



OFFICIAL USER GUIDE

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# Aria

AI THAT TRAINS WITH YOU

Your complete guide to training smarter,  
recovering better, and performing at your peak  
— powered by AI and your personal data.

[runwitharia.com](https://runwitharia.com)

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01

# Getting Started

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Welcome to Aria — the AI coaching companion built specifically for sprint athletes. Aria learns from your wearable data, training history, and goals to give you personalized coaching that actually matches your body's readiness on any given day.

## 1 Create your account

Download the Aria app and sign up. Your username (e.g. `antonyrugama`) becomes your athlete identity inside the platform.

## 2 Complete your Athlete Profile

Head to **More** → **Athlete Profile** and fill in your height, weight, body fat %, sleep hours, injury status, training days per week, and training focus (Speed, Strength, Power, Endurance). This powers Aria's recommendations from day one.

## 3 Connect your health data

Go to **More** → **Health Integrations** and connect Apple Health, Samsung Health, Strava, or Garmin. This gives Aria access to your heart rate, HRV, sleep, and step data — the foundation of your daily readiness score.

## 4 Set your upcoming events

In **More** → **Upcoming Events**, add your next competition or race. Aria uses your event date and goal time to calibrate training urgency and taper timing.

## 5 Choose your coaching style

Visit **More** → **AI Coaching Style** and pick how you want Aria to communicate: Motivational, Technical, Balanced, or Minimal.



02

# Home Screen

The Home screen is your daily dashboard. Each morning it greets you with a time-aware message and a snapshot of your body and training status.

## Recovery Score

Your overall readiness from 0–100, calculated from wearable data. 80+ means you're primed for high-intensity work.

## Resting HR

Your resting heart rate trend. A declining RHR over days is a strong recovery signal.

## HRV

Heart Rate Variability in milliseconds. Higher and rising HRV indicates CNS recovery and readiness.

## Sleep

Hours of sleep synced from your connected device. Used to weight your readiness score for the day.

Below the metrics you'll see your **active training program** with a *Start Session* button, any completed meals from your nutrition plan, and the beginning of your **AI Coach Insights** cards — scroll down to see all of them.

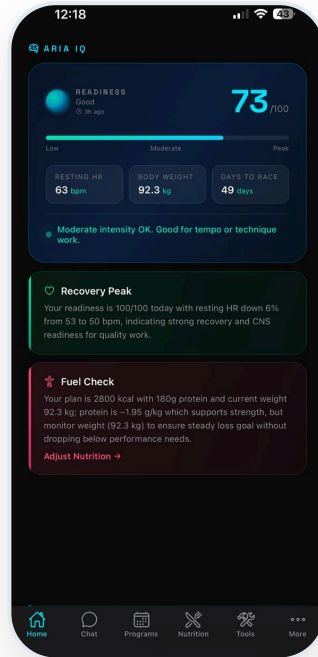
- i The streak counter (e.g. **55 DAYS**) in the top-right tracks how long you've been consistently using Aria. Keeping it alive helps Aria build a more accurate picture of your baseline.



03

# Aria IQ

Aria IQ is the intelligence engine behind your coaching. Every day it analyzes your wearable data, training history, nutrition, and upcoming events to generate a set of personalized insight cards — visible by scrolling down from the Home screen.



Aria IQ insight cards

Each card has a color-coded left border and icon that signals its category:

CARD TYPE	WHAT IT TELLS YOU	EXAMPLE
Recovery	Today's readiness summary with specific wearable data	"READINESS 100/100 — CNS signals very favorable for speed work"
Flag	Alerts you to health patterns that need attention	"Rapid weight loss flag — dropped 1.3 kg over 7 days"
Training	Specific session recommendations for this week	"Add 3×30m block starts at 95–100% plus 3×60m at 95%"
Nutrition	Protein, calorie, or macro feedback	"180g protein at 1.95g/kg — meeting sprint muscle retention needs"
Race Prep	Competition countdown with tactical guidance	"55 days to Iberoamerican — plan a max-speed test in 3–4 weeks"

