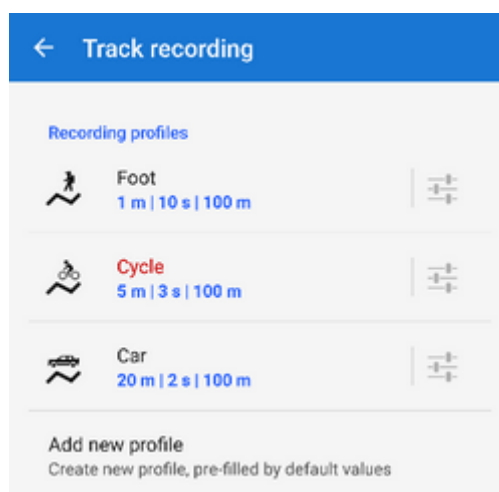# Track Recording Settings

- Menu > Settings > Track recording

Recording profiles

- **Foot** - pre-defined profile. Frequency of trackpoints: 1m and 10sec. GPS accuracy: 100m. Tap

  to edit the profile.
- **Cycle** - pre-defined profile. Frequency of trackpoints: 10m or 5sec. GPS accuracy: 100m. Tap

  to edit the profile.
- **Add new profile** - available only for Locus Map Pro users. Allows to define a completely new profile based on default values.

> **More about creating and editing recording profiles here >>**

Global

- **Style of track recording panel** - selection between full-featured, dashboard-like sliding side panel or simple compact bottom panel
- **Automatic start** - starts track recording automatically after each Locus Map startup. Useful for thorough mapping of your training but demanding data space.

- **Training manager** - turns Locus Map into a full-scale sporttracker. Opens a dialog setting voice notifications accompanying your workouts:
  - **topbar**
    - *Add a new training* - adds a new notification scheme. Sets its icon and name.
    - *Text-to-speech settings* - sets TTS service and language
  - **list of notification schemes** - tapping a particular scheme opens the scheme setting dialog with distance or time trigger interval and a list of notification variables - distance, average speed etc.

How to set up a new training:

- Training manager > ⋮ Add new training > set icon&name > **Add**
- select a recording profile, e.g. "Bike" > Recording profile settings > scroll down and select **Training auto-start** > select one of the pre-defined training schemes > the scheme is associated with the recording profile and starts automatically with the track recording

Side panel

- **Auto-hide side panel** - hides side sliding panel automatically after start/stop of recording to free screen space for map
- **Number of track monitoring items** - defines number of visible track monitoring items in a grid on the panel
- **Start with countdown** - starts track recording with a pre-defined countdown from 5 to 30 seconds