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Welcome back

Log in to access the analysis tools.

Login to your account

Email:



Email is required

Password:



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AIMS (AI Mapping for Sports)

Performance Ranking and Prediction

Enter runner information: Name, Height, Gender.



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Welcome!

Mostafa Hab

habibi6010@gmail.com

Runner's Information

Enter athlete's information (add new or search existing)

NAME

HEIGHT
 ft in

GENDER
☒ Male ☐ Female

Analysis Tools

[Kinematic Analysis](#) [Performance Ranking](#) [AI-Assistant Coach](#)

2 of 5 Kinematic Analyses remaining this period

Effective Video Guide ⓘ

UPLOAD VIDEO FILE
 No file chosen

PREVIEW





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Select AI-Assistant Coach Tab. Start Chatting.

[Home](#) / [Dashboard](#)

Welcome!

Mostafa Hab

habibi6010@gmail.com

Runner's Information

Runner with same info was in database.

NAME

jane smith

HEIGHT

5

ft

5

in

GENDER

☒

Male

☐

Female

Clear

Next →

Analysis Tools

Kinematic Analysis

Performance Ranking

AI-Assistant Coach

6 of 1 AI Coach Messages remaining this period

Clear Chat



Hello! I have loaded jane smith's information (men, 5'5"). I can help you build a personalized training plan. What would you like to work on?

Type your message... (Enter to send, Shift+Enter for new line)



Send

The AI uses the selected runner's profile to generate personalized training plans.

Once the system has collected all the required information, it generates the training plan in approximately 20 minutes.

[Dashboard](#)[Kinematic Log](#)[Ranking Log](#)[Coaching Log](#)[Profile](#)[Logout](#)[Home](#) / [Dashboard](#)

Welcome!

Mostafa Hab

habibi6010@gmail.com

Runner's Information

Runner with same info was in database.

NAME

Mostafa

HEIGHT

5

ft

5

in

GENDER

☒ Male ☐ Female

Clear

Next →

Analysis Tools

[Kinematic Analysis](#)[Performance Ranking](#)[AI-Assistant Coach](#)

6 of 1 AI Coach Messages remaining this period

Clear Chat



Good to see you back! I have your profile on file: you're a beginner 100m sprinter with a 12-second personal best, training 3 days/week at around 3km total volume, and you have a race coming up in 2 weeks. I also have your 2-week competition plan ready—it includes a high-intensity sprint session (Week 1), a full taper (Week 2), and careful velocity progression to keep you safe as a beginner.

Your profile is all confirmed and accurate. What would you like to focus on today? Would you like me to review your existing plan, adjust it, or are you looking for something else—like a technique tip, pacing strategy, or race-day advice?

Everything looks good; give me a new plan



Great, I have everything I need! Generating your personalized training plan now – this may take up to 20 minutes. Once generated, it will be added to the Coaching Log.



Type your message... (Enter to send, Shift+Enter for new line)

...

The AI uses the selected runner's profile to generate personalized training plans.



If you remain on the same page, the completed training plan will automatically appear in the chat session when it is ready, and you can download it as a PDF.

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TECHNOLOGIES

Dashboard

Kinematic Log

Ranking Log

Coaching Log

Profile

Logout

Home / Dashboard

Welcome!

Mostafa Hab

habibi6010@gmail.com

Runner's Information

Runner with same info was in database.

NAME

Mostafa

HEIGHT

5

ft

5

in

GENDER

☒ Male

☐ Female

Clear

Next →

Analysis Tools

Kinematic Analysis

Performance Ranking

AI-Assistant Coach

5 of 1 AI Coach Messages remaining this period

Clear Chat

Saturday (Race Day)	Competition		100% maximal effort (RPE 10)	Race day. Standard competition warm-up ~20-30 min before race start. Execute race plan: drive hard through 0-50m acceleration, maintain speed 50-100m. Post-race: easy 5-10 min recovery jog if instructed by coach/meet director.
Tuesday, Thursday / Sunday	Rest or Optional Very Easy Active Recovery		Off or 15-20 min very easy walk	Complete rest preferred. Taper week emphasizes recovery and mental freshness. If active recovery chosen, keep to walking only (RPE 2-3). No running or intensity work.

Download PDF

Type your message... (Enter to send, Shift+Enter for new line)

Send

The AI uses the selected runner's profile to generate personalized training plans.

