Audio coach

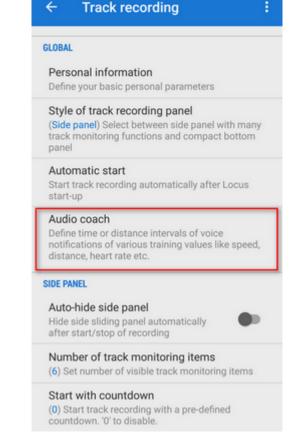
(ex "training manager")

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.

How to set up a new training

• go to Settings > Track recording > Audio coach



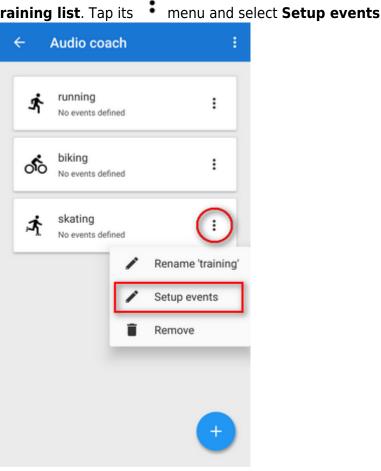


and insert **name** of the training scheme. Change the **icon** if necessary.

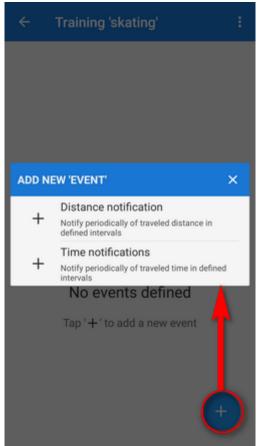
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÷	Add new 'training'	
icon & NJ	running	7 30
	CANCEL	ADD

• your training appears in the **training list**. Tap its



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



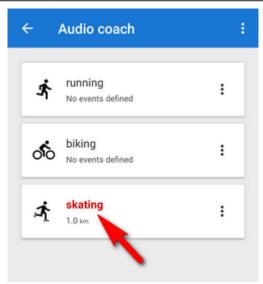
 define the distance or time interval of notifications and add variables - distance, track time, pace, average speed, elevation, heart rate, cadence (if proper sensor is connected), battery % and energy consumption. All variables are available also in interval (lap) versions. You can combine both types of 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
VARIABLI	ES	
-	Distance	×
\Diamond	Track time	×
Ø	Lap time	×
	-	ADD VARIABLE

How to start Audio coach

Audio coach independent on recording profile

 go to Settings > Track recording > Audio coach and tap the training you want to activate it highlights <html>red</html>

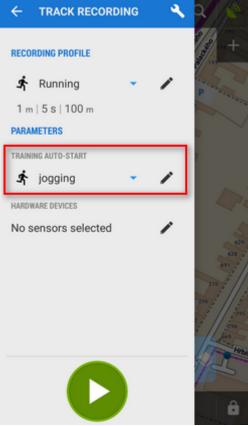


You can choose any track recording profile, the Audio coach will comment any of them with the same training scheme.

Automatic Audio coach start

It is possible to join a particular training scheme to a particular recording profile and start both at once without further setting.

• side-slide track recording panel contains an option to select Audio coach training scheme **before start of the recording**:

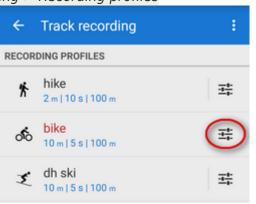


• select recording profile, select training and press START. The training will stay assigned to your

selected recording profile for future use.

You can assign the training scheme to a recording profile also in the Settings section:

• go to Settings > Track recording > Recording profiles

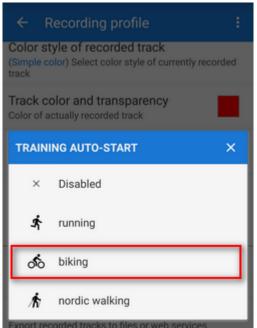


• select recording profile > profile settings menu -> Training auto-start

← 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	Ľ
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	d
Live tracking auto-start Select live tracking session to start automatically with current track recording profile	h

• select training scheme from the box

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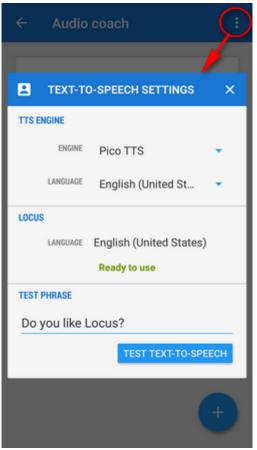


• your selected training scheme name and icon appears in the settings and the auto-start is set

ADVANCED SETTINGS
Training auto-start (& biking) Partect training scheme to start/stop simultaneously with this profile

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 >>

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

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