

THE BUILD GUIDE · AARONAUTOMATES

TURN YOUR GARMIN INTO A COACH.

Your watch already knows more about your body than any app shows you. This guide is the exact build that pulls the lot into Claude — every run, your sleep, your HRV, even your body fat off the scale — and turns raw numbers into straight answers you act on.

Four laps, watch → coach. You don't need to code — Claude builds it. Everything here runs on free tools. **Follow it start to finish.**

WHY THIS EXISTS · READ THIS FIRST

GARMIN LOCKS THE DOOR. WE OWN THE PIPE.

Garmin's official API is enterprise-only — reserved for approved companies with a commercial deal. As a regular person there's no key you can get and no "connect" button. Your own data is walled off from the tools you'd actually use it in.

So this build doesn't ask permission. It logs into Garmin Connect **as you** and pulls the data you already own — every run, your sleep, HRV, even body-comp off the scale — straight into a database you control, where Claude reads it. That's the whole idea: **own the pipe**. And you don't have to build it from a blank page — the entire thing is open source.



THE WHOLE BUILD · OPEN SOURCE

The daily-pull script, the database schema, the n8n workflow and the full prompt pack — **clone it and go.**

github.com/aaronparton2-sketch/garmin-claude-coach

PICK YOUR ROUTE · READ THIS BEFORE ANYTHING ELSE

TWO WAYS TO BUILD THIS

HAND THIS GUIDE TO CLAUDE AND LET IT DRIVE

✨ Open claude.ai — or [Claude Code](#) if you want it building files on your machine — paste in **this entire guide**, and say:

```
I want to pipe my Garmin data into you so you can coach me off my real numbers. The full build guide is below. Walk me through it step by step for MY setup: first ask me what I've got (Mac or Windows, whether I've ever used a terminal, and whether I want the 10-minute manual version or the full automated one). Then take me through one stage at a time — give me the exact commands, links and clicks for each step, wait for me to confirm each one worked before moving to the next, and fix any errors with me as they come up. Start by telling me exactly what to install first.
```

```
[paste the rest of this guide below]
```

OPTION B · DO IT YOURSELF

Prefer to follow along manually?

Read on — every step is below, in order. Laps 1 and 3 are the essential core; Laps 2 and 4 are the upgrades.

THE GRID · WHAT THIS ACTUALLY GIVES YOU

WHAT YOU'LL HAVE AT THE FINISH LINE

Not "screenshot your Strava into ChatGPT." A real pipeline that reads your own data and coaches off it — the same system running behind my dashboard right now.

A LIVE FEED

Your Garmin data flowing in on its own, daily — no manual export requests once it's set up.

STRAIGHT ANSWERS

"Am I overtraining?" "Is my muscle holding?" Answered off your numbers, not a guess.

A MORNING COACH

The end game: it reads your recovery overnight and rewrites today's session before you're up.

BUILT BY AI, FOR FREE

You describe it, Claude writes the code. Every tool in the stack has a free tier. No dev needed.

WATCH TO ANSWER






01 WATCH Records the session, syncs to your phone.	02 GARMIN CLOUD The phone pushes it to Garmin Connect.	03 DAILY PULL A scheduled job pulls it out automatically.	04 YOUR DB Everything lands in one store you own.	05 CLAUDE Reads your data and answers like a coach.
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The key link is #3 – getting your data out. Do it by hand in 10 minutes (Lap 1) or let [n8n](#) run #3→#5 on a timer forever (Lap 2). Start at Lap 1 today.

BEFORE YOU START · GATHER THESE FIRST

WHAT YOU NEED

All of it has a free tier. The two **ESSENTIAL** rows get you value today — everything marked **OPTIONAL** is only for the automated, always-on version.

 GARMIN ACCOUNT	Your Garmin Connect login. This is the data — no new hardware, just the watch you already wear.	ESSENTIAL
 CLAUDE	claude.ai to chat with your data. Or Claude Code if you want it to build the automated pipe for you — you talk, it writes the code.	ESSENTIAL
 A DATABASE	One place your data lives. Supabase free tier is plenty — sign up here , or type database.new into your browser for a one-click new database. Claude sets up the tables for you. Only needed for Lap 2.	OPTIONAL
 n8n	The engine that runs the pull on a timer and later delivers your morning coach . A visual, no-code workflow tool (n8n.io) — always-on so it works even when your laptop's shut. (A simple computer Task Scheduler / cron also works if you'd rather stay local.) For Laps 2 + 4.	OPTIONAL
 HOSTING	Optional dashboard to click through your data. Vercel free tier. Only if you want the visual.	OPTIONAL

You are not writing code. If a tool needs setting up, you open Claude Code in a folder and tell it what you want in plain English — it writes the script, explains each step, and fixes its own errors. Your job is to describe the outcome and paste in your logins.

