

## How to import Training Plan to Polar ProTrainer 5

You can import training plans to Polar ProTrainer 5, for example, from Polar Training Plan Bank. Imported plans are saved in **.pp1z** file format. Plans can then be viewed in Polar ProTrainer 5 Training Diary.

To create new training plans in Polar ProTrainer 5, use the **Export Training Plan** option.

To get the full advantage from the training plan transfer it to Polar CS400 / CS600 Cycling Computer or Polar RS400 / RS800 Running Computer. The product will then guide you through the training session.

### At Polar Web Site

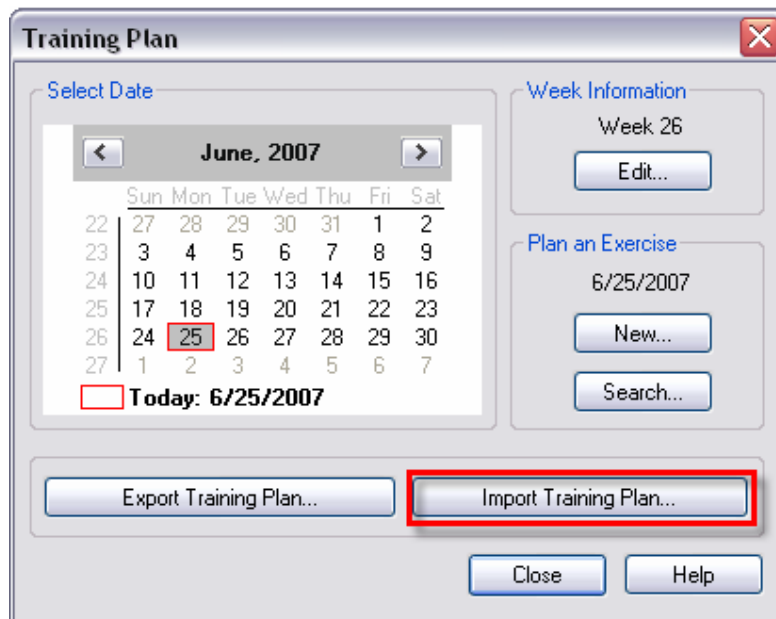
1. Select the training plan you are interested in and click **Download**.
2. Save the file to your computer, for example, on the desktop.



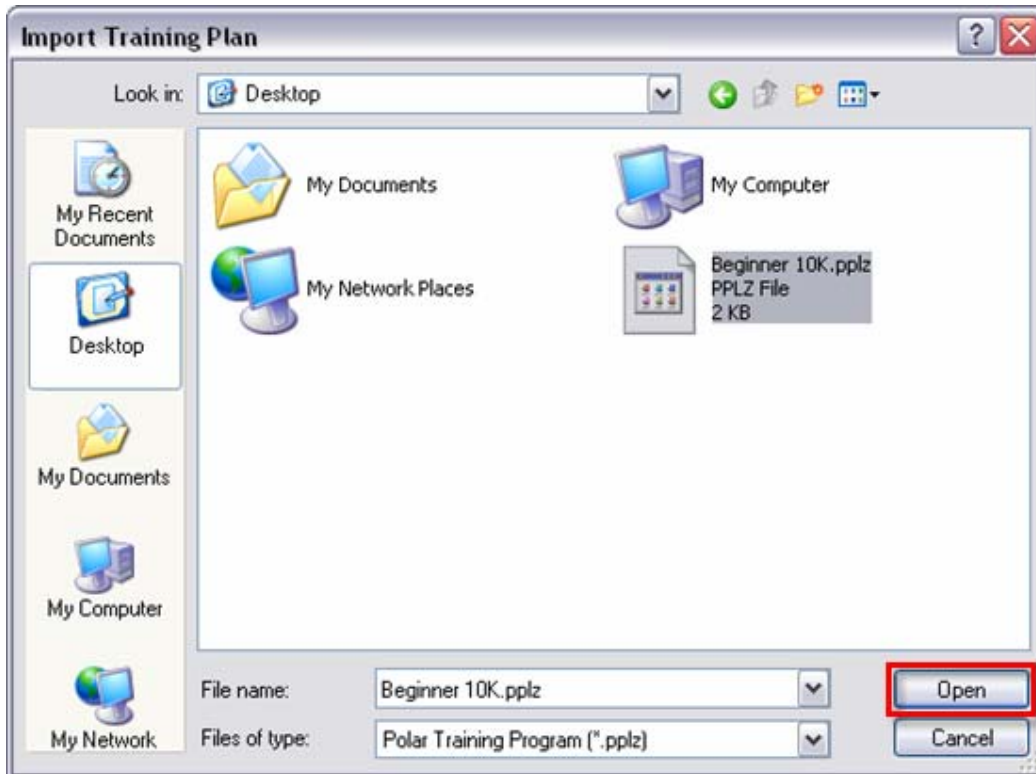
If you would like to run the training plan file without saving it to your computer, open the file with Polar32.exe (by default at C:\Program Files\Polar\Polar ProTrainer) and proceed to step 3 below.

