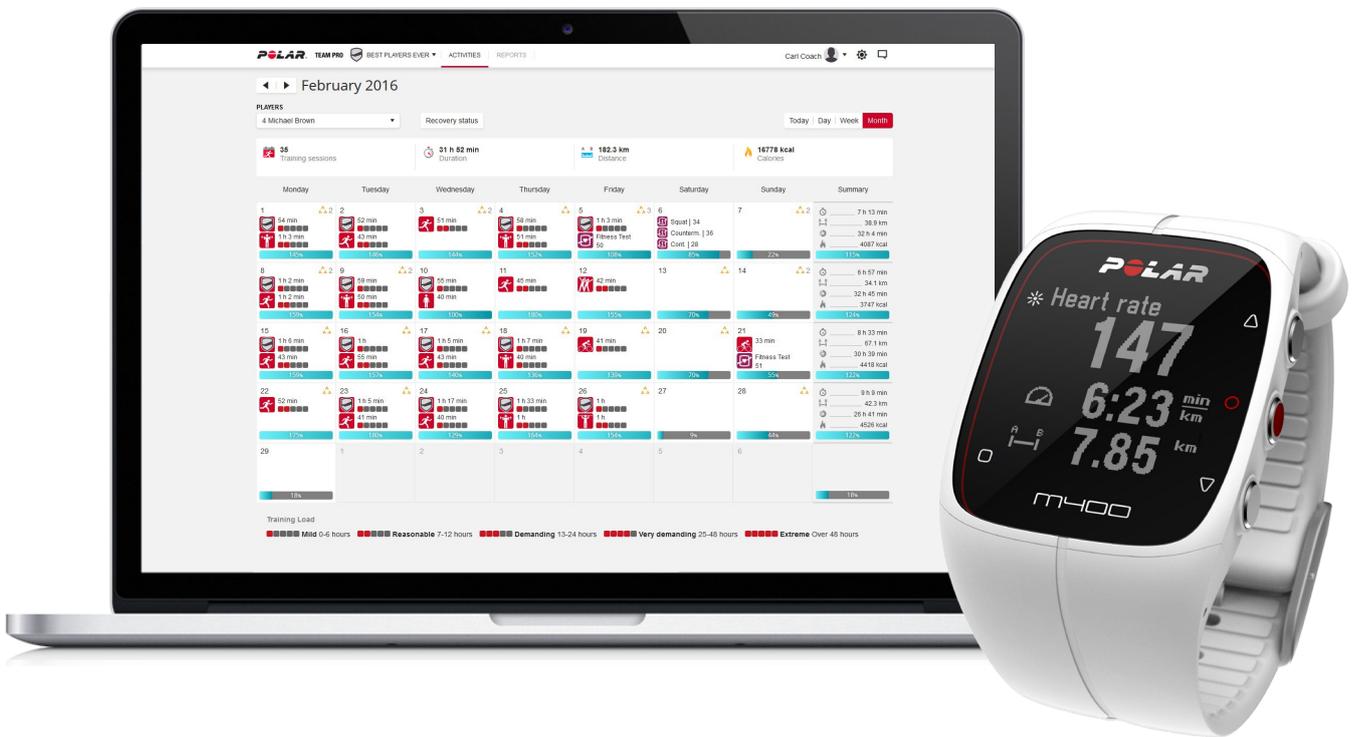# Polar Team Pro

INDIVIDUAL TRAINING

INDIVIDUAL TRAINING

The individual training feature combines data from the players' individual training sessions with data from team training sessions. In addition to data from individual training sessions, you can view the players' activity, sleep, training load and recovery status information. Find the perfect balance between training and rest and get a true picture of your players' recovery status before getting out there again. Training load shows you how training affects your players and helps you recognize their limits, adjust training intensity and prevent injuries. The players' data is available right after they sync their Polar device with the Flow web service.

PERSONAL FLOW ACCOUNT AND POLAR DEVICE

To get the most out of the individual training feature, and gain a thorough understanding of your players' overall condition and readiness throughout the season, each player will need a **personal Polar Flow web service account** available at flow.polar.com/start and a **Polar device with the activity tracking feature**. **The individual training feature can also be used without a Polar device, but it cannot be utilized fully without one**.

