

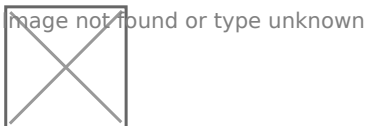
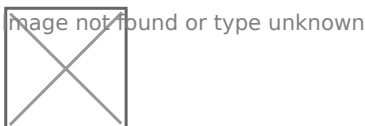
# How to record a sports activity using the Decathlon Coach app

The Decathlon Coach app offers a user-friendly interface for recording workouts, whether you're using an iOS or Android device. The steps for recording a workout are similar across both platforms, ensuring a seamless experience.

How to record a sports activity:

1. Press "Home", which is located at the bottom of the app screen.
2. Tap the "Free session" button to start recording your workout.
3. Choose a sport type from the list provided.
4. Allow the app to access your phone's GPS data. This is very important for accurately tracking your route and distance during the workout.
5. Wait until your phone finds the GPS signal.
6. Once the GPS signal is found, workout recording begins. Carry your phone with you throughout the workout.
7. When you have finished your workout, press the orange "Pause" button to temporarily stop recording.
8. To finish and save your workout, press the red "Stop" button.

If you have linked your Decathlon Coach account with DistantRace, the recorded workout will automatically sync with DistantRace.



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