Training Manager

Limited use in Locus Map Free - only one training scheme possible Training manager enables you to define **workout audio coaching schemes** that can be triggered together with track recording. You can define distance or time intervals in which Locus informs you about your distance, track time, average speed and heart rate.

How to set up a new training

- go to Settings > Track recording > Training manager
- tap 💆 and insert **name** of the training scheme. Change the **icon** if necessary.

running

←

ICON & NAME

A.

• your training appears in the t	raining list. Tap its	menu and s	elect Setup events

Add new 'training'

7|30

÷	Audio coach	:
je.	running No events defined	:
්ං	biking No events defined	:
Å	skating No events defined	:
	/	Rename 'training'
	1	Setup events
	1	Remove
		_
		+

Last update: 2016/09/13 manual:user_guide:tracks:recording:trainingmanager http://docs.locusmap.eu/doku.php?id=manual:user_guide:tracks:recording:trainingmanager&rev=1473775520 16:05

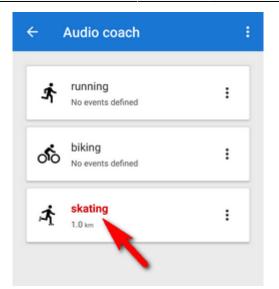
• tap 🛨 again and select **distance** or **time** notification

	Training 'skating'	
ADD N	IEW 'EVENT' X	
1	Distance notification	I
⁺	Notify periodically of traveled distance in defined intervals	I
l .	Time notifications	I
+	Notify periodically of traveled time in defined intervals	I
	No events defined	ľ
	Tap '+' to add a new event	

 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.

÷	Training 'skating'	
	Distance notification	Î
DISTANC	E INTERVAL	
1000		m
VARIABLE	3	
-	Distance	×
Ø	Track time	×
\Diamond	Lap time	×
	1	ADD VARIABLE

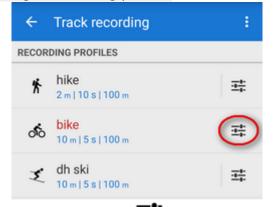
 go back to the training manager and tap the scheme you want to activate - it highlights <html>red</html>



Automatic training start

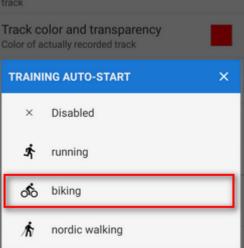
It is possible to join a particular training scheme to a particular recording profile and start both at once.

• go to Settings > Track recording > Recording profiles



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

← Recording profile :
Color style of recorded track (Simple color) Select color style of currently recorded track
Track color and transparency Color of actually recorded track
Track width (9) Width of recorded track in units selected below
Track width units (Pixels) Select pixels as relative value or metres for absolute width
ADVANCED SETTINGS
Training auto-start Select training scheme to start/stop simultaneously with this profile
Automatic export Export recorded tracks to files or web services automatically
Hardware devices Define which devices to start with current track record profile
Define which devices to start with current track record
Define which devices to start with current track record profile Live tracking auto-start Select live tracking session to start automatically with
Define which devices to start with current track record profile Live tracking auto-start Select live tracking session to start automatically with current track recording profile



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



• select training scheme from

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 :

← Audio coach 🤃
TEXT-TO-SPEECH SETTINGS X
TTS ENGINE
ENGINE PICO TTS
LANGUAGE English (United St 🝷
LOCUS
LANGUAGE English (United States)
Ready to use
TEST PHRASE
Do you like Locus?
TEST TEXT-TO-SPEECH

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

