coleman McCormick rode 6.98 miles
DISTANCE
6.98mi
AVG SPEED
13.6mph
Like
Comment
Coleman McCormick ran 2.44 ...
DISTANCE
2.44mi
AVG PACE
10:14
Like
Comment
People you may know

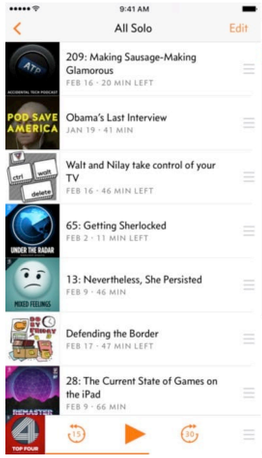
Sunrise
Your new calendar. Free.
Learn more about Sunrise.
I'm a Sunrise User
New to Sunrise


January 2014
Fri 10
Sat 11
Sun 12

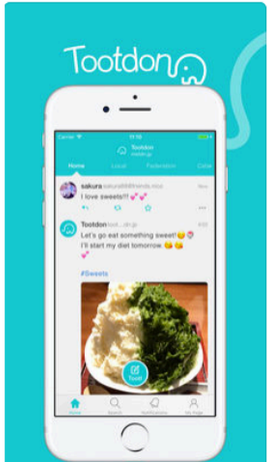
TODAY - FRIDAY, JANUARY 10
Morning
Afternoon
Evening
TOMORROW - SATURDAY, JANUARY 11
Morning
Afternoon
Evening
SUNDAY, JANUARY 12
No event
MONDAY, JANUARY 13
No event

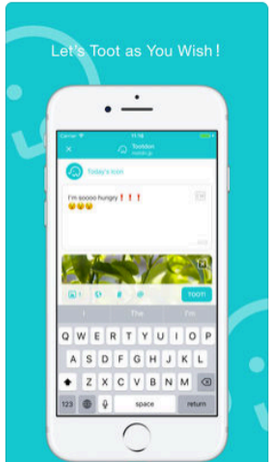

2015
Year in Music
Relive the moments and the music that made 2015 one to remember.
Drunk in Love
by Beyoncé

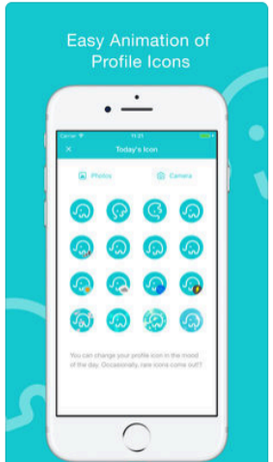

SEE WITH YOUR EARS

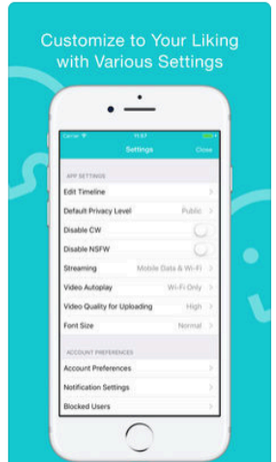

All Solo
Edit
209: Making Sausage-Making Glamorous
FEB 16 · 20 MIN LEFT
Obama's Last Interview
JAN 19 · 41 MIN
Walt and Nilay take control of your TV
FEB 16 · 46 MIN LEFT
65: Getting Sherlocked
FEB 2 · 11 MIN LEFT
13: Nevertheless, She Persisted
FEB 9 · 46 MIN
Defending the Border
FEB 17 · 47 MIN LEFT
28: The Current State of Games on the iPad
FEB 9 · 66 MIN

209: Making Sausage-Making Glamorous
ACCIDENTAL TECH PODCAST
1:46:59
-19:56
ATP
ACCIDENTAL TECH PODCAST
POST-SHOW: NEUTRAL

