

Whistle

AI Workout Planner

Whistle is an AI-powered training app that builds personalized plans, adapts to your body, and coaches you through every stage of training. Built for iPhone and Apple Watch.

https://www.vogel.haus/whistle

Quick Facts

Platform	iOS 18+, watchOS 11+
App Name	Whistle
Developer	Vogelhaus Apps GmbH
Price	Basic: Free Pro: $4.99 / month or $39.99 / year Ultra (AI Coach): $2.99 / week, $9.99 / month, or $24.99 / quarter
Category	Health & Fitness
Website	https://www.vogel.haus/whistle
App Store	https://apps.apple.com/at/app/whistle-ai-workout-planner/id6739144449?l=en-GB

The problem Whistle solves

Most training apps give you a plan and leave you to figure out the rest. They don't know you slept badly, that a storm is coming Thursday, or that your training load has been creeping up for three weeks.

Whistle treats training as a dynamic process. It watches the signals your body is already producing and helps you make better decisions before problems turn into injuries or burnout.

Key Features

AI Coach

Ask Whistle to plan your week, adjust a workout, review your progress, or explain what your body is telling you. The coach works conversationally and adapts based on your actual data.

Health, Weather & Watch Integration

Whistle reads your sleep, recovery, and activity data from Apple Health, pulls in local weather for smarter outdoor planning, and sends workouts directly to Apple Watch so you can start from your wrist.

Privacy

Health data never leaves your iPhone unless you explicitly trigger a coaching request. When cloud processing is required, it is handled temporarily to generate a response and not stored as a long-term personal profile. No sign-ups required. No third parties. No tracking.

About Vogelhaus Apps GmbH

Whistle is made by Florian and Clemens, two friends from Vienna who build software they would want to use themselves. Vogelhaus Apps is fully independent, with no investors and no growth targets.

Contact

Thank you for taking the time to write about Whistle. It means a lot to us. If you have any questions, need additional assets, or would like to get in touch, you can reach us at contact@vogel.haus.