Release notes October 2026



YOUR MOWL®

EXPERIENCE JUST GOT A WHOLE LOT BETTER

Your MOWL® experience just got a whole lot better

Our latest app update brings meaningful improvements to the features you use every day.

Sometimes, it's the little things that make the biggest difference.

So, we've been fine-tuning the details and making some bigger improvements along the way.

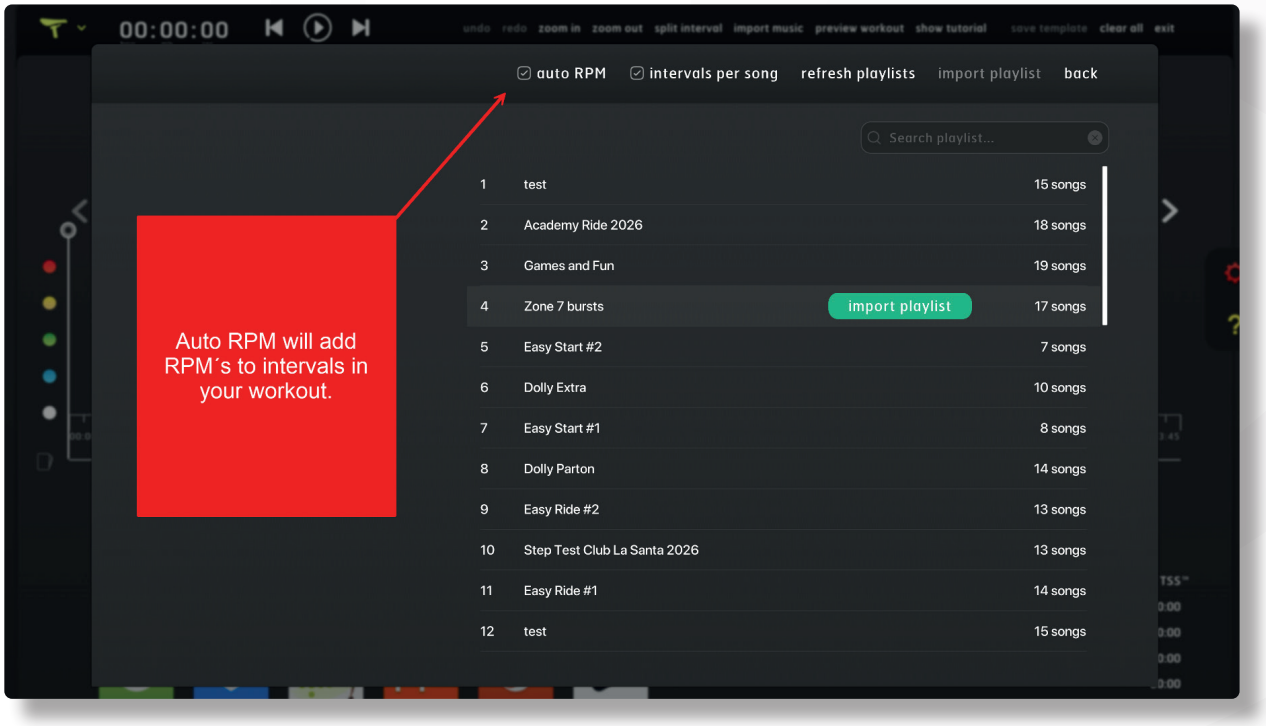
Here's what's new.

Small changes, big difference

We've made improvements across the app to make everyday tasks easier.

