

PROGRAMME RULES

“Go green!” and “Collect the kilometres!” – performance-based discount programme ·
TrintendLab platform (app.trintend.com) · Annex to the Athlete Terms

Version 1.0 – effective from 26 September 2026

1. Organiser and nature of the programme

1.1 The programme is run by the Provider named in clause 1 of the Athlete Terms (Kovács Viktor, sole trader, the “Provider”).

1.2 The programme is a **performance-based price discount scheme**: by completing their own prescribed training sessions, the Athlete earns a discount on the price of their future Training Blocks. There is **no draw, no element of chance, no prize and no entry fee**; the discount cannot be paid out in money.

1.3 These Programme Rules form part of the Athlete Terms. Unless stated otherwise here, the Terms apply (definitions, payment, withdrawal, complaints, governing law). In case of conflict, these Rules prevail as regards the discount.

1.4 Health first. The programme rewards following the training plan, not training more. **The Athlete should not train while ill, injured or symptomatic to earn the discount.** A missed session costs at most one block's “green” status (clause 4.4) – health is worth more. The programme is not a medical service; clause 2.5 of the Terms applies.

2. Who can take part

2.1 Every Athlete without a referring coach takes part – for them the programme is active automatically.

2.2 If the Athlete has a referring coach, the coach decides on participation, because the coach bears the discount on such blocks. If the coach has not switched the programme on, the Athlete sees nothing of it – apart from badges already earned (clause 9.1) – and earns no discount. The coach's decision does not erase milestones already reached, but they only apply to purchases for which the programme is active.

2.3 Participation requires the Athlete's training data to be connected to the Platform through Intervals.icu (clause 5).

3. The two sources of discount in brief

3.1 “Go green!” – if the Athlete completed every prescribed session of a 4-week Training Block, that block is **green**, and the first purchase after the block's evaluation is discounted (clause 4).

3.2 “Collect the kilometres!” – during the calendar year, the distance covered in **planned sessions** accumulates. Each full **milestone** discounts **every further block** from the moment it is reached until the end of the year (clauses 5–6):

Sport	1 milestone
Running	1,000 km
Cycling	2,000 km
Swimming	20,000 m

4. “Go green!” — details

4.1 A Training Block is green if **every prescribed session** of the block (rest days excluded) counts as completed under clause 5.3.

4.2 The benchmark is the training plan **recorded at purchase**. Re-planning during the block does not change the benchmark. A session may be moved within the block; the new day then counts. A session moved outside the block (e.g. into the next block) can no longer be completed in its original block.

4.3 The block is evaluated in the daily processing after its last day. The green discount applies **to the first purchase after the evaluation** – so the Athlete can renew during the block's last week; the green is not lost but redeemed at the following purchase. Each green block gives a discount **once**; if two greens are waiting at a purchase, both apply. A purchase that was started but not paid (expired or failed) does not use up the green.

4.3a Continuity. An unredeemed green lapses if, after the green block ended, the Athlete makes a purchase more than **14 days** after the last day of the latest-ending block bought before it. Refunded or disputed blocks do not count for continuity.

4.4 There is no exception for absence due to illness, injury or any other reason: because of the missed session, the block is not green. Kilometres and milestones already collected are not affected.

4.5 An empty block (with no prescribed sessions) cannot be green.

5. Which sessions and which kilometres count

5.1 Only planned sessions count. Kilometres come only from a recorded activity that can be matched to a planned session prescribed for the Athlete on the Platform. Extra, unplanned sessions do **not** count – the load is set by the training plan, not by the discount.

5.2 Matching. An activity is matched to a planned session if it took place **on the same calendar day** and **in the same sport**. For key sessions (interval, tempo and race sessions) it is additionally required that Intervals.icu links the activity to the workout synced to its calendar (i.e. the session is done as the workout synced from the Platform). At most one activity can belong to a planned session, and one activity to at most one planned session.

5.3 Completed session. A planned session counts as completed if the duration of the matched activity is between **80% and 200%** of the planned duration and the activity meets clause 5.4.

5.4 Valid activity. An activity counts if it - was recorded by a watch, bike computer or training app and reached Intervals.icu **with a genuine activity file** (e.g. FIT), and contains heart-rate or power data – **the brand and app do not matter** (Garmin, Suunto, Coros, Polar, Wahoo, Zwift etc. alike); manually entered

activities without a file do not count; - has a plausible average speed: running no faster than 2:30 min/km, cycling no faster than 45 km/h, swimming no faster than 1:00 min/100 m; - is not an electrically assisted ride; - took place on a day when the Athlete had a purchased, active Training Block and the programme was active for them.

Indoor training (trainer, treadmill) counts too.

5.5 Cap on credited distance. A session credits at most the distance corresponding to **110%** of the planned duration, proportionally: credited distance = measured distance $\times$ $\min(1; 1.1 \times \text{planned time} \div \text{actual time})$.

Example: 60 minutes of running were prescribed; the Athlete ran 15 km in 90 minutes $\rightarrow 15 \times 66/90 = 11$ km count.

