

## Create a profile

Your profile will only be visible to you and your coach

Enter Name

First Name

Last Name

Birthday

Birthday



Country

Country

United States

State

State

Maine

Gender

### GENDER

Male

Female

Choose Miles

### MEASUREMENT UNITS

Miles

Kilometers

Start Week on Monday

### START WEEK ON

Sunday

Monday

Optional: Add Picture

### PROFILE PICTURE



Upload

Step 2: Determine your VDOT



## Determine your VDOT

### What is VDOT?

A measure of your current running ability, used to calculate proper training and races paces.

[See more](#)

Choose Race Time or Estimate →

Choose 1 Mile →

Type in an estimate or actual time: 00:00:00 →

*We will adjust the time during the season*

The program will give you a VDOT

Your race performance estimates from your Mile Time

**Race Time**      Estimate      Easy Pace

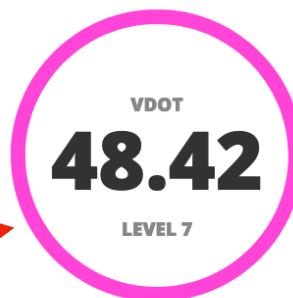
---

Enter a recent race performance

Race Type  
1Mi

Your time (hh:mm:ss)  
00:06:00

### Your VDOT Number



Based on your performance, here are the equivalent race performances:

Race	Time
Mile	6:00
5K	20:30
Half Marathon	1:34:10
Marathon	3:15:59

**Step 3: Connect Apps**

[Back to step 1](#)



This area is Optional

## Sync Apps

After connecting one of the services below your VDOT O2 calendar will automatically import your workout GPS data.

For those who have a  
Garmin Device or have a  
STRAVA Account

Connect with **Garmin**

connect  
powered by Garmin

Connect with **STRAVA**

POWERED BY  
**STRAVA**

This is for Virtual Races,  
It is optional.

## Virtual Races

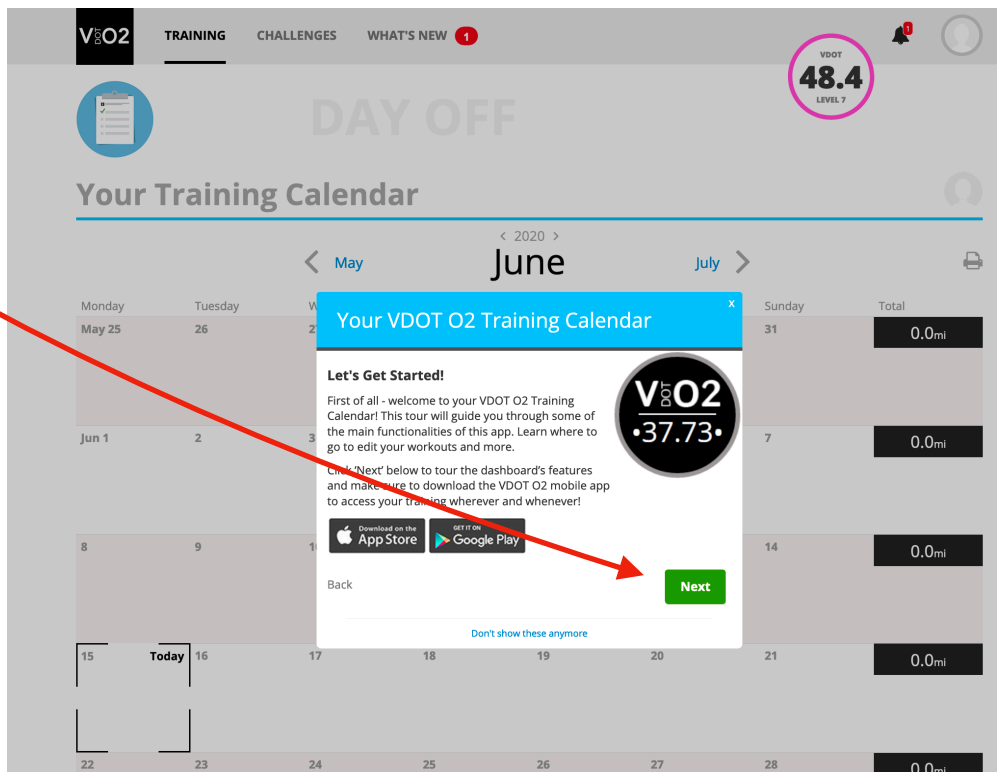
These options may be  
changed under your  
Preferences.

