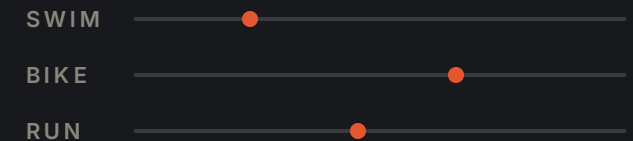


tri-coach.

Turning messy training data into
confident decisions.

A self-designed, data-centric coaching system — diagnosed, architected, built, and deployed end-to-end, with AI as the build team.



Off-the-shelf apps give you data. They don't give you a **decision**.

Consumer training platforms record what you did — but they don't reason over your numbers, adapt when your week falls apart, or periodize toward a goal race. **Expert coaching does all three** — but it's costly and doesn't scale.

Generic

One-size plans, blind to your fitness, fatigue, or calendar.

Static

Miss a session and the plan is already wrong.

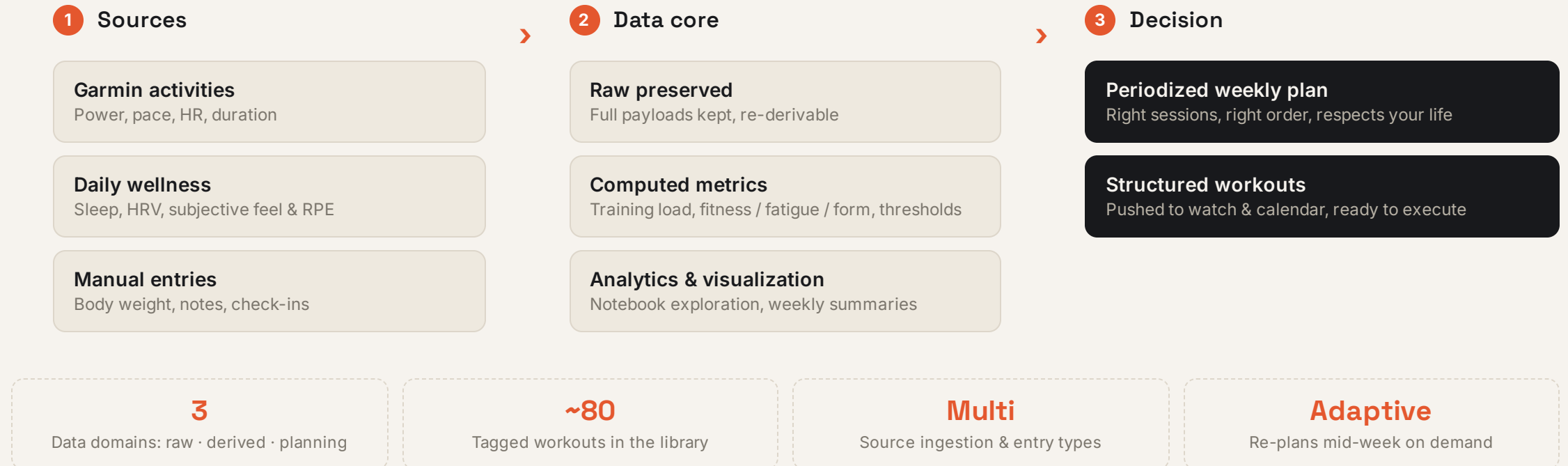
Opaque

Metrics shown, but no decision drawn from them.

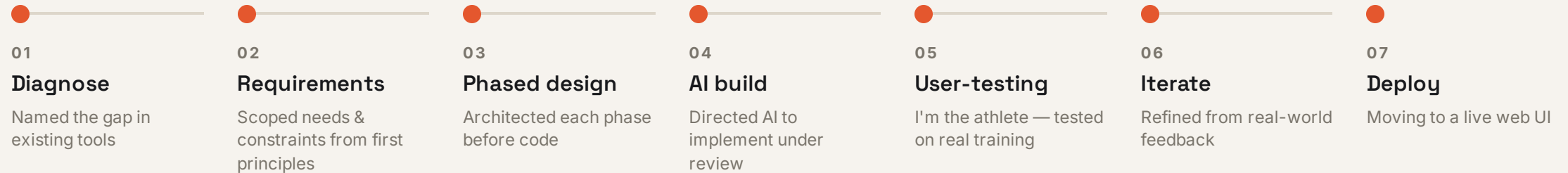
THE BET

A personal data system can encode **expert coaching logic** — and put it in anyone's hands.

Many sources in. **One clear decision** out.



One person, full lifecycle — with **AI as the build team.**



Architect, not typist.

I set the architecture, requirements, and quality bar; **AI generated the implementation under my direction and review.** The result runs on its own — ingesting, computing, planning, and pushing without me in the loop. *The sharpest structure runs without its architect.*

From automated to **agentic**.



Agentic scheduling

An agent that reads your calendar and recovery signals, then re-optimizes the week autonomously — no prompts, just proposals.



Conversational control

"I'm wiped and Friday freed up" — and the plan reshapes itself, explaining the trade-offs it made.



Generalizes beyond me

Same engine, any athlete, any goal — the personal build becomes a template others can run.

THE TRANSFERABLE THESIS

Same pattern, any domain: messy multi-source data
+ expert decision logic + AI implementation →
decisions people trust.

Built by hand,
deployed with intent.

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