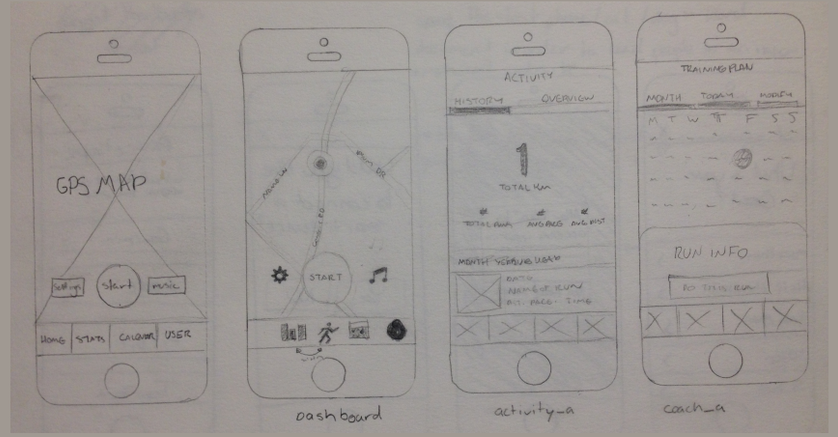

Tootdon

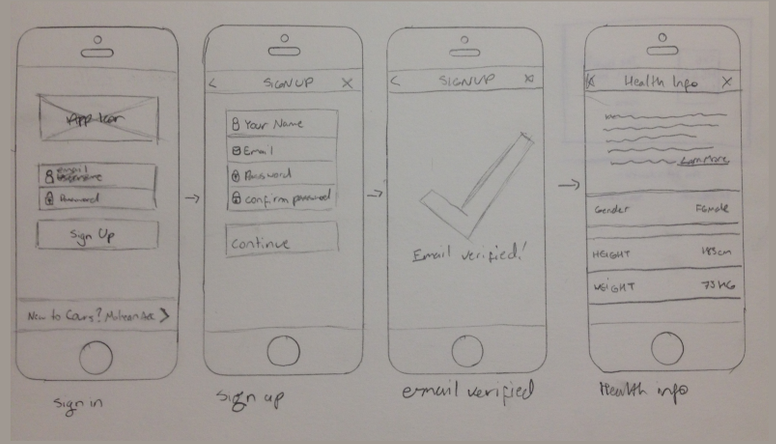

Let's Toot as You Wish!