When using the Flow web service with a Polar device:

- Players can see their Team Pro training sessions in their personal Flow account

- Players wear their Polar devices during personal training sessions, and sync the data to the Flow web service

- Coach can see the players' personal training sessions in the Team Pro web service

- Coach can see the players' activity and sleep information

- Coach and players can view training load and recovery status information for balancing training and rest (available with V800 and M400 only)

When using the Flow web service without a Polar device:

- Players can see their Team Pro training session in their personal Flow account

- Players can manually add training sessions to their Flow account

- Players can use the Polar Beat mobile app during personal training sessions, and sync the data to the Flow web service

GETTING STARTED GUIDE FOR COACH

Preparations: The players create personal Polar Flow web service accounts at flow.polar.com/start. If they have Polar devices they will be instructed how to take them into use during the account creation process. Once they have created accounts, they will give you their Flow account usernames.

1. Make sure you have synced all unsynced training data from the Polar Pro sensors before linking personal player accounts with the Team Pro web service.

2. Log into your team's account in the Team Pro web service.

3. Click ⚙ , and choose **Player Roster**.

4. Click 🖊 on a player to open the player profile.

5. Type the player's existing Flow account username into the **Link Polar account** field.

6. Click **Save**.

7. The players then log into their personal Flow accounts, and accept the linking invitations from the **Notifications** 💬 tab .

8. Their personal Flow accounts are now linked with your team's Polar Team Pro account.

9. Always sync the Polar Pro sensors after linking a personal player account with the Team Pro web service.

ⓘ The invitation must be sent to each player individually. It is recommended that the players create an account first but if a player does not have a Flow account registered to the email address the invitation is sent, the player will receive an email message that contains a link to creating a Flow account.

ⓘ The players whose personal accounts have been linked are indicated with a chain icon 🔗 on their profile picture in the player roster view in Team Pro web service. All personal training sessions (including ones done in the past) become visible in the Team Pro account after linking the accounts. Team training sessions done before linking the accounts do not become visible in the player's personal Flow account.

GETTING STARTED GUIDE FOR PLAYER

1. Create a personal Flow web service account at flow.polar.com/start, and follow the on-screen instructions. If you have a Polar device you'll be instructed how to take it into use during the account creation process.

2. Once you have created an account, give your account email address to your coach. Your coach will then send you an account linking invitation.

3. Log into your personal Flow account with your email address and password, and accept the linking invitation from the **Notifications** 💬 tab .

4. Your personal Flow account is now linked with your team's Polar Team Pro account.

ⓘ All personal training sessions (including ones done in the past) become visible in the Team Pro account after linking the accounts. Team training sessions done before linking the accounts do not become visible in your personal Flow account.

1. READ YOUR DEVICE'S GETTING STARTED GUIDE

Get to know your Polar device by reading the getting started guide that came with it. For more information and help see the full user manual and tutorial videos at support.polar.com.

2. SYNC YOUR POLAR DEVICE DAILY

Remember to sync your Polar device with the Flow web service daily. This makes sure that all of your training, activity and sleep data, as well as other information is up to date at all times.

To sync data with the Flow web service you need FlowSync software. Go to flow.polar.com/start, and download and install it before trying to sync.

1. Connect your Polar device to your computer with the USB cable that came with it.

2. The FlowSync window opens on your computer, and the syncing starts.

3. Completed is displayed when you are done.

Every time you plug your Polar device into your computer, the Polar FlowSync software will transfer your data to the Polar Flow web service and sync any settings you may have changed. If the syncing does not automatically start, start FlowSync from the desktop icon (Windows) or from the applications folder (Mac OS X). Every time a firmware update is available, FlowSync will notify you, and request you to install it. If you change settings in the Flow web service while your Polar device is plugged into your computer, press the synchronize button on FlowSync to transfer to the settings to your Polar device.

