



Your training and recovery coach. **Only on your iPhone.**

ZonePit is a training and recovery coach for iPhone: it plans cycling, running, swimming and strength from Apple Health and runs entirely on the device.

— At a glance

App	ZonePit
Platform	iPhone, iOS 27 or later
Category	Health & Fitness (secondary: Sports)
Languages	German, English
Sports	Cycling, running, swimming, strength & core
Age rating	9+, with a youth mode
Price	Core features free · Pro: €1.99/month, €14.99/year or €34.99 one-time · 14 days of every Pro feature free, no subscription
Privacy	On-device analysis · health data never leaves the iPhone · no account · no servers of our own · no tracking
Developer	Alexander Wolpert, Berlin, Germany
Availability	Public beta on TestFlight (testflight.apple.com/join/egk1FY4U) · App Store: launch in preparation

— Privacy as a principle

Health data never leaves the iPhone. The coach uses Apple Intelligence's on-device language model – there is no external AI service, no user account and no analytics software in the app.

Contact and assets

ZonePit is a training and wellness app, not a medical device.

Website: zonepit.github.io/

Press: zonepit@icloud.com

Logos, icon and texts: press kit on the website (Press section).

— What ZonePit does

One plan for all sports

Cycling, running, swimming and strength in one weekly plan, adapted to goal, time and readiness.

Cycling in full depth

Power, TSS, best efforts from 5 s to 20 min, FTP suggestions without a test, export to Zwift.

Readiness and sleep

HRV and resting heart rate against your own normal range, sleep score, sleep debt and bedtime.

Open method

Every metric documented with inputs, calculation, precision and sources.

On-device AI coach

Answers questions with Apple Intelligence, labelled as AI. Changes the plan only after you agree.

On your wrist

Planned sessions straight to Apple Watch, cycling sessions also to Zwift via Intervals.icu.

As of

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