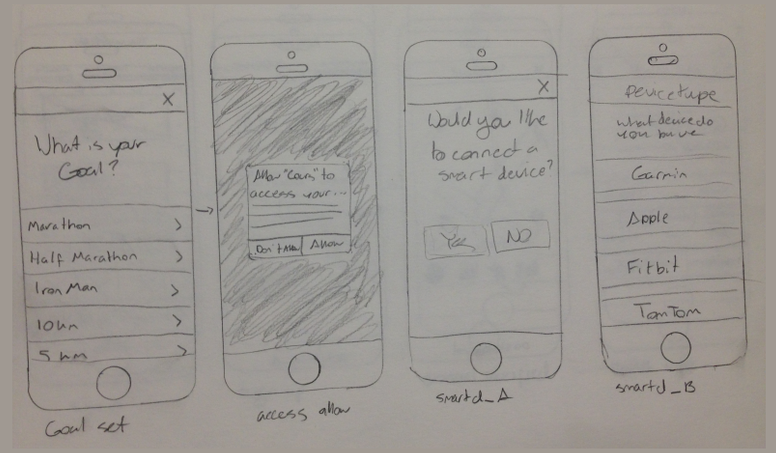

Easy Animation of Profile Icons

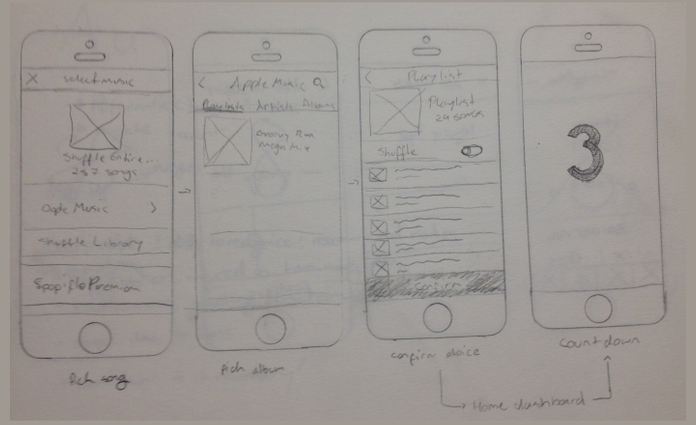

Customize to Your Liking with Various Settings

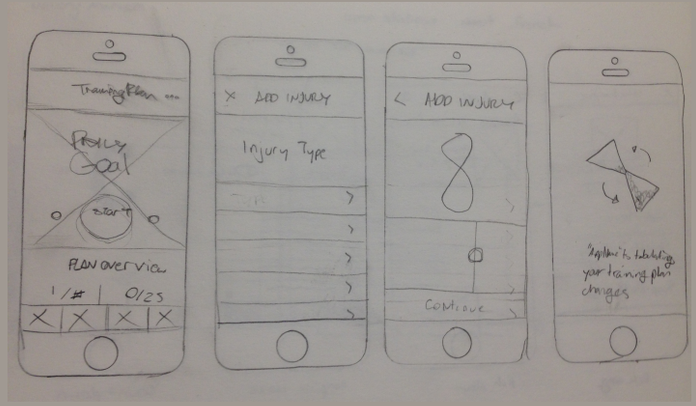
Firefox Focus

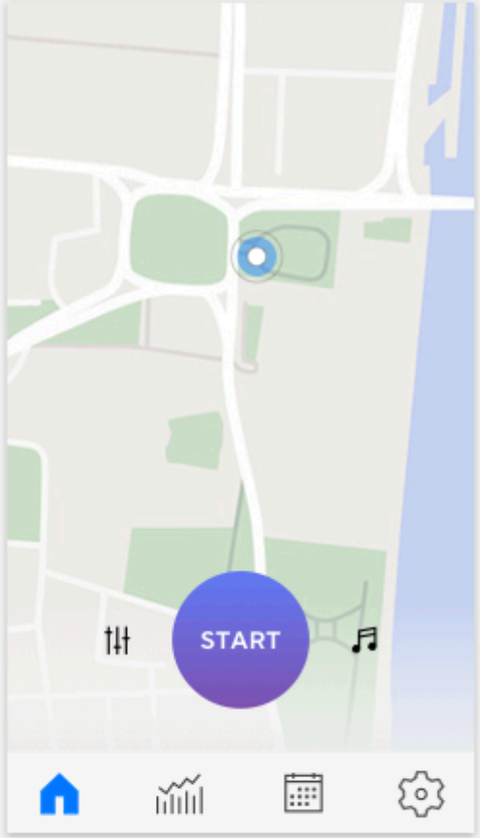

GPS MAP
start
music
HOME
STATS
CALENDAR
USER
START
ACTIVITY
HISTORY
OVERVIEW
TOTAL Km
TRAINING PLAN
MONTH
TODAY
MODIFY
RUN INFO
oashboard
activity_a
coach_a

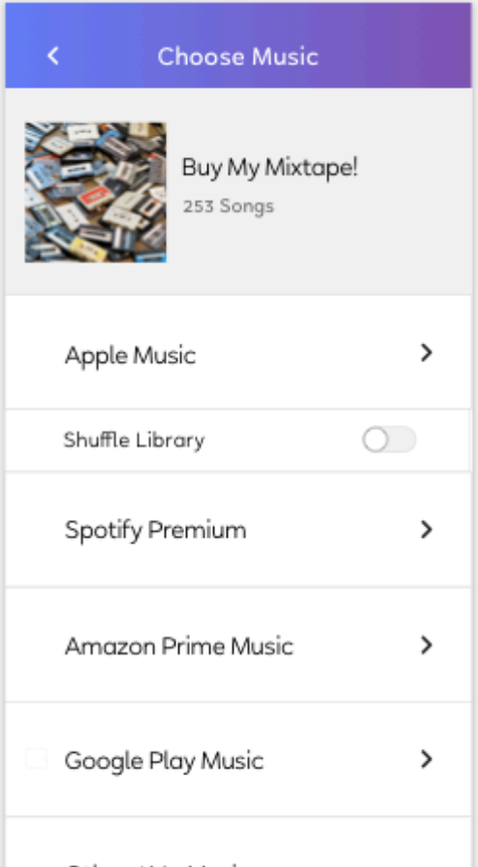

App Icon
Sign Up
New to Cours? Malcom Ace
SIGNUP
Your Name
Email
Password
confirm password
continue
Email verified!
Health Info
Gender
Female
HEIGHT
183cm
WEIGHT
73KG
sign in
sign up
email verified
Health info