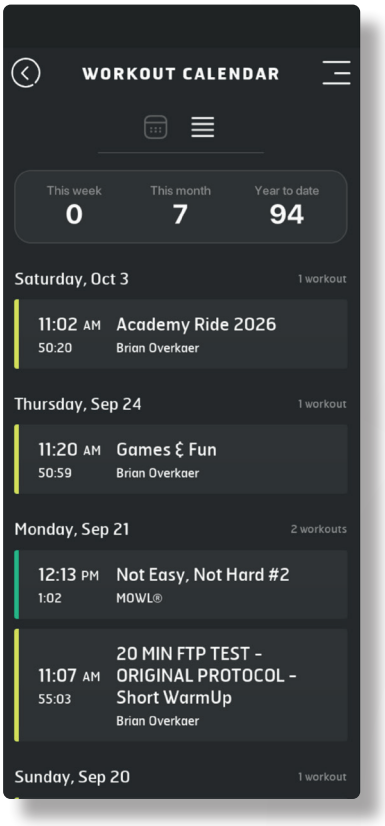
Design workouts to the beat

Import Spotify playlists into Session Designer and we'll show you not just the BPM of each track, but a suggested cadence to match. Less time calculating RPMs; more time building the workout.



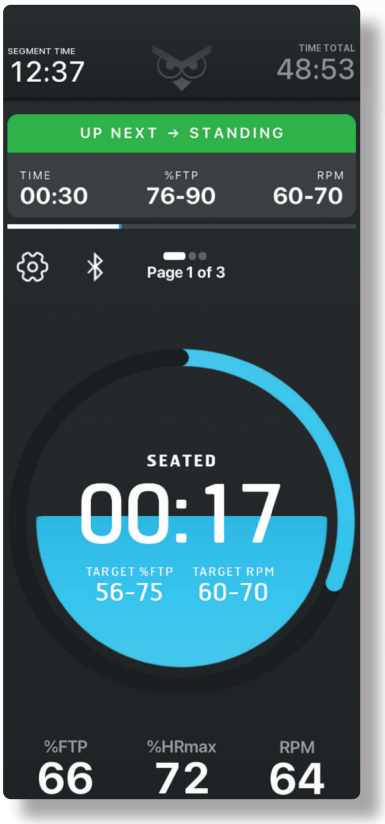
Find your workout history faster

Prefer a list to a calendar? You can now scroll through your recent workout history in one simple list instead of navigating back through individual dates.