- Opt in to participate in free virtual racing series against the global VDOT Community. ([Terms of Service](#))

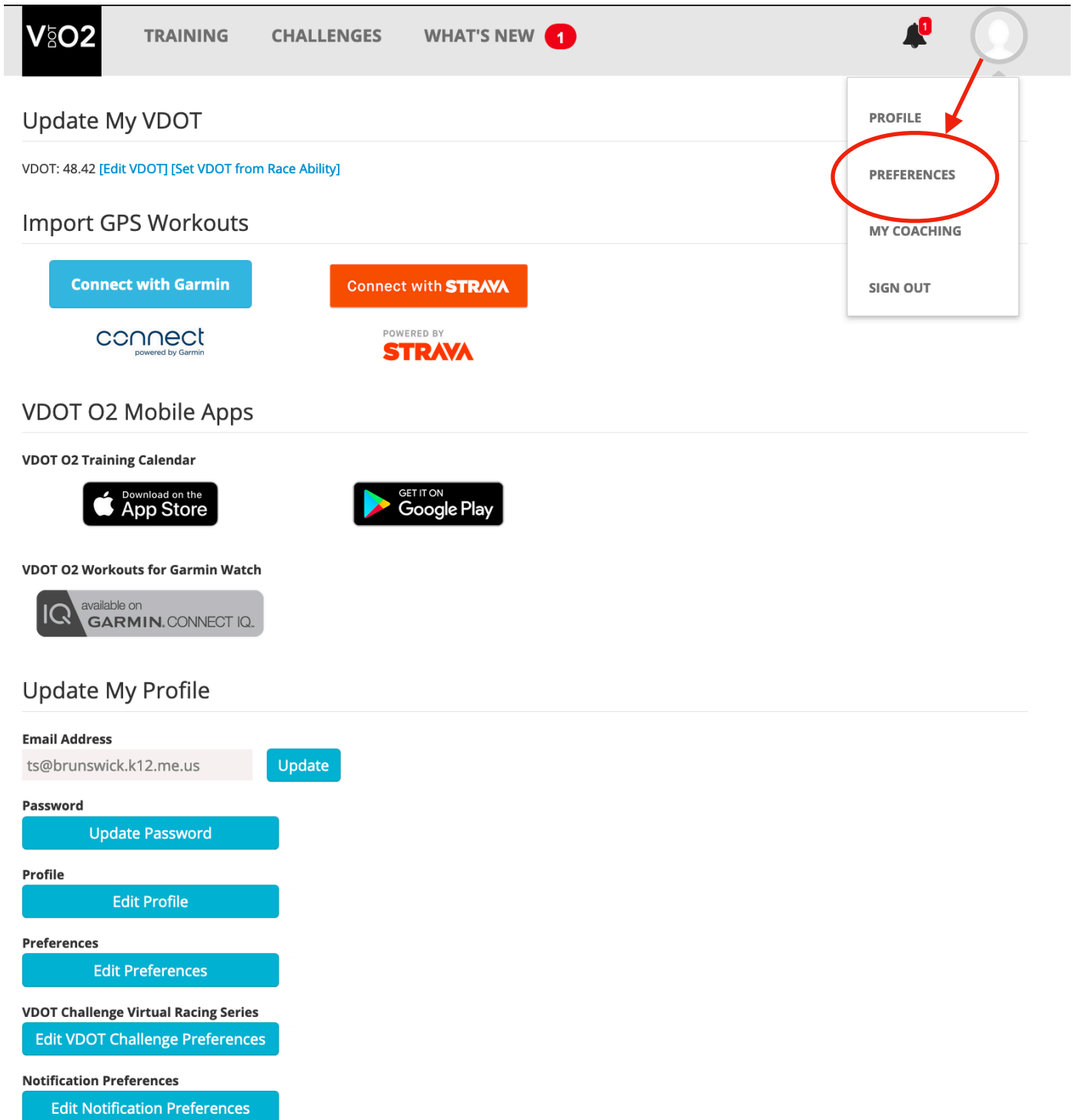
Affiliation (Optional)

**Done: Go to Calendar**

For Tour of your calendar, click on  
Let's Get Started



To adjust your settings click on your image and choose Preferences.



The screenshot shows the VDOT O2 user interface. At the top, there is a navigation bar with the VDOT O2 logo on the left and menu items: TRAINING, CHALLENGES, and WHAT'S NEW (with a red notification badge containing the number 1). On the right side of the navigation bar, there is a notification bell icon with a red badge containing the number 1, and a circular profile picture icon. A dropdown menu is open from the profile picture icon, listing the following options: PROFILE, PREFERENCES (which is circled in red), MY COACHING, and SIGN OUT. Below the navigation bar, the main content area is divided into several sections: 'Update My VDOT' with a sub-section for VDOT: 48.42 and links to [Edit VDOT] and [Set VDOT from Race Ability]; 'Import GPS Workouts' with buttons for 'Connect with Garmin' and 'Connect with STRAVA'; 'VDOT O2 Mobile Apps' with buttons for 'Download on the App Store' and 'GET IT ON Google Play'; 'VDOT O2 Workouts for Garmin Watch' with a button for 'available on GARMIN. CONNECT IQ.'; 'Update My Profile' section containing: 'Email Address' (ts@brunswick.k12.me.us) with an 'Update' button; 'Password' with an 'Update Password' button; 'Profile' with an 'Edit Profile' button; 'Preferences' with an 'Edit Preferences' button; 'VDOT Challenge Virtual Racing Series' with an 'Edit VDOT Challenge Preferences' button; and 'Notification Preferences' with an 'Edit Notification Preferences' button.