THE RACE · DO THESE IN ORDER

FOUR LAPS FROM WATCH TO COACH

Laps 1 and 3 are the **ESSENTIAL** core — data out, Claude talking. Laps 2 and 4 are the **OPTIONAL** upgrades that make it automatic.

LAP

01

10 MIN ·
TODAY

GET YOUR DATA OUT **ESSENTIAL**

GOAL — see Claude read a real session today, zero build

The fastest win, no setup. The trick almost everyone misses: your Garmin data is downloadable right now, and Claude can read it raw.

DO THIS · EXPORT YOUR DATA

GARMIN

garmin.com/en-AU/account/datamanagement/exportdata

- 1 Faster for one session: open the activity in **Garmin Connect** → the gear/share menu → **Export** the .FIT / .GPX / .CSV. (Or the link above for your whole history — Garmin emails a download.)
- 2 Open **claude.ai**, drag that file straight in. No file? A clean **screenshot** of the session works too.
- 3 Ask it to read the session (Starter Prompt 01 below). Then keep talking — "what should tomorrow be?"

APPLY IT

After any run or lift, drop the file in and ask "what did that cost me, and what's tomorrow?" That's the whole loop, working, before you've built anything.

MAKE IT LIVE

OPTIONAL UPGRADE

GOAL – kill the manual exports for good

Exporting by hand gets old fast. Lap 2 puts the data on rails so it lands on its own, every day. Two ways in: **clone the repo** (the pull script + schema are already written for you), or open **Claude Code** in an empty folder and have it build them from this exact brief:

SAY THIS TO CLAUDE CODE

```
Build me a Python script using the python-garminconnect library
that logs
into my Garmin Connect account, pulls my activities, sleep, HRV,
resting
heart rate, V02 max and Index-scale body composition, and upserts
them into
a Supabase database. Create the tables for me, keep my login in a
.env file,
and make it safe to re-run daily. Then help me schedule it to run
every morning.
```

- 1 **Create the free Supabase project** — supabase.com/dashboard/sign-up, or just type [database.new](#) into your browser for a one-click new database. Then paste the project URL + key into the .env when Claude asks.
- 2 **Run it once** with Claude watching — it'll fix any login or table error itself. You'll see your history land in the database.
- 3 **Schedule it in n8n** — drop the pull into an n8n workflow on a daily timer so it runs always-on in the cloud (works with your laptop shut), no export request ever. Prefer local? A computer Task Scheduler / cron job does the same. Either way, as long as your watch syncs to the Connect app (your phone does that automatically), fresh data lands every morning.
- 4 **Optional — the dashboard.** Ask Claude to build a simple page on top so you can click any session. Deploy free to [Vercel](#). (That's the thing in the video.)

NO-CODE FALLBACK · WON'T TOUCH A TERMINAL? THIS ROUTE'S FOR YOU

An earlier build of mine skips the script entirely: it catches Garmin's weekly export **email** automatically and parses it into a database (it originally fed a Power BI dashboard). Slower — weekly, and you still trigger the export — but genuinely zero code to run: github.com/aaronparton2-sketch/Garmin-API-Bypass-to-PBI-Dashboard

APPLY IT

You now have one source of truth. Every morning your last night's sleep, HRV and yesterday's session are already in the database — nothing to fetch, ready for Claude to read.

LAP

03

THE UNLOCK

MAKE IT TALK ESSENTIAL

GOAL — numbers → a coach's read

Data on its own is just a spreadsheet. Talking to it is the value. Point Claude at your data and ask like you'd ask a coach — not "summarise this," but "what do I do about it?"

- 1 Give it the data.** Did Lap 1? Paste the session or week. Did Lap 2? Tell Claude Code "read my last 14 days from Supabase and coach me" and it queries the database itself.
- 2 Ask with intent.** Use a Starter Prompt below and swap in your real numbers. The more real data it sees, the sharper the call.
- 3 Push back.** "Explain that." "Give me plan B." A coach is a conversation, not a one-shot answer.

APPLY IT

The Starter Prompts below are the six questions worth asking every week. Full 18-prompt pack is in the repo.

LAP

04

FINISH

MAKE IT COACH YOU

OPTIONAL UPGRADE

GOAL – it comes to you

The finish line: you stop asking and it starts telling. Because the pull is automatic now (Lap 2), an overnight job can read your recovery and hand you the day before you're even up.

