Audio coach

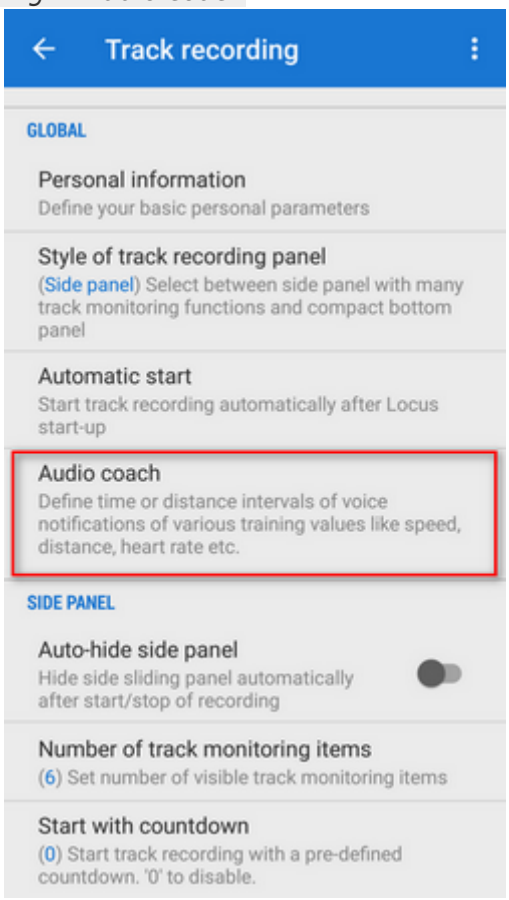
(ex “training manager”)

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.

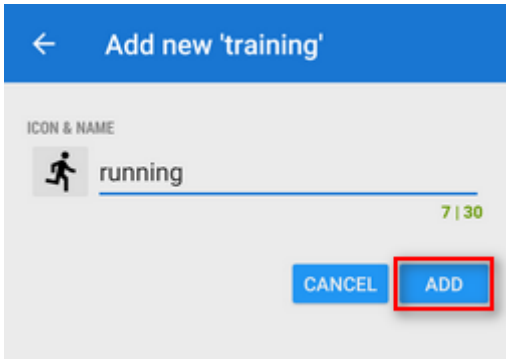
It works with **training** schemes that are defined by the user and triggered together with track recording.

How to set up a new training

