KINETIC FOR COACHES

Plan your clients' training in Kinetic. Free for you, no accounts for anyone.

You plan the week. Your client follows it in the Kinetic app on their phone and watch. Plans travel as one file you send the way you already reach your client.

01 What Kinetic is for coaches

A free plan builder.
Build in your browser at kineticpacer.com/coaches/builder. It saves on your device and downloads one plan file.

Clients follow in the app.
Today's session on Home, the week in the Planner, targets filled in when they press START.

No accounts, no logins.
Not for you, not for your client.

02 Build → Send → Your client imports

STEP 1
Build a week
Runs, lifts, Pilates, stretching and rest days, each with a target and a note. Then Download plan.

STEP 2
Send one file
Attach the .kinetic-plan file to a message, an email or a chat app, like a PDF.

STEP 3
Client taps it
Kinetic shows a preview. ADD TO PLANNER and the plan is in their Planner.

Your client needs Kinetic installed. Importing and following a plan is free.

03 What your client sees

EXAMPLE

Today's Plan
Easy run
5K Build · Coach Sola
30 min · Zone 2 · Running
"Keep it conversational. Nose-breathing if you can."
START RUN

- Apple Watch has every planned day, even with the phone at home.
- Their own units: 400 m shows as 0.25 mi.
- Their own heart-rate zones.
- A day ticks itself when they save that workout.

04 Getting the week back

FREE + PRO

At the end of the week your client taps Share My Week and sends you how it went, as a short message or a week file for an AI. They choose what to include: zones, strength sets and weights, RPE and notes, routes. Free clients send a checkmark summary; these options are Kinetic Pro.

WHAT YOU RECEIVE

Week Sep 21–27 · 5K Build: 5 of 6 done.

Mon easy run 31 min, 82% Z2 · Tue upper A done, RPE 7 · Wed Pilates 26 min · Thu 6 x 400 m, 4:48/km · Fri lower B missed · Sat mobility 22 min.

Note: left knee tight on Thursday.

See my week: https://kineticpacer.com/r#w1....

05 Updating a plan

Open your last file in the plan builder, change days or add the next week, download again and send it the same way. Your client's app updates the same plan: upcoming days are replaced, past days and everything they logged stay. If they changed a day you also changed, Kinetic asks them: Keep mine or Use coach's.

06 The AI route

A .kinetic-plan file is plain JSON. Give an AI the plan-file guide with this prompt, then check the file in Kinetic or the builder before you send it.

```
Build a one-week training plan for my client as a Kinetic .kinetic-plan file. Use the Kinetic
plan-file guide: keys, activities, units and limits. Return JSON only.
```

Plan-file guide and template week: kineticpacer.com/coaches

07 FAQ

What does it cost me?
Nothing. The builder is free with no account.

What does it cost my clients?
Following plans and a checkmark summary are free. Pro adds the full report.

Does data go through your servers?
Plans and weeks don’t: files go only where you or your client send them. Only builder exercise searches reach us.

Which activities?
Strength, Running, Walking, Cycling, HIIT, Yoga, Pilates, Stretching, rest days.

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