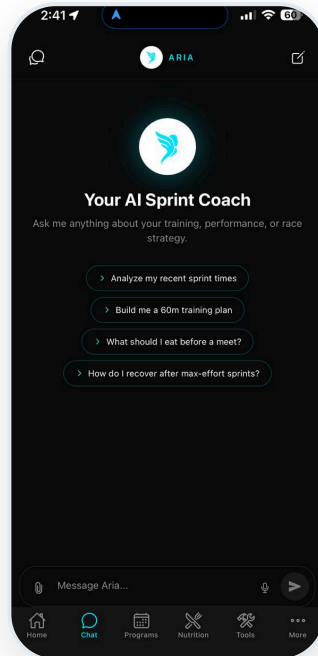
⚡ Aria IQ gets smarter over time. The more training sessions, nutrition logs, and wearable data you add, the more specific and accurate your daily insights become.



04

# Chat with Aria

The Chat tab is your direct line to your AI coach. Aria has full context of your profile, wearable data, training history, and upcoming events — so every answer is personalized to you, not generic advice.



Chat with Aria

**Quick prompts** on the chat home screen get you started instantly:

- ▶ Analyze my recent sprint times
- ▶ Build me a 60m training plan
- ▶ What should I eat before a meet?
- ▶ How do I recover after max-effort sprints?

### Chat History

Swipe from the left edge to see all past conversations. Tap any to continue it.

### New Chat

Tap the pencil icon (top-right) to start a fresh conversation.

### Bilingual

Aria understands and responds in both English and Spanish. Switch freely mid-conversation.

### File Attachments

Attach training plans or race results for Aria to analyze and reference.

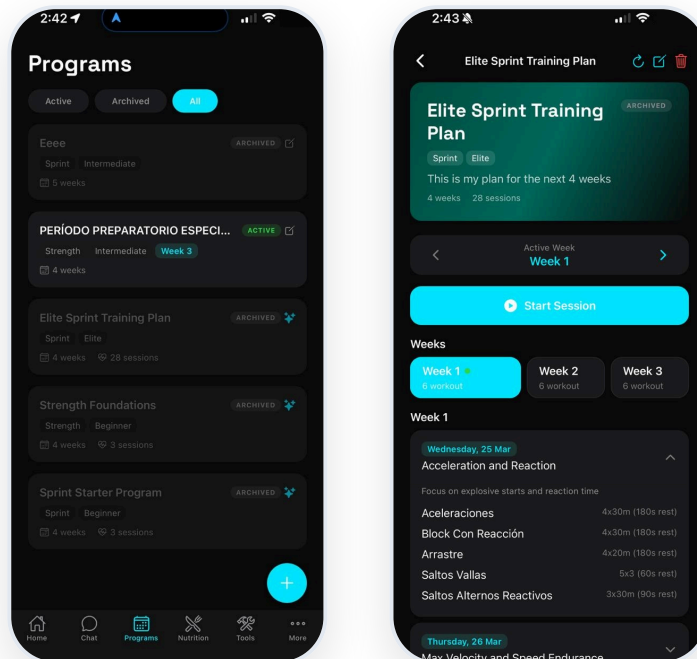
i The more specific your question, the better the answer. Instead of "how do I train?" try "I have a 60m race in 6 days and my readiness is 85 — what should today's session look like?"



05

# Programs

The Programs tab is where your structured training plans live. Aria generates multi-week programs tailored to your event, fitness level, and training phase — or you can build your own custom sessions.



Periodized training blocks    AI-generated program

- 1 Browse your active program**

Your current week is shown with each day's session listed. Tap any day to see the full workout detail — exercises, distances, intensities (% effort), rest periods, and RPE targets.
- 2 Start a session**

Tap *Start Session* on the Home screen or within the program. Aria guides you through each exercise in sequence and records your completion and RPE.
- 3 Log your effort**

After finishing, rate your RPE (1-10) and leave a note about how the session felt. This data feeds directly into tomorrow's Aria IQ readiness assessment.

i Ask Aria in the Chat tab to *"Create a training plan for the next 4 weeks leading to my 100m competition"* and it will generate a program automatically saved to your Programs tab.



