Introduction to WKO4
Education | WKO4
Two Levels

Athlete Level

Workout Level
Athlete Level - Controls

Hero Bar

Athlete Filter

LEFT HAND EXPLORER (LHE)

RIGHT HAND EXPLORER (RHE)

Range Filter
Athlete Level - Charts

Chart Library

Parent Chart

Child Chart

Top Nav Bar

Bottom Nav Bar
Athlete Level – Key Functions

- Add / Delete Athletes
- Add / Delete Time Range
- Sport Type Selection
- Launch Sync and Preferences

WKO4 Preferences

- Appearance: Dark / Light
- Units: Metric / English
- Start week on: Monday
- Send anonymous usage data: Yes / No
- Sync with TrainingPeaks: Manually
- Data store location: C:\Users\Tim Cusick\Documents\WKO4

The above location is a valid WKO4 data store.
Workout Level Controls

Chart Library

Parent Chart

Child Chart

Hero Bar

Top Nav Bar

Bottom Nav Bar

LEFT HAND EXPLORER (LHE)

RIGHT HAND EXPLORER (RHE)
Athlete Level Controls

Add / Delete Workouts

Add / Delete Time Range
Getting Data Into WKO4
Sync with TrainingPeaks

WKO4 Preferences

Appearance: Dark

Units: Metric

Start week on: Monday

Send anonymous usage data: Yes

Sync with TrainingPeaks: Every Hour

Data store location: /Users/TimCusick/Documents/WKO4.tkcoaching Current Build 213 12:15

The above location is a valid WKO4 data store.

Close
Sync Athlete List

1. Click on the 'Edit' button to link the athlete to TrainingPeaks.com.
2. Enter the TrainingPeaks username and password for the athlete or coaching account.
3. Select the athlete from the list of accessible athletes to link.
A Garmin device is attached to your computer. Please choose the athlete for this device and then click import to automatically import new files.

- Ben BikeRun
- Import

Always choose this athlete and don’t ask again for this device

Cancel

Import

Weekly Summary Report

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Accessing New Charts
Building New Charts

1. Select Fix Data
2. Select New
3. Select Create a New Chart
   - Create Custom Chart
   - Create Dashboard Chart
   - Create Athlete Details Chart
   - Create Web Page Chart
Chart Saving and Closing
Chart Config

Last 90 Days
- Measured: 321 W
- Modeled: 316 W

Configure

Chart Settings
Chart Description
Linked Charts
Measured
Modeled
Phenotype
Y Axis Type
Y Axis: W
X Axis: hms

Mocled

Name: Modeled
Chart Type: Line
Line Style: Solid
Line Weight: Thick
Symbol Style: None
Color:
Expression: pdcvur(meannax(power))
Y Axis: W
X Axis: hms
Rounding: 3.0
Annotation: None
Include in legend
Resources

- TrainingPeaks Education Center
- TrainingPeaks Online Certification
- TrainingPeaks TPU: WKO4
- TrainingPeaks Support
- Expression Guide
Issue? Submit a ticket

Great for questions, not support
WKO4 Intro Demo
Q&A