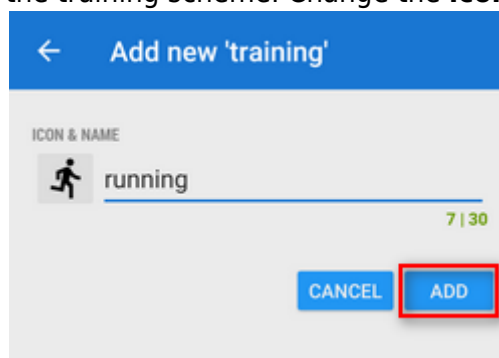# Audio coach

(ex "training manager")

Limited use in Locus Map Free - only one training possible

Audio coach comments your performance during a workout or a trip with voice notifications - of your actual or average speed, distance, pace, elevation, heart rate and many other parameters.
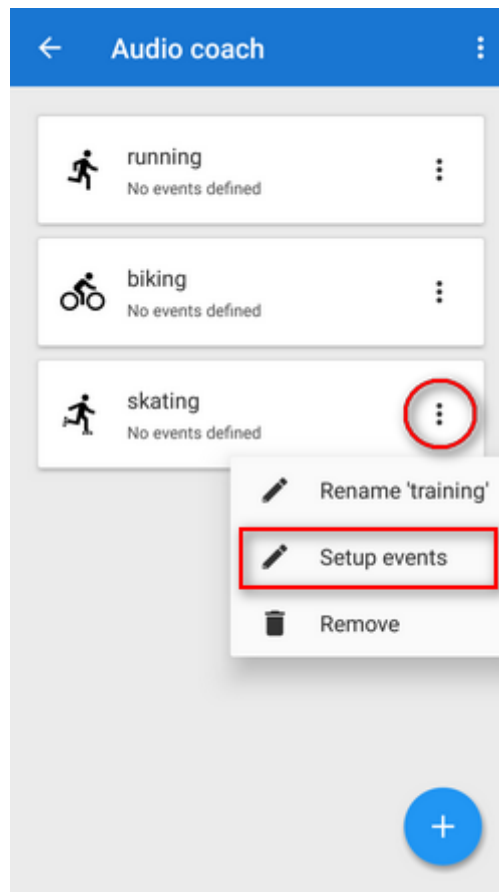
It works with **training** schemes that are defined by the user and triggered together with track recording. If you have a Locus Pro version, you can define training schemes for any type of your sports activity.
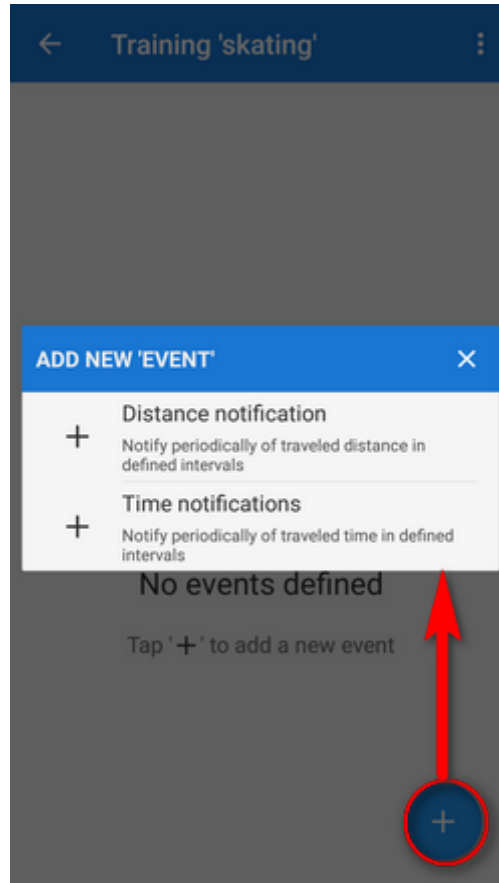
How to set up a new training

- go to *Settings > Track recording > Audio coach*
- tap ⊕ and insert **name** of the training scheme. Change the **icon** if necessary.