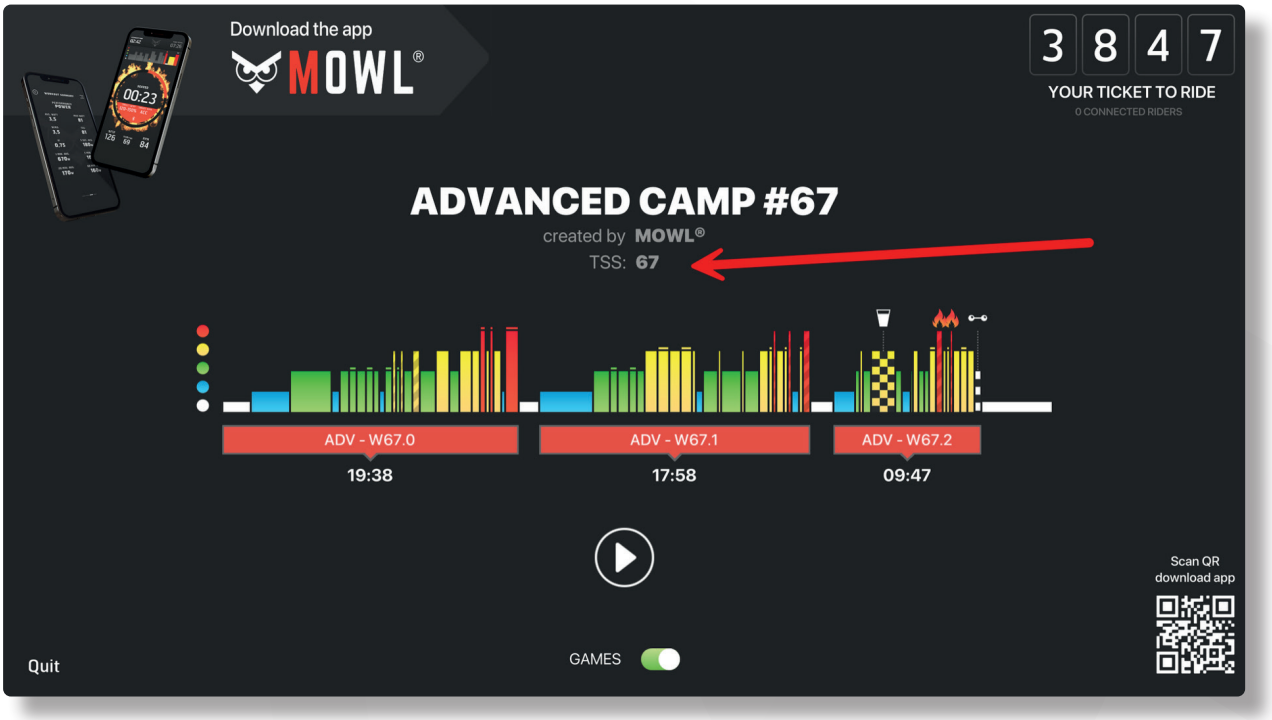
See what's next when you want to

We've made the mobile workout player easier to navigate. Your live data screens now work as a continuous carousel, while a new toggle lets you switch between your current interval and what's coming next whenever you want. The automatic "Up next" preview now appears only during the final 30 seconds of longer intervals, keeping the focus on what you're doing now.



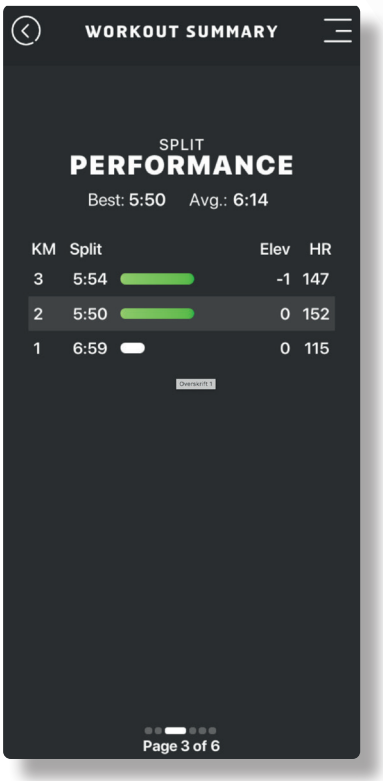
Know what to expect from your ride

Training Stress Score (TSS) is now displayed on the pre-start screen, giving riders a preview of the workout's expected training load before they begin.



More running data

Get more insight into your runs with detailed workout history, including elevation, pace and heart rate when a heart rate device is connected. A new split screen also shows your time for the last kilometre or mile as you run, making it easier to track your pace.