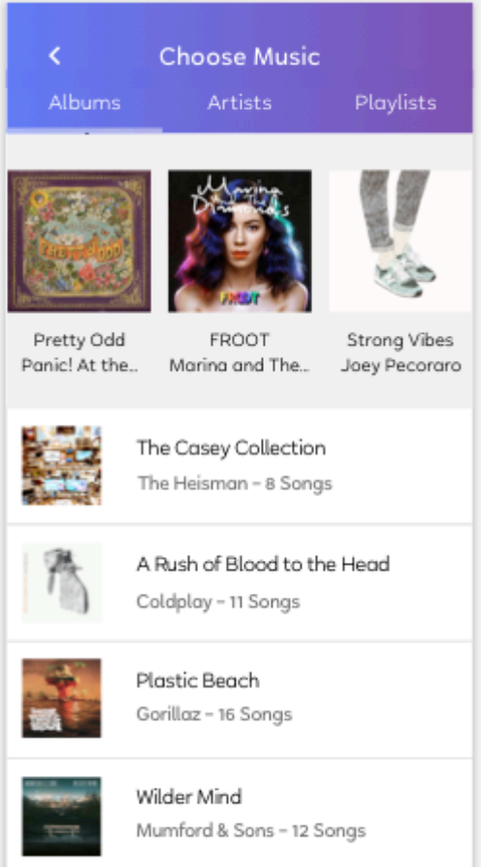

What is your Goal?
Marathon
Half Marathon
Iron Man
10km
5 km
Allow "Cours" to access your...
Don't Allow
Allow
Would you like to connect a smart device?
Yes
NO
Device type
what device do you have
Garmin
Apple
Fitbit
TomTom
Goal set
access allow
smartd_A
smartd_B

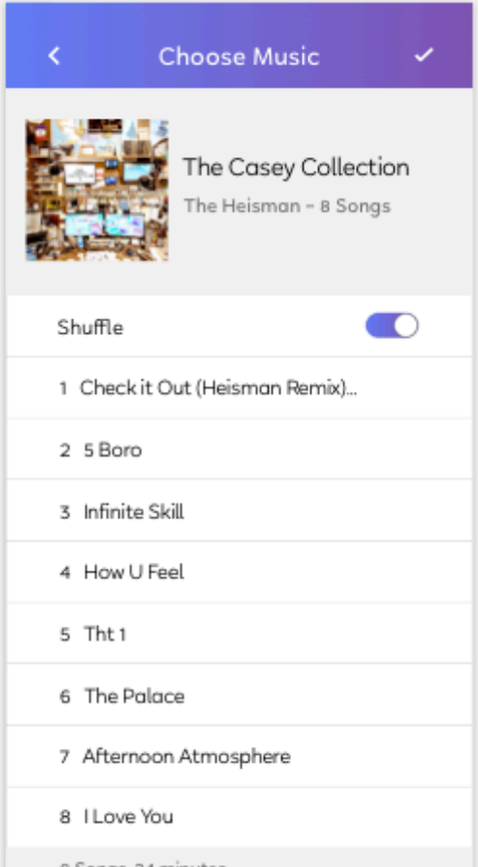

select music
Shuffle Entire...
Apple Music
Playlists
Artists
Albums
Playlist
Shuffle
3
Apple Music
Shuffle Library
Spoopiflo Premium
Pick song
pick album
confirm choice
count down
Home dashboard


Training Plan
Poly Goal
start
PLAN overview
1/#
0/25
ADD INJURY
Injury Type
ADD INJURY
Continue


START


Choose Music
Buy My Mixtape!
253 Songs
Apple Music
Shuffle Library
Spotify Premium
Amazon Prime Music
Google Play Music


Choose Music
Albums
Artists
Playlists
Pretty Odd
Panic! At the..
FROOT
Marina and The..
Strong Vibes
Joey Pecoraro
The Casey Collection
The Heisman – 8 Songs
A Rush of Blood to the Head
Coldplay – 11 Songs
Plastic Beach
Gorillaz – 16 Songs
Wilder Mind
Mumford & Sons – 12 Songs


Choose Music
The Casey Collection
The Heisman – 8 Songs
Shuffle
1 Check it Out (Heisman Remix)...
2 5 Boro
3 Infinite Skill
4 How U Feel
5 Tht 1
6 The Palace
7 Afternoon Atmosphere
8 I Love You