5.6 Activities that did not count. Every activity matched to a planned session that did not count because of one of the above conditions is shown in the programme interface **together with the reason**.

6. Size of the discount

6.1 Single-sport Athlete (according to the sports stated in the profile): each milestone **10%**, and each green block waiting to be redeemed (clause 4.3) a further **10%**. *Example:* 3 running milestones and one waiting green block = 40%.

6.2 Triathlete (swimming, cycling and running): at each purchase ranks the four items (swim, bike, run, green). The place sets what one milestone of that item is worth:

Place	Per milestone
1st	10%
2nd	5%
3rd	2.5%
4th	1%

Each green block waiting to be redeemed counts as one milestone. At each purchase the Platform proposes the order most favourable to the Athlete; the Athlete may change it. The order can be set anew at every purchase. *Example:* swim 3, run 2, bike 2 milestones, one green block; order swim / run / bike / green $\rightarrow 30 + 10 + 5 + 1 = 46\%$.

6.3 Cap. A block's discount is at most **100%**. At 100% the block is **free**: no payment is taken and – in the absence of consideration – no invoice is issued.

6.4 Basis. The discount is calculated on the current list price of the Training Block (including the price of the chosen Service Package). With a partial discount, the discounted amount appears on the payment page and the invoice.

6.5 No combination. No programme discount applies to a block at the **introductory price** – there, the introductory price is itself the discount. If a programme discount applies to a purchase, **no promotion code** can be used.

6.6 Determination. The Platform calculates the discount automatically at every purchase on the standing valid at that moment, and records the basis of the calculation (milestones, order, percentage, list price, amount paid) with the purchase. The discount of a completed purchase does not change afterwards.

6.7 “Your next block's price today”. The price shown in the programme interface is produced by the same calculation as the payment page; the price shown on the payment page at the time of purchase is decisive.

7. The year and the turn of the year

7.1 Kilometres accumulate over the calendar year (1 January – 31 December) and reset to zero on 1 January.

7.2 The **first block bought in January** still uses the previous year's closing standing. From the second purchase of the year, only the new year's kilometres count.

7.3 Milestones reached do not lapse before the end of the year (except under clause 8).

8. Refund, disputed payment, abuse

8.1 If a Training Block's price was **refunded in full**, or the payment is **disputed** by the cardholder (chargeback), that block is not green and the kilometres collected on its days do not count – regardless of when the refund or dispute occurs. If the dispute is decided in the Provider's favour, the block counts again. Discounts already applied to earlier purchases are unaffected.

8.2 It is prohibited to influence the programme's outcome with untrue data (in particular with activities recorded by another person or by a vehicle, by using one activity more than once, or by linking the same Intervals.icu account to several Platform accounts). The same recorded activity can count for one Platform account only.

8.3 The Provider may review the activities underlying a discount above 50%. On well-founded suspicion of abuse, the Provider notifies the Athlete and asks for a statement; if abuse is confirmed, the Provider deletes the kilometres and milestones obtained without entitlement and may refuse the Athlete's further participation. The Provider may claim from the Athlete the amount of any discount so obtained without entitlement.

9. Badges

9.1 After a milestone, a green block and at year end, the Athlete receives a **badge**. The Platform keeps earned badges visible in the programme interface – also if the referring coach later switches the programme off. Sharing a badge publicly is solely the Athlete's choice: on sharing, a public page is created for the badge and the Platform hands the badge image to the app the Athlete selects. Nothing is published automatically.

9.2 A shared badge shows only the distance completed, the number of milestones and green blocks, and the year. **Not the Athlete's name, and no health or physiological data (heart rate, zones, lab results, body weight).**

9.3 A badge's public link is a random code, not the Athlete's identifier. The Athlete can revoke sharing at any time; the page then shows “no longer available”, and the badge remains in the Athlete's programme interface. The Provider has no control over images already published by third parties.

10. Data protection

10.1 To run the programme, the Provider processes the following data of the Athlete's activities read from Intervals.icu: date and start time, sport and activity type, distance, moving time, source, file type, device name, and whether the activity contains heart-rate or power data (the programme does not store the heart-rate or power **values**). From these it calculates and stores the credited distance, the exclusion reason and the block evaluation.

10.2 The legal basis is performance of the contract (Art. 6(1)(b) GDPR): the discount is part of the contract price. Data is kept for the lifetime of the account; purchase-related data, as part of the accounting record, for the statutory retention period. Further details and the Athlete's rights are set out in the Privacy Notice.

11. Amendment and termination of the programme

11.1 The Provider may amend these Rules for the future, giving at least **30 days'** notice before they take effect, on the Platform and by e-mail. Changes that are exclusively favourable to the Athlete (e.g. increasing the discount) may take effect immediately.

11.2 The Provider may end the programme with at least 30 days' notice. Milestones reached before an amendment or termination takes effect apply under the rules in force when they were reached **until the end of the current calendar year**.

11.3 An amendment does not affect the discount of a purchase already completed.

12. Complaints

Complaints about the programme – in particular if the Athlete believes an activity was wrongly not counted – can be sent to info@trintend.com. Clause 14 of the Terms applies to complaints and dispute resolution.