ⓘ You can also sync your device wirelessly with the Flow mobile app for iOS and Android. Flow app is the easiest way to sync your training data from your Polar device with the web service. To start using the Flow app, download it from App Store or Google Play onto your mobile. Flow App for iOS is compatible with iPhone 4S (or later) and needs Apple's iOS 8.0 (or later). Polar Flow mobile app for Android is compatible with devices running Android 4.3 or later. For support and more information about using Polar Flow app, go to www.polar.com/en/support/Flow_app. Before taking a new mobile device (smartphone, tablet) into use, it has to be paired with your Polar device.

TEAM PRO INDIVIDUAL PLAYER CALENDAR MONTH VIEW

The individual training feature brings new elements to the individual player view in the Team Pro web service. These include personal training sessions, activity information and any Polar tests* (fitness test, orthostatic test, jump test or RR recording) the player has performed.

* Please note that the available features depend on your Polar device.
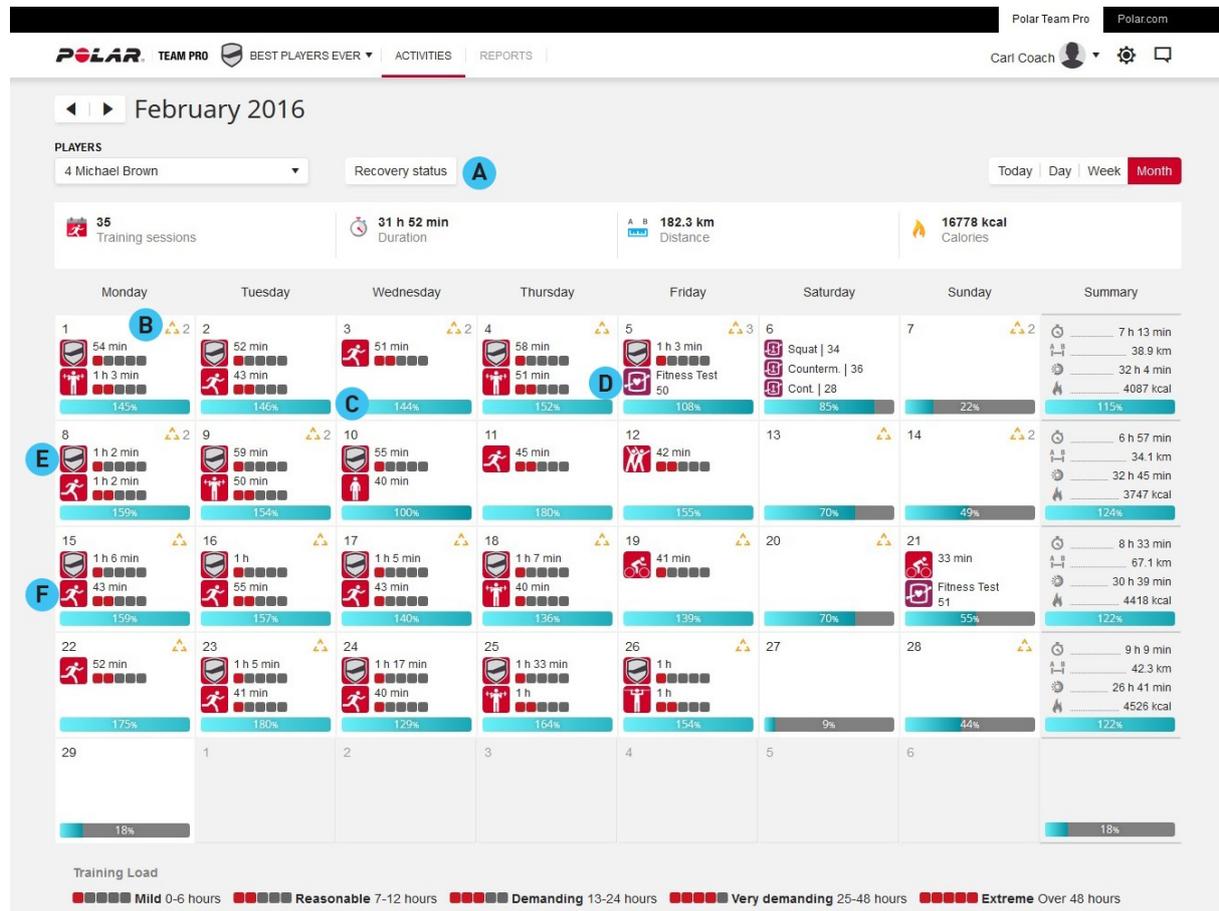
A. Recovery status: The recovery status feature estimates how much training load you can tolerate. It keeps track of your cumulative load – that is, intensity, volume and frequency of your training and activity – taking your training background into account, and estimates your current and future level of physical strain. Click to open in a new window. You'll see the same recovery status view that is shown in the player's personal Flow account. This is a view only, the information cannot be accessed.