H1 **COURS**

H2 Sign Up

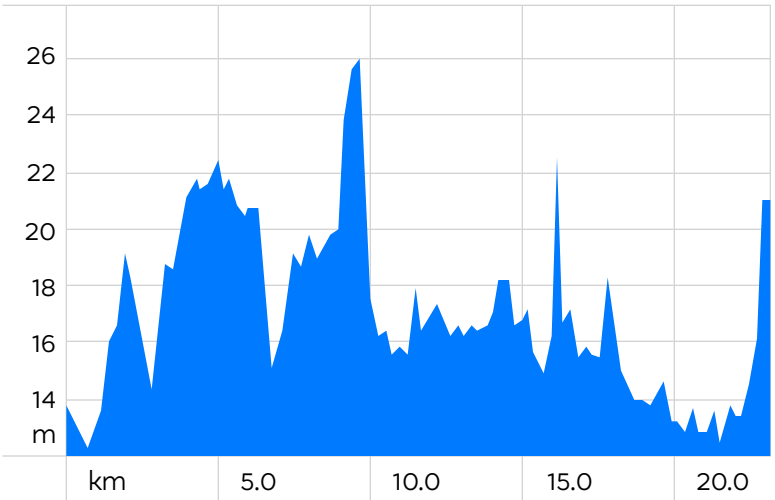
H3 DESCRIPTION

BODY

There are many variations of pass-ages of Lorem Ipsum available, but the majority have suffered alteration in some form, by injected humour, or randomised words which don't look even slightly believable. If you are going to use a passage of Lorem Ipsum, you need to be sure there isn't anything embarrassing hidden in the middle of text.

BUTTON

DATA



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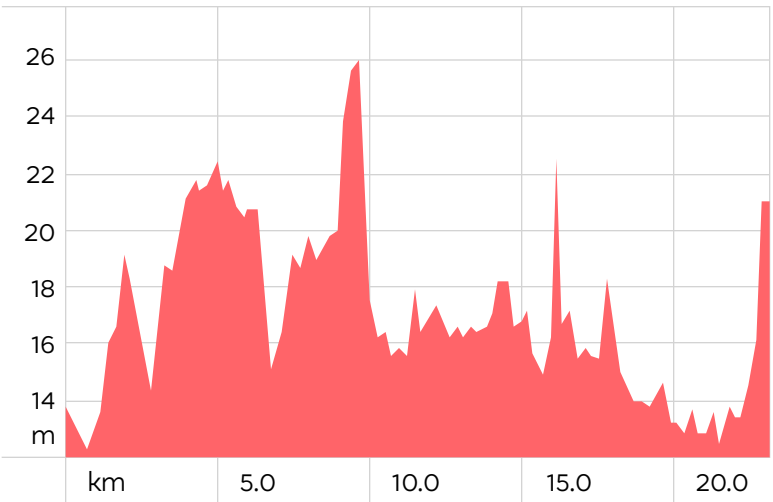

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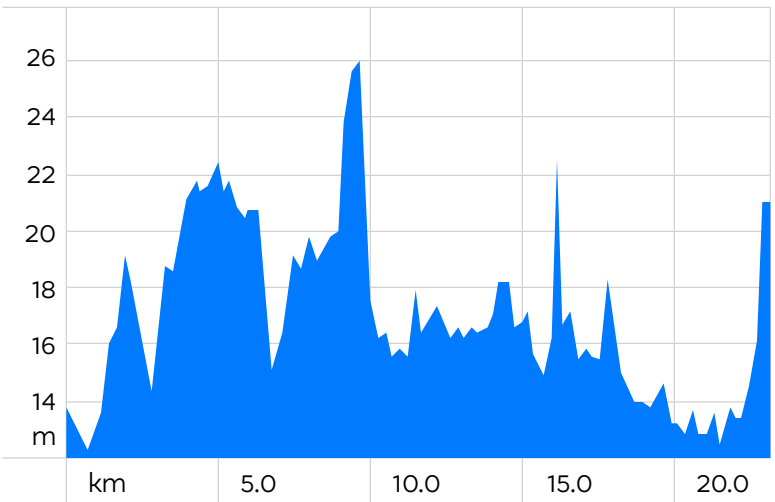

