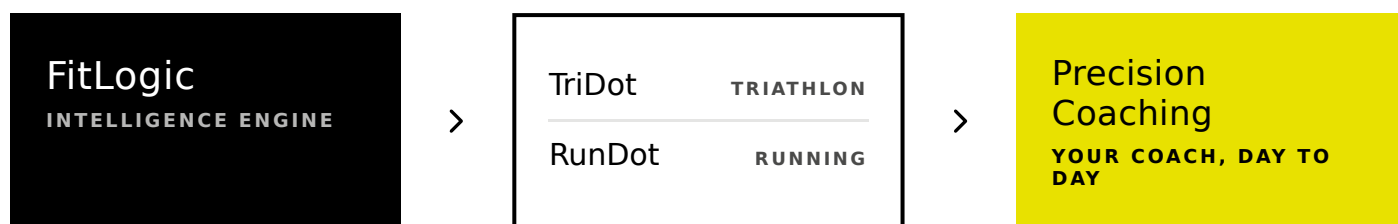


The Intelligence Behind Every Training Plan

Every Precision Coaching athlete trains on **FitLogic** — a predictive engine built from over 20 years of endurance training data. It's the same intelligence layer behind **TriDot** and **RunDot**, delivered here through a coach who knows you, not an app alone.



One engine. Two platforms. One coach who puts it into practice.

**TRIDOT — OFFICIAL TRAINING PLATFORM OF
IRONMAN® (2023)**

**RUNDOT — OFFICIAL PLATFORM, LA & SAN
FRANCISCO MARATHONS**

Endorsed by Mark Allen, Michellie Jones and Meb Keflezighi

See exactly how it works, pillar by pillar — overleaf.

What's Under the Hood

FitLogic isn't a general AI wrapped around a stopwatch. Every metric below was built specifically for endurance training and refined over two decades of real athlete data. Here's what each one does for you — and why it holds up against any other training app on the market.



Dot Scores™ — One Number for Real Fitness

FitLogic converts your performances into a single score from 1-100, standardised against a real population of endurance athletes — not a generic pace chart. It's the same number whether you're 22 or 52, male or female, so your coach always knows exactly where you stand.

THE EDGE Most apps benchmark you against a formula built for someone else. Dot Scores benchmark you against athletes like you.



EnviroNorm® — Every Session in Its Real Conditions

Heat, humidity and elevation all change how hard an effort really is. EnviroNorm quantifies that cost and builds it into your training data automatically — so a hard session in the heat is recorded as the hard session it actually was.

THE EDGE Run the same pace at 15°C and 32°C and most platforms log it as the same effort. FitLogic knows it wasn't.



Normalized & Residual Training Stress — Load That Tells the Truth

Instead of one stress number per session, FitLogic tracks how load compounds and lingers across the days that follow — because fatigue from Tuesday doesn't vanish by Thursday just because the calendar moved on.

THE EDGE Standard Training Stress Score treats a session as done or not done. FitLogic tracks how recovered you actually are.



Dynamic Adaptation — A Plan That Rewrites Itself Around You

Every session you complete, and every sign of fatigue or recovery, feeds straight back into your next session — automatically and continuously, not just at a scheduled check-in.

THE EDGE A templated plan is fixed the day it's printed. Yours changes in response to you, every day you're training.



TrainX Scores® — Execution, Not Just Completion

FitLogic scores how well a session was actually executed against its intent — pacing, power and effort distribution — not simply whether it happened.

THE EDGE Most apps track a checkmark. FitLogic and your coach can see a session that was "completed" but poorly executed — before it costs you on race day.



20+ Years of Purpose-Built Data — Not a Chatbot With a Stopwatch

FitLogic has been in development since 2004, trained exclusively on endurance athlete data. Every workout logged and every race finished by the athletes on it refines the model further — it never stops learning.

THE EDGE Many newer "AI" training tools are general-purpose language models repurposed for fitness. FitLogic was never anything else — which is why TriDot is IRONMAN®'s Official Training Platform and RunDot is trusted by Olympic medallists.

Every one of these numbers reaches your coach — not just an app.