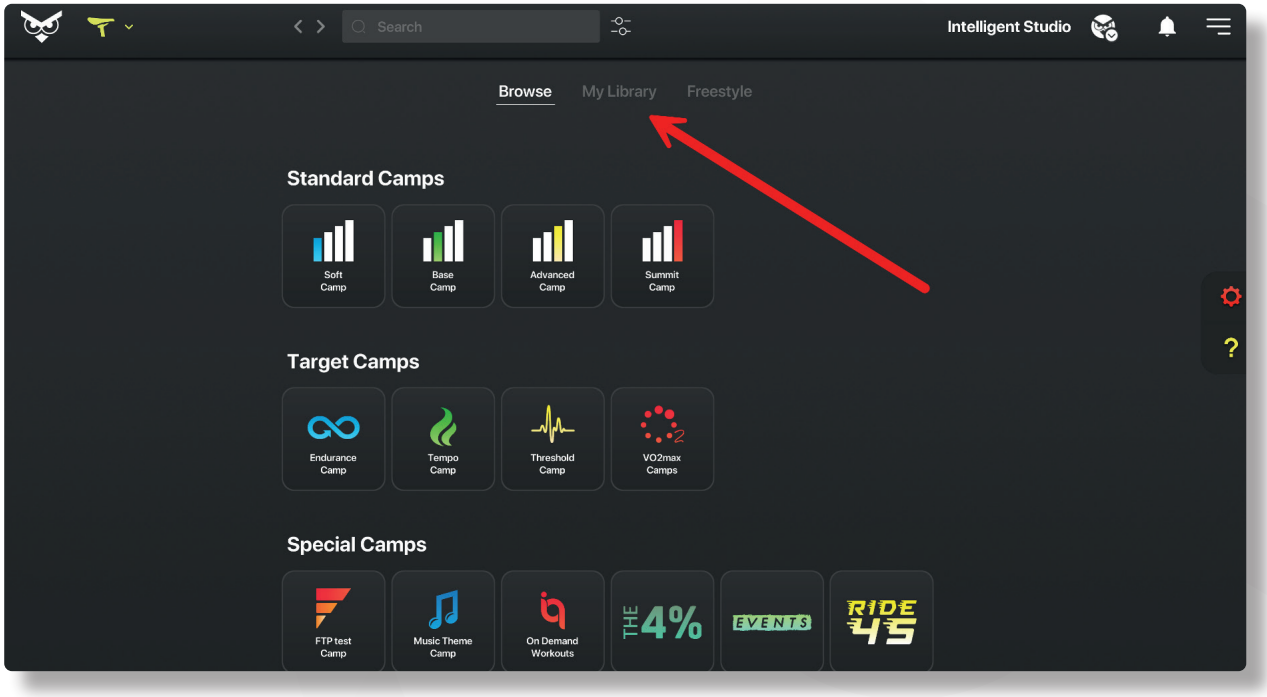


A quicker way into MOWL®

Logging in on a tablet? You can now use a QR code to get started faster.

Meet My Library

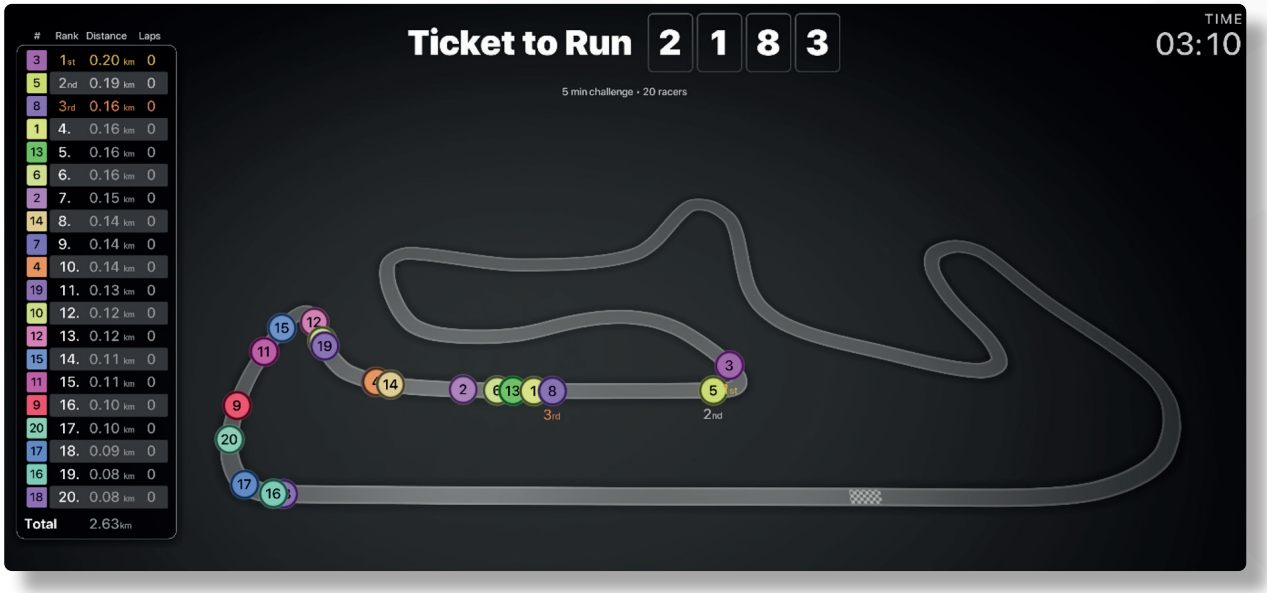
“My Workouts” is now **My Library**, a new name that better reflects everything you’ll find there — whether you create your own workouts or simply save your favourites.