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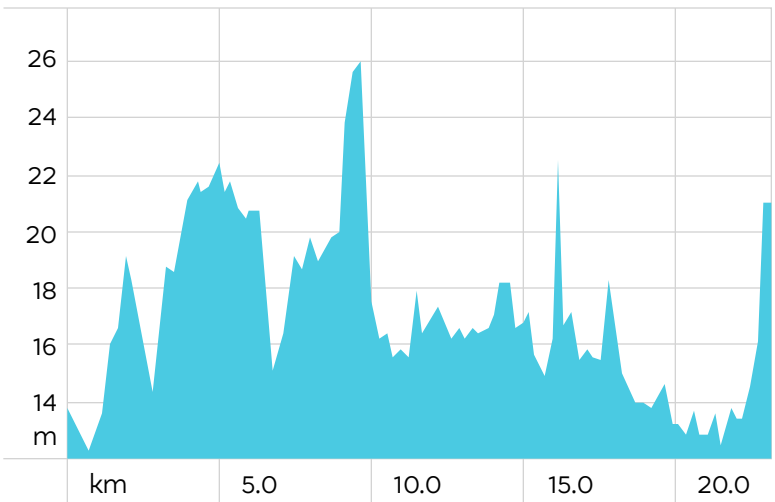

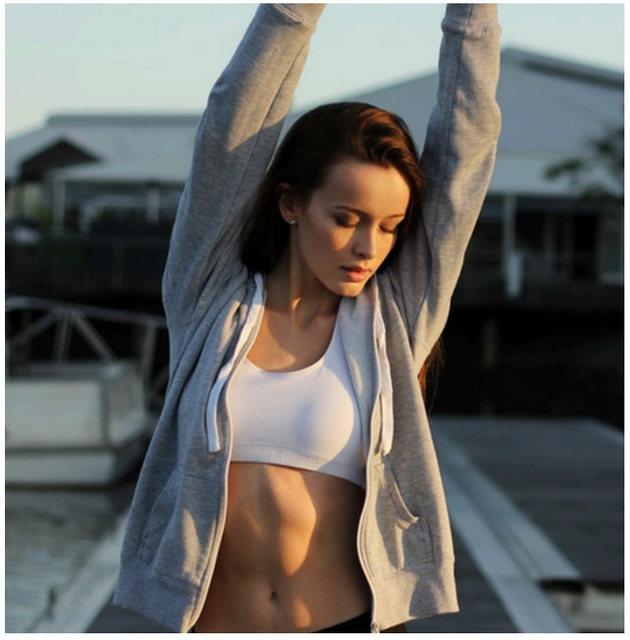

Anna Munroe

HELLS KITCHEN, NYC

Photographer

INTERNET USE

7/7 ★ ★ ★ ★ ★ ★ ★

SMARTPHONE TYPE

iPhone 6s

ANNUAL INCOME

$58,000

SKILLS WITH TECHNOLOGY

4/5 ★ ★ ★ ★

Joey Green

OAKLAND, CA

High School Teacher, Marathon Runner

INTERNET USE

5/7 ★ ★ ★ ★ ★

SMARTPHONE TYPE

iPhone 8

ANNUAL INCOME

$63,050

SKILLS WITH TECHNOLOGY

3/5 ★ ★ ★

Buck Rogers

PORTLAND, OR

College Track & Field Athlete

INTERNET USE

7/7 ★ ★ ★ ★ ★ ★ ★

SMARTPHONE TYPE

iPhone 5s

ANNUAL INCOME

$47,000

SKILLS WITH TECHNOLOGY

5/5 ★ ★ ★ ★ ★

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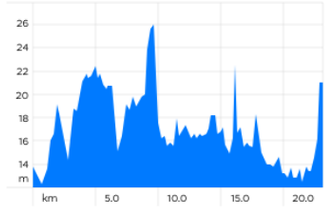

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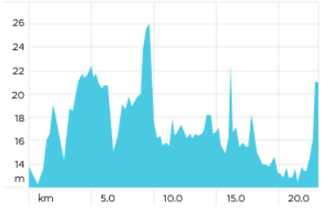

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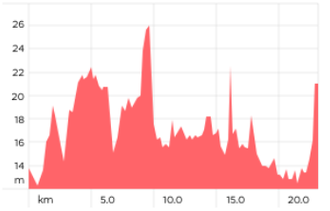

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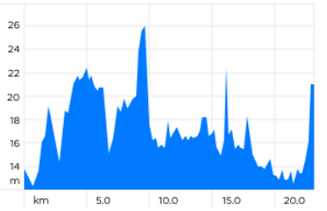
BUTTON

DATA