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# Nutrition

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The Nutrition tab manages your meal plans. You can have multiple plans saved — one active at a time — and switch between them as your training phase changes.

## Plans have three states:

- ▶ **Active** — the plan currently guiding your daily meals, shown with a green badge
- ▶ **Saved** — ready to activate with the *Set Active* button
- ▶ **Archived** — previous plans kept for reference

### Activity Level

Sedentary / Light / Moderate / Active. Affects your total calorie calculation.

### Training Season

Off Season / Pre Season / In Season / Post Season. Tunes carb and calorie targets.

### Dietary Restrictions

Vegan, Vegetarian, Gluten Free, or Dairy Free options applied to all meal suggestions.

### Food Locality

Enter your region (e.g. *Costa Rica*) so Aria uses locally available ingredients.

Inside an active plan you'll see the **calorie ring** with your daily total, a **Macro Breakdown** bar (Protein / Carbs / Fat), and a full **Meal Plan** with specific foods and calorie counts per meal.

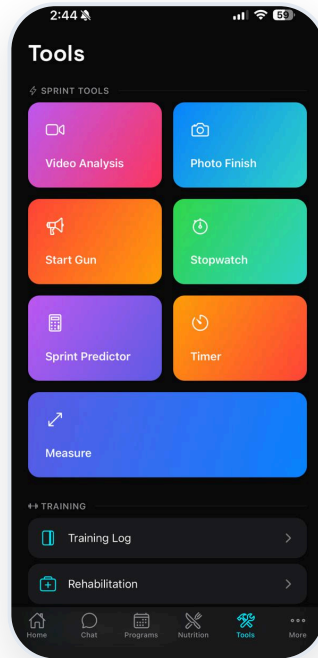
**Logging a meal:** Go to **Tools** → **Nutrition Log**. Tap the meal, confirm it as completed, and the calorie ring updates accordingly. Each logged meal also lets you *Get AI Feedback* for a personalized assessment.



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# Sprint Tools

The Tools tab organizes every performance utility into two sections: **Sprint Tools** (track-side tools for active sessions) and **Training** (logs and analytics).



Sprint Tools

TOOL	WHAT IT DOES
<b>Video Analysis</b>	Record or upload a sprint video for AI-assisted form analysis. Aria identifies biomechanical cues and gives actionable technique feedback.
<b>Photo Finish</b>	Use your camera to capture finish-line moments and manually record times for unofficial sessions.
<b>Start Gun</b>	Plays an authentic start-gun sound for reaction time drills. Tap to fire.
<b>Stopwatch</b>	Precision stopwatch with lap function — ideal for hand-timing training runs.
<b>Sprint Predictor</b>	Enter a known time and distance; Aria predicts your equivalent performance over other distances.
<b>Timer</b>	Countdown timer with audio alert. Useful for rest intervals and warm-up blocks.
<b>Measure</b>	AR-assisted distance measurement tool for marking out sprint distances on a track or field.

Training section links:

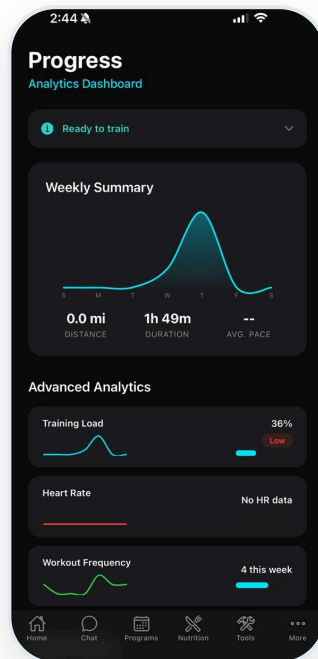
- ▶ **Training Log** — full history of every completed session
- ▶ **Rehabilitation** — structured recovery programs by injury type
- ▶ **Progress & Analytics** — weekly charts, health trends, and workout frequency
- ▶ **Nutrition Log** — chronological record of every logged meal



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# Progress & Analytics

Found under **Tools** → **Progress & Analytics**, this dashboard gives you a bird's-eye view of your training week and health trends.



