

The AI training assistant that helps you decide — not one that decides for you.

Built by a former National Technical Director of triathlon — Olympic team coach for Morocco at Tokyo 2020 and Paris 2024.

EKYGAI is an AI training assistant for triathletes and endurance athletes. It analyses your data, recommends and explains every session, and leaves the final call to you.

Deterministic — and it shows its reasoning

The training-load engine is deterministic and explainable: the same situation always produces the same, traceable recommendation. You see why a session is prescribed before you decide to do it. We don't ask you to trust the algorithm — we show it to you.

RECOMMENDS

EXPLAINS

YOU DECIDE



Every session, broken down — with its targets and its reasoning.

Web · iOS · Android

Available now on all three platforms

30-day free trial

No card required up front

From ~€9 / month

Freemium, with a free tier

Includes EKY Lab

Guided lab-protocol testing

What athletes actually complain about — and what we did about it.

1

"The AI doesn't really adapt anything, and I can't see why."

This is the single most common complaint in the category. Most engines are closed: you get a plan, not a reason. EKYGAI's engine is deterministic and it publishes its reasoning — the inputs that produced today's recommendation are visible to you. A recommendation you can inspect is a recommendation you can refuse.

2

"I'm injured, ill, or my week fell apart — and the plan carries on regardless."

Wellbeing data feeds the decision, not just the record. You can question a session in conversation and correct it. Nothing is rewritten silently, and nothing is imposed.

3

"My app records my past but never tells me what to do next."

Every recommendation comes with a plain-language explanation, and you can ask follow-up questions in conversation. Targets are given as numbers you can act on during the session: watts, pace, heart rate, perceived effort.

4

"I got caught out at billing."

Thirty days free, no card required up front. Pricing from around €9 per month. No surprise conversion.



Load, fatigue, form and trajectory — the inputs behind the recommendation, in plain sight.

EkyBot

The conversational layer — ask why, challenge a session, correct it.

Four branches

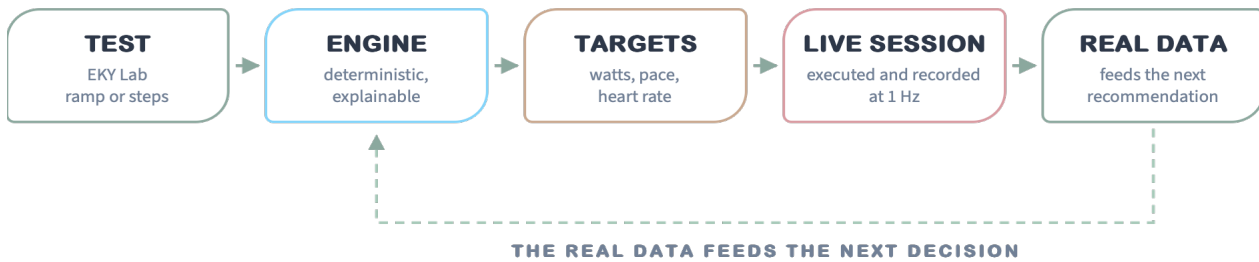
Wellbeing, performance, competition and strength training.

Wearable sync

Apple Health and Health Connect feed real executed data back in.

HOW IT WORKS

From the lab bench to the road, and back.



LIVE SESSION — the targets are on screen while you train

A session is not a PDF you read beforehand. EKYGAI runs it with you: the prescribed targets stay on screen, the session is recorded second by second, and what you actually did — not what was planned — is what feeds the next recommendation.

WATTS

PACE

HEART RATE

PERCEIVED EFFORT

EKY LAB — real lab protocols, run properly, inside the app

EKY Lab guides you through structured performance testing on the bike: ramp and incremental step protocols, with manual lactate entry at each step. It produces a lactate-power curve with LT1 and LT2, controls a smart trainer over the standard FTMS protocol, and records every channel at 1 Hz. Testing requires explicit informed consent before it starts — a maximal test is not a casual thing, and we treat it that way.

LACTATE / POWER



Illustrative — the curve EKY Lab builds from your own steps.

FTP

Validated by you, then used to set your targets.

LT1 & LT2

Read off your own lactate-power curve.

VO2max & MAP

Estimated from the ramp protocol.

Power profile

Versioned, so progress is traceable over time.

Version 1 covers cycling. Requires a smart trainer, a heart-rate belt and a lactate meter.

ABOUT THE FOUNDER

EKYGAI is built by Redouane El Bakkouch — a pharmacist and elite endurance coach, trained at the Sports Academy in Lausanne. He is a former National Technical Director of the Royal Moroccan Triathlon Federation, was team coach for Morocco in triathlon at the Tokyo 2020 and Paris 2024 Olympic Games, and team official at the 2025 Islamic Solidarity Games in Riyadh, where the Moroccan triathletes took gold and bronze. The rules inside EKYGAI's engine are his own coaching rules, written down and made verifiable.

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