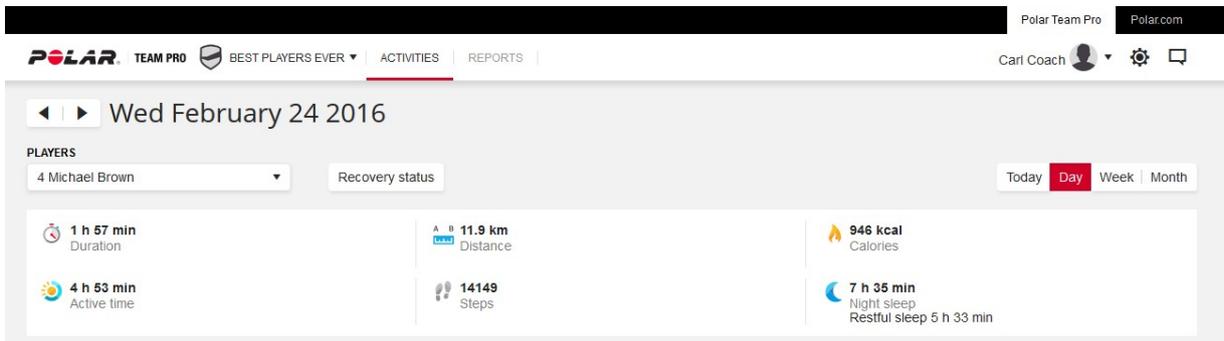B. ⚠ Inactivity stamp: If you've been still for too long (1 hour), you'll get an inactivity stamp.

C. ▬ 108% ▬ Percentage of daily activity goal accumulated: Shows how much of your daily activity goal you've reached.

D. Tests performed: RR recording, Orthostatic test, Fitness test or Jump test.

E. Team training session: Team training sessions are shown with the team logo.

F. Personal training session: Personal training sessions are shown with the sport icon. Click to open in a new window. You'll see the same recovery status view that is shown in the player's personal Flow account. This is a view only, the information cannot be accessed.

TEAM PRO INDIVIDUAL PLAYER CALENDAR DAY VIEW

Good to know

- In the **whole team** calendar view only team training sessions are shown.

- In the individual player calendar view team training sessions as well as personal training sessions are shown.

- Reports only include team training sessions, no individual sessions are included.

- In the players' personal Flow accounts team training sessions are shown with the sport profile icon (in the Team Pro account these sessions are shown with the team logo).

UNLINK A PLAYER'S PERSONAL FLOW ACCOUNT FROM TEAM PRO WEB SERVICE

A player or coach can remove the account access link at any time. When unlinking a player from the Team Pro account, the players' personal training information is deleted from the team's account. The link can be deleted by the coach in Team Pro web service or by the player in their personal Flow account.

Coach

1. Log into your team's account in the Team Pro web service.

2. Click , and choose **Player Roster**.

3. Click on a player to open the player profile.

4. Click **Unlink** after the player's email address in **Linked Polar account** field.

5. Click **Save**.

Player

1. Log into your personal Polar Flow account at www.polar.com/flow

2. Click (name/profile photo) in the upper right corner.

3. Choose **Settings**.

4. In the Account access section, click **remove** on the organization you wish to remove.