Progress & Analytics dashboard

DISTANCE

0.0

miles this week

DURATION

1h49

total training time

WORKOUTS

4

sessions this week

- ▶ **Training Load** — percentage-based load indicator with Low / Moderate / High status badge
- ▶ **Heart Rate** — populated once wearable HR data syncs
- ▶ **Workout Frequency** — rolling graph of sessions per week over time

i The **Ready to train** banner at the top reflects your current Aria IQ readiness. Tap it to see the full readiness breakdown.



09

# Sprint Times

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Found under **More** → **Sprint Times**, this is your personal records dashboard. Track official and training times across all sprint distances.

**Distances tracked:** 30m · 60m · 100m · 200m · 400m. Switch between them using the pill selectors at the top.

- ▶ A highlighted **Personal Record card** with your PR time, date, and a PR badge
- ▶ A **Recent Times** list showing every logged run in reverse chronological order

**Logging a time:** Tap **+ LOG** in the top-right. Enter the distance, time, date, wind speed (if applicable), and any notes. Aria automatically applies wind correction if wind data is entered.

⚡ Aria uses the Linthorne (1994) and Ward-Smith (1999) formulas to wind-correct your sprint times. Times run with illegal wind assistance (>2.0 m/s) are flagged and not counted as official PRs.



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## Upcoming Events

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Found under **More** → **Upcoming Events**. This is where you tell Aria what you're training toward — a critical input for intelligent periodization.

- ▶ Event name, type (Race / Competition), and priority level (Low / Medium / High)
- ▶ Date, location, and primary distance
- ▶ Goal time
- ▶ Sub-events (e.g. 100m Semifinal, 200m Final) with individual goal times

The countdown label updates automatically (*in 1 month, 3 days ago*, etc.). Aria references your nearest high-priority event in every coaching insight.

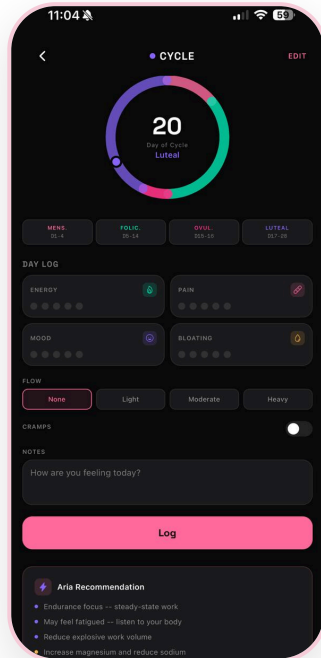
- i Add your A-priority competition as **High** priority, and local tune-up races as **Medium**. This tells Aria which event to taper and peak for.



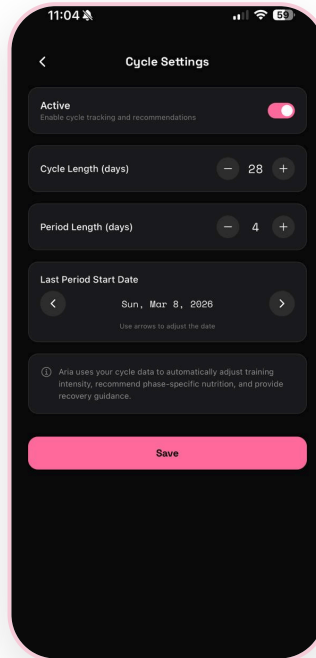
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# Cycle Tracking

Aria's Cycle Tracking feature is built for female athletes who want their training and nutrition recommendations adapted to their hormonal cycle. Found under **More** → **Cycle Tracking**.



