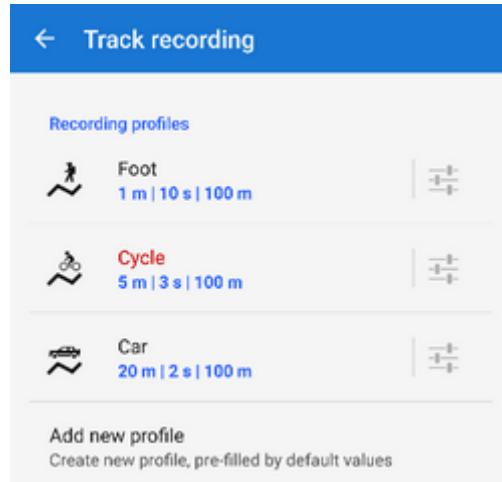




## Track Recording Settings

- 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

- **Personal information** - available only for Locus Map Pro users - settings necessary for calculation of your **energy consumption** during activities - sex, age, height and weight
- **Style of track recording panel** - selection between full-featured, dashboard-like sliding side panel or simple compact bottom panel

- **Automatic start** - available only for Locus Map Pro users - starts track recording automatically after each Locus Map startup. Useful for thorough mapping of your training but demanding a lot of data space.
- **Training manager** - limited for Locus Map Free users - turns Locus Map into a full-scale sporttracker. Opens a dialog setting voice notifications accompanying your workouts:
  -  **topbar menu** - Text-to-speech settings - sets TTS service and language
  -  **adds a new training** notification scheme. Sets its icon and name
  - **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

From:  
<https://docs.locusmap.eu/> - Locus Map Classic - knowledge base



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