### In Polar ProTrainer 5

1. Select **Tools** → **Training Plan**, and click **Import Training Plan**.



2. Browse to the folder where you have saved the plan, select the desired training plan file (.pplz), and click **Open**.



3. In the **Schedule** section you can select the placing of the training plan into your calendar. You can place the plan according to its start or end date.
- Select **Set Start Date** if you want to place the plan according to the starting date of your training. Click the down arrow on the date to open the calendar. The training plan will appear in the calendar from this date onwards.
  - Select **Set End Date** if you want to place the plan in according to the end date of your training. Click the down arrow on the date to open the calendar. Use this option if you are training for a race for example. The training plan will appear in the calendar backwards from the selected date.

**Import Training Plan** [Close]

Beginner 10K

**Description**  
Purpose: Basic training plan for 10K  
Level: Beginners  
Duration: 10 weeks  
Activities included: Running, cycling, weight training

**Schedule**  
Duration: 70 Days

Set Start Date: 7/ 1/2007 [v] - 9/8/2007

Set End Date: 7/1/2007 - 9/ 8/2007 [v]

**Sports**  
Sports in Plan: My Sports

|                 |                     |
|-----------------|---------------------|
| Running         | Running [v]         |
| Cycling         | Cycling [v]         |
| Weight Training | Weight Training [v] |

[OK] [Cancel]

4. In **Sports** section you can match the sports from the training plan with the sports you use in your training.

The sports in the training plan are given on the left, under **Sports in Plan** heading.

The sports you are using in the calendar are given on the right, under **My Sports** heading. From **My Sports**, select a sport that best matches the sport in the training plan.

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 Set Start Date: 7/ 1/2007 - 9/8/2007  
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**Sports**

| Sports in Plan  | My Sports       |
|-----------------|-----------------|
| Running         | Running         |
| Cycling         | Cycling         |
| Weight Training | Weight Training |

OK Cancel



Automatic matching is done only if the name of the planned sport matches exactly to a name found in **My Sports** list.

5. Click **OK**. The training plan is placed into your Training Calendar.
6. To transfer the training plan from the calendar to your Polar product, place the Polar product in **CONNECT** mode and face it to the infrared window. Click **Transfer Data**.



To transfer the training plan to the Polar product select **Update training plan in Polar product** in **Software Preferences** → **Transfer Data**. For more information on data transfer, please see ProTrainer 5 Help.



You can delete planned exercises from the Training Calendar, for example, if you have mistakenly located the training plan wrong.

1. Right-click the Calendar and select **Delete Exercise Targets** from the shortcut menu.
2. Select the date range you wish to delete the plans from.



Feel free to share training plans in blogs, forums or at web sites. You can also email training plans to your friends and club mates.

**Check out Polar Training Plan Bank again later for new plans !**