Cycle phase dashboard



Cycle settings

The four cycle phases Aria tracks:

Menstrual D1-4

Follicular D5-14

Ovulatory D15-16

Luteal D17-28

## Energy

Rate your energy level on a 5-point scale for today.

## Pain

Track any pain or discomfort level (cramps, muscle soreness).

## Mood

Log your mood so Aria can factor emotional state into coaching tone.

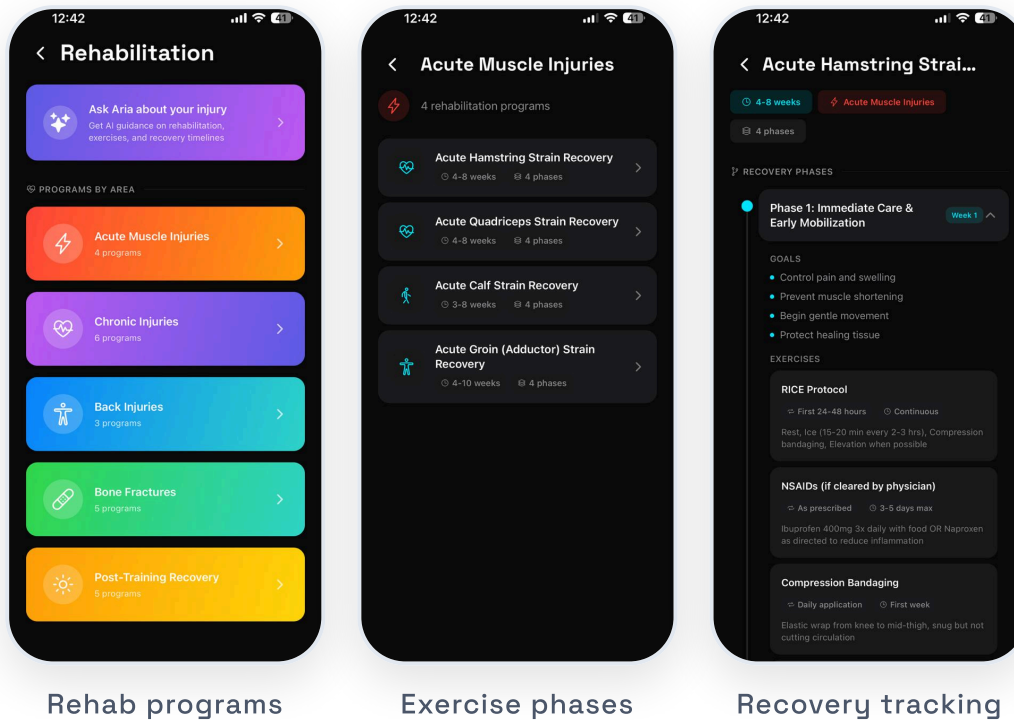
## Bloating

Track bloating and fluid retention — common during the luteal phase.

♀ Cycle data is private and only visible to you. It is never shared. Enabling this feature allows Aria to recommend higher intensity training during the follicular and ovulatory phases when hormones support power output.



Found under **Tools** → **Rehabilitation**. When you're managing an injury, Aria provides structured evidence-based recovery programs organized by injury type.



At the top, **Ask Aria about your injury** opens a dedicated chat thread where you can describe your injury and get immediate AI guidance on exercises, timelines, and load management.

- ▶ **Acute Muscle Injuries** — Hamstring, Quadriceps, Calf, and Groin strain protocols (4–10 weeks, 4 phases each)
- ▶ **Chronic Injuries** — 6 programs for persistent or recurring conditions
- ▶ **Back Injuries** — 3 lumbar and thoracic programs
- ▶ **Bone Fractures** — 5 return-to-sport protocols for stress fractures and acute breaks

Each program is broken into phases (Protection → Strengthening → Functional → Return to Sport) with clearly defined duration ranges and weekly progressions.