- your training appears in the **training list**. Tap its ⋮ menu and select **Setup events**
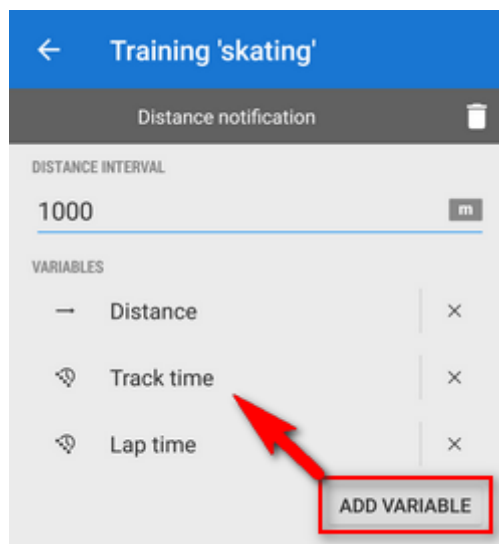
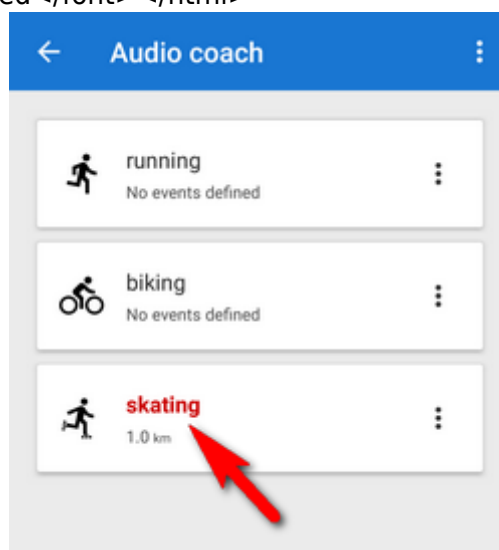- tap again and select **distance** or **time** notification

- define the **distance or time interval** and add variables - **distance, track time, average speed and heart rate** (if proper sensor is connected). You can **combine both intervals** -

distance and time and assign different variables to them and tailor the training scheme to your personal needs.
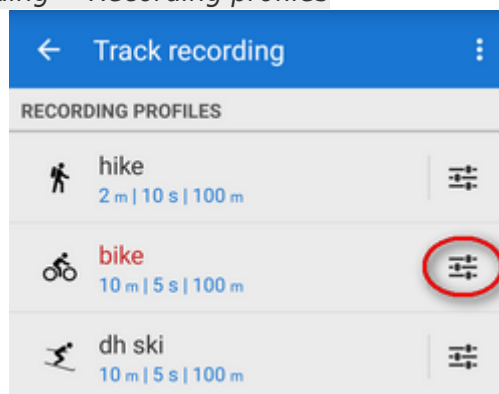
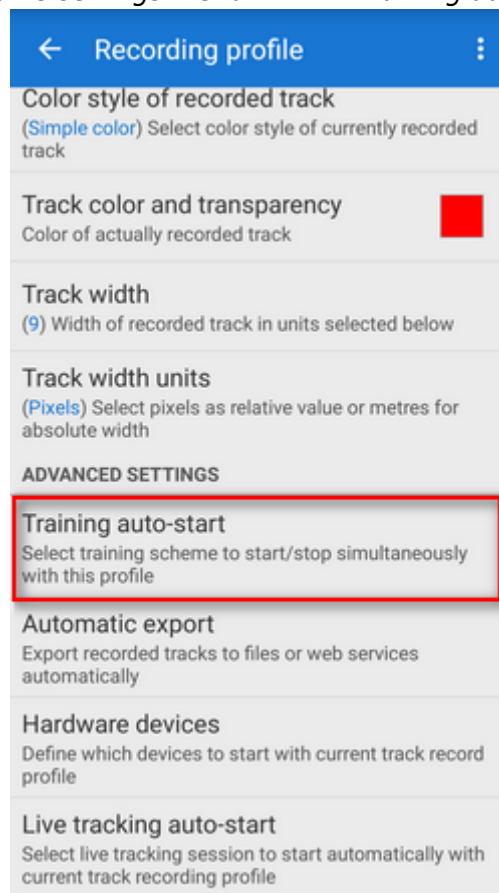- go back to the training manager and **tap** the scheme you want to **activate** - it highlights <html>red</html>

