

Endurance AI Coach - AI Transparency Statement

Pre-launch draft - last updated 12 September 2026.

What AI does

AI is intended to help users interpret longitudinal health, recovery and training information, summarize patterns, answer questions about their own data, and generate personalized endurance training recommendations. The primary conversational interface is planned to be ChatGPT via a read-only MCP integration, with a first-party web interface using model APIs as a complementary path.

What data may be processed

Only data that the user has chosen to connect and that is necessary for a requested feature may be provided to an AI system. Depending on enabled integrations and features, this can include health and wellness summaries, sleep and recovery information, activity details, athlete goals and prior coaching context.

Explicit consent before processing

Connected health and fitness data will not be sent for AI processing until the user has been clearly informed about the intended AI use and has explicitly consented. Connecting a third-party account alone will not be treated as consent for AI processing where separate consent is required.

Withdrawal

Users will be able to withdraw AI-processing consent easily. After withdrawal, new connected data will no longer be processed by AI for features requiring that consent. Users may separately disconnect the underlying third-party integration and request deletion of stored personal data.

No autonomous medical diagnosis

The product is designed for fitness, wellness and endurance coaching. It is not intended to diagnose disease, replace medical care or make autonomous clinical decisions. Product language and safeguards will reflect this boundary.

Human control

Training recommendations are advisory. Users remain in control of whether to follow, modify or reject recommendations. High-impact changes to training load should be presented with context and uncertainty rather than as guaranteed outcomes.

General-purpose model training

We do not intend to use Garmin-sourced end-user data to train our own general-purpose foundation model. Production AI providers will be configured and contracted, where supported and required, so connected user data is not used for their general model training.

Changes

If the purpose or nature of AI processing materially changes, this statement will be updated and renewed consent will be obtained where required by law, contract or Garmin policy.

Contact

contact [at] koprowski [dot] io