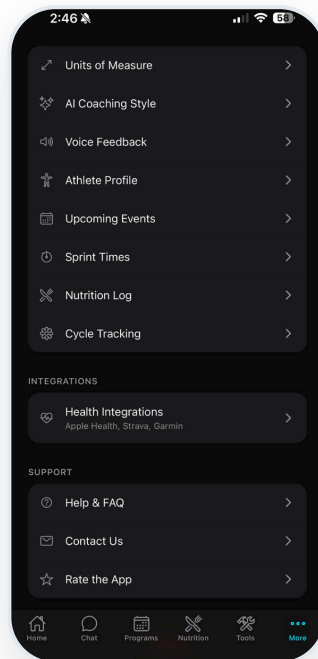
⚠ Aria's rehabilitation programs are designed as general guidance tools. Always consult with a qualified physiotherapist or sports medicine doctor before beginning any rehabilitation program, especially for acute injuries.



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# Settings & Profile

Access the full settings menu from the **More** tab. Your profile card at the top shows your username, sport, and level.



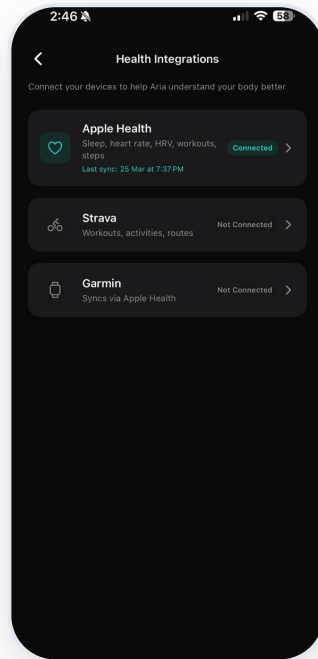
Settings & Profile

SETTING	DESCRIPTION
Appearance	Switch between Dark and Light theme. Dark is recommended for track-side use.
Edit Profile	Update your display name, photo, and public-facing info.
Notifications	Configure daily readiness alerts, session reminders, and nutrition nudges.
Language	Switch the app interface between English and Spanish.
Units of Measure	Toggle between metric (kg, km) and imperial (lb, miles).
AI Coaching Style	Choose Motivational, Technical, Balanced, or Minimal coaching tone.
Voice Feedback	Enable spoken coaching feedback during sessions.
Athlete Profile	Update physical stats, sleep habits, injury status, and training focus.
Privacy	Control what data Aria stores and how it is used.



# Health Integrations

Found under **More** → **Health Integrations**. Connecting your devices is the single most impactful thing you can do to improve the quality of Aria's coaching — it replaces guesswork with real physiological data.



Health Integrations

## Apple Health

Syncs sleep, resting heart rate, HRV, workouts, and step count. Primary data source for your daily readiness score.

## Samsung Health

Syncs health metrics from Samsung Galaxy devices including heart rate, sleep, and activity data.

## Strava

Imports workout activities and routes. Useful if you log aerobic recovery sessions or warm-up runs in Strava.

## Garmin

Syncs via Apple Health if your Garmin watch is connected to Apple Health. Ensure Garmin Connect is writing to Apple Health.

**i** For the most accurate readiness scores, ensure Apple Health has permissions for **Heart Rate, HRV, Sleep Analysis, Steps, and Workouts**. Go to iPhone Settings → Health → Data Access & Devices → Aria to review permissions.



## Quick Reference

I WANT TO...	WHERE TO GO
See today's readiness and insights	Home → scroll down to AI Coach Insights
Ask Aria a coaching question	Chat tab
Start today's training session	Home → Start Session button
Log a sprint time	More → Sprint Times → + LOG
Add a race to my calendar	More → Upcoming Events → +
View my nutrition plan	Nutrition tab
Log a meal	Tools → Nutrition Log
See my training history	Tools → Training Log
Track cycle phase	More → Cycle Tracking
Find a rehab program	Tools → Rehabilitation
Connect Apple Health	More → Health Integrations
Connect Samsung Health	More → Health Integrations
Change coaching style	More → AI Coaching Style
Update physical stats	More → Athlete Profile



# Ready to train smarter?

Join athletes already training with AI coaching  
built specifically for sprinters.

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