Automatic training start

It is possible to join a particular training scheme to a particular recording profile and start both at once.
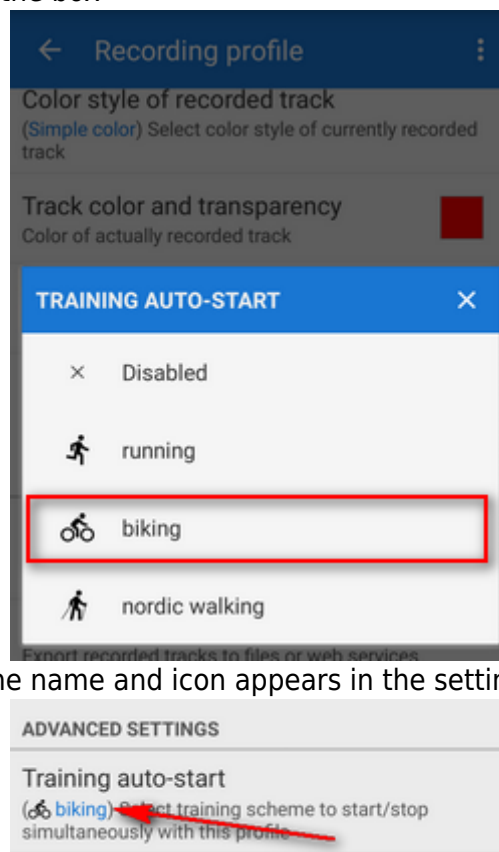
- go to *Settings > Track recording > Recording profiles*

- select *recording profile > profile settings menu* *> Training auto-start*

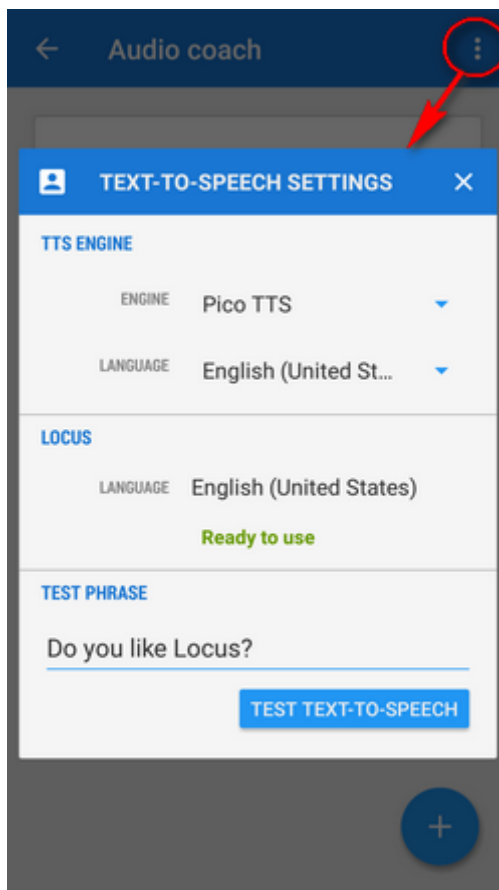- select training scheme from the box

- your selected training scheme name and icon appears in the settings and the auto-start is set

Sound settings

Training manager uses default TTS (text-to-speech) engine of your device. If you need to change language or TTS engine, you can set it up directly from the training manager topbar menu ⋮ :

More about text-to-speech settings in Locus >>

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{(rater>id=1|name=faq_trainingmanager|type=rate|headline=off)}