- 1 **Add a morning trigger in n8n** — the same workflow that runs the pull fires again after your overnight recovery syncs.
- 2 **Give it a standing brief** — the coach system prompt (Starter Prompt 06) plus that morning's sleep, HRV and yesterday's load, read straight from your database.
- 3 **Let n8n message you** — a text or email node sends today's session, adjusted for how you actually pulled up, wherever you'll read it.

APPLY IT

This is where n8n earns its keep: trigger → read the data → ask Claude → send you the plan, all hands-off. Ask Claude Code to build the workflow for you — same pattern as the daily pull, one more step.

THE APPLICATION · THIS IS WHERE PEOPLE FALL OFF

HOW TO ACTUALLY USE IT

Building it is a day. Getting value from it is a rhythm. Once it's live, this is the routine that turns the pipe into a real coach — steal it as-is.

EVERY MORNING

10 sec

Before you decide the day, a readiness check.
Green light, or back it off?

"Off my overnight recovery – go hard today or hold back?"

AFTER A SESSION

30 sec

Get the read while it's fresh — was it aerobic or a redline, and what did it cost.

"Read that session like a coach.
What's tomorrow?"

EVERY SUNDAY

2 min

The weekly review. Trending up, holding, or quietly overreaching — and next week's sessions.

"This week vs my 4-week average — call it, then build next week."

MONTHLY

3 min

Zoom out. Body-comp + fitness vs 3 months ago — where you improved, where you stalled.

"What's actually changed since 3 months ago? Next lever?"

RACE WEEK

5 min

Sanity-check the predictor and build the taper — volume, intensity, the 48 hours before.

"Is Garmin's race predictor honest? Build my taper."

ANY NIGGLE

1 min

Train through, modify, or rest — off your real recent load, not a hunch.

"I've got [niggle] — train through, modify, or rest? 3-day plan."

THE EDGE · MOST BUILDS STOP SHORT OF THIS

YOUR SCALE IS THE MISSING HALF

Runs and HRV are only half the story. If you've got a Garmin Index scale, feed in weight, muscle mass and body fat too — then Claude can answer the question that actually matters in a cut: "Is my muscle holding while my fat drops, or am I losing both?" Almost nobody wires this in. It's Starter Prompt 05, and it's the difference between a data toy and a real coach.

THE PIT LANE · SIX TO START WITH

STARTER PROMPTS

One per question that matters. Swap the [bracketed] bits for your real numbers — or if you did Lap 2, just tell Claude to read them from your database. **The full 18-prompt pack ships in the repo.**

READ A SESSION // what just happened

01 Read this session like a coach

Here's my session from today: [paste splits, pace, heart rate, RPE – or "read today from my database"].

Break it down like a coach, not a spreadsheet. Was this mostly aerobic or did I redline it? What did it cost me, and what should tomorrow be?

RECOVERY & READINESS // should I go hard today

02 Am I overtraining?

My last 7 days: resting HR [...], HRV [...], sleep [...], training load [...].

Am I absorbing the work or digging a hole? One word first, then explain what you're reading.

03 Hard session or swap it?

Last 5 nights of sleep + HRV: [paste]. I've got [the hard session] planned today. Green light, or swap it? Give me the call and a plan B.

PLAN & RACE // what's next

04 Build me the week

Goal: [e.g. sub-45 10k in 8 weeks]. Current fitness: [VO2 max, recent long run, weekly volume]. I train [days].

Write next week's sessions. Keep it to what my recovery can actually take.

THE EDGE · BODY-COMP // the half nobody wires in

05 Is my muscle holding?

Body-comp over [period]: weight [...], body fat % [...], muscle mass [...].

Is my muscle holding while fat drops, or am I losing both? What does that say about my deficit and training right now?

AUTOMATE IT · LAP 4 // the standing coach

06 The morning coach (system prompt)

You are my coach. Every morning you get my overnight recovery (sleep, HRV, resting HR) and yesterday's session.

Read how I actually pulled up and rewrite today's plan for it. Be decisive: one clear session, one line on why. If I'm cooked, say so and back it off.

PODIUM

THAT'S THE WHOLE BUILD.

Data out, on rails, talking, then coaching you before you're awake.

The full stack — the daily-pull script, the database schema, the complete 18-prompt pack — is open source in the repo. Clone it, drop in your login, go.

COMMENT "GARMIN"



The build, open source → github.com/aaronparton2-sketch/garmin-claude-coach

aaronautomates · built with python-garminconnect + n8n + Supabase + Claude Code · your data, your keys