Ready, set, RUN!

Two familiar games are making the leap from cycling to running.

RACETRACK and **TIME TRIAL** are coming to the MOWL® RUN universe, bringing new ways to turn a workout into a game and keep runners engaged.



Put your best face forward

Your MOWL® profile is becoming an increasingly important part of how you connect, share and get discovered.

You can now update your profile picture and bio directly in the app, rather than logging in through the web. We've also optimised workout sharing, making it easier to get your workouts in front of others.

And we're not stopping there. More social features are in development to help instructors share their work, connect with followers and grow their audience on MOWL®.

Your music, right where you need it

We've improved our Fitness Player integration so music now plays directly through MOWL®. Previously, Fitness Player opened separately, which could cause the music to fall out of sync with the workout. The new integration keeps everything together for a smoother experience from start to finish.

Virtual Player becomes ON DEMAND

Great workouts, whenever you need them.

Virtual Player is becoming **ON DEMAND**, making it easier to find our collection of ready-to-play classes.

Whether you're filling a gap in the timetable or giving members more flexibility outside scheduled classes, ON DEMAND puts instructor-led content just a few taps away.

There's more where that came from

These are just some of the improvements in our latest update.

Want to dive into all the little changes making your MOWL® experience even better?

Read the full list on the next page:

Mobile

- Font size overhaul on mobile app
- Increase tap area of jumping buttons on mobile.
- Password fields in login on mobile now have a paste button
- Removed Facebook login on Android
- Workout titles are now shown in 2 lines if they are too long
- Sharing on mobile now opens native shared dialogs instead of just copying to clipboard
- Changed “Home” icon to fit other icon styles
- The Calender view of the workout history now has a list view
- The swipe pages in the app player now works in a carousel fashion.
- The Current Intensity Line below the bar graph is now thicker
- Up next Interval now gets shown 30 sec before the next interval instead of in the middle of an interval. If the interval is shorter than a minute, it still shows in the middle of the interval. Users can now also toggle between the bar graph and up next by tapping on it.
- Date strings across the application have been unified now. They now use this format: Jun 9, 2026, at 2:52 PM
- Improved Spotify conection issue screen: Added Link to spotify connection workaround
- Changed running formulas so that expected Pace depends on inclination.
- ErgMode now pauses for 10 seconds (reduces resistance) if cadence drops below 25
- The app now keeps uploading data to the backend during the cooldown.
- Detailed Graphs in workout summary for running workouts
  (Pace graph and Elevation graph now working)
- Split view in live performance and workout summary on MOWL® RUN
- QR login on tablets for end-users.

Desktop

- Changed “My workouts” to “My library”
- Freestyle RaceTrack and TimeTrial are now available for Running as well
- VIRTUAL PLAYER name changed to ON DEMAND PLAYER
- Users can now edit their profile picture and description from within the app.
- Song numbers are now shown in the playlist view on the workout details (desktop)
- Downloading Music now also shows progress in %, instead of only downloaded song numbers like 2/7. This helps to track progress on system with slow internet speed.
- TSS is now shown in Prestart Screen (under the creator name)
- Auto RPM in the Session Designer
- The right-side menu for Settings and Help has been moved a bit down to not collide with a button in the session designer
- The Journey: Solarpunk