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Example Training Plan Generated by the System

Menu

training-plan.pdf

Create

All toolsEditConvertE-SignFind text or tools

Share

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****Periodization Model:**** Short-to-Long Periodization with Polarized Intensity Distribution

This plan uses the Charlie Francis "short-to-long" model [vmaZ] combined with polarized training intensity (>=95% or <70%, avoiding mid-range 70–95% intensities) [95vj]. The structure is:

****Phases:****

1. ****Weeks 1–3: Early Preparation (Acceleration Emphasis)**** — Build acceleration mechanics and speed development; volume gradually increases; one hard acceleration session per week (Monday); tempo

Week 1 [Early Preparation — Acceleration Focus] — 1 km — Acceleration development; conservative entry; establish intensity zones and recovery protocols.

Day	Type	Distance	Duration	Intensity	Notes
Monday	Acceleration sprints	0.3 km	45 min	>=95% maximal velocity	4 × 30m acceleration (block start) + 4 × 20m flying start. Rest: 2–3 min between reps, 5 min between sets. Focus: drive phase mechanics, front-side mechanics.
Tuesday	Tempo recovery run	0.35 km	30 min	60–70% maximal velocity	5 × 70m @ easy effort, walk 70m recovery. Total: 350m. Loosen muscles post-acceleration work; conversational pace.
Thursday	Tempo recovery + activation	0.35 km	25 min	60–70% maximal velocity	3 × 100m @ 60–65%, walk 100m recovery. Total: 300m. + 3 × 30m strides (90%, not maximal). Restoration focus.
Saturday	Optional: Light activation / technique		20 min	50–60%	Plyometric fundamentals (bounding, single-leg hops) or technique drills. Non-impact if fatigued. Keep sub-threshold.

Week 2 [Early Preparation — Acceleration Focus] — 1.08 km — Volume increase +8% (within 10% rule); hard session unchanged (no concurrent intensity increase); ready for Week 3 peak.

Day	Type	Distance	Duration	Intensity	Notes
Monday	Acceleration sprints + short repeats	0.32 km	50 min	>=95% maximal velocity	3 × 30m acceleration + 5 × 20m repeats @ max. Rest: 3 min between reps, 6 min between sets. Total: 240m hard + ~60m easy walk-backs.
Tuesday	Tempo recovery run	0.38 km	30 min	60–70% maximal velocity	6 × 70m @ 65%, walk 70m recovery. Total: 420m. Maintenance of recovery tempo.
Thursday	Tempo recovery + strides	0.38 km	30 min	60–70% + 90% strides	4 × 100m @ 65%, walk 100m recovery (400m) + 4 × 30m strides @ 90%. Build proprioceptive feedback.
Saturday	Optional: Light activation		20 min	50–60%	Plyometric drills or mobility work. Non-taxing.

Week 3 [Early Preparation — Acceleration Focus] — 1.16 km — Peak build week #1: volume +7.4% (within 10%); intensity slightly increased (flying-start introduction), but only after volume stabilized.

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If you leave the page before the training plan is ready, the completed plan will be saved to your history. You can later access it from the **Coaching Log** page.

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Dashboard

Kinematic Log

Ranking Log

Coaching Log

Profile

Logout

Home / Dashboard / Coaching Log

Coaching Log Page

Mostafa Hab

habibi6010@gmail.com

History

Here, you can view your past coaching conversations and the training plans they produced, across all of your runners. Download a transcript or a plan as a PDF at any time.

Runner Name	Date	Intent	Outcome	Transcript	Plan
mostafa	7/29/2026, 2:58:07 PM	training_plan	plan_generated	Download	Download
mostafa	7/16/2026, 12:18:57 PM	training_plan	plan_generated	Download	Download
mostafa	7/8/2026, 7:10:03 PM	training_plan	plan_generated	Download	Download
mohammad nourani	7/3/2026, 4:18:27 PM	(unknown)	off_topic_refused	Download	Download
mostafa	7/3/2026, 3:29:33 PM	training_plan	plan_generated	Download	Download
jane smith	7/3/2026, 3:04:43 PM	(unknown)	off_topic_refused	Download	Download
mostafa	7/3/2026, 2:34:30 PM	training_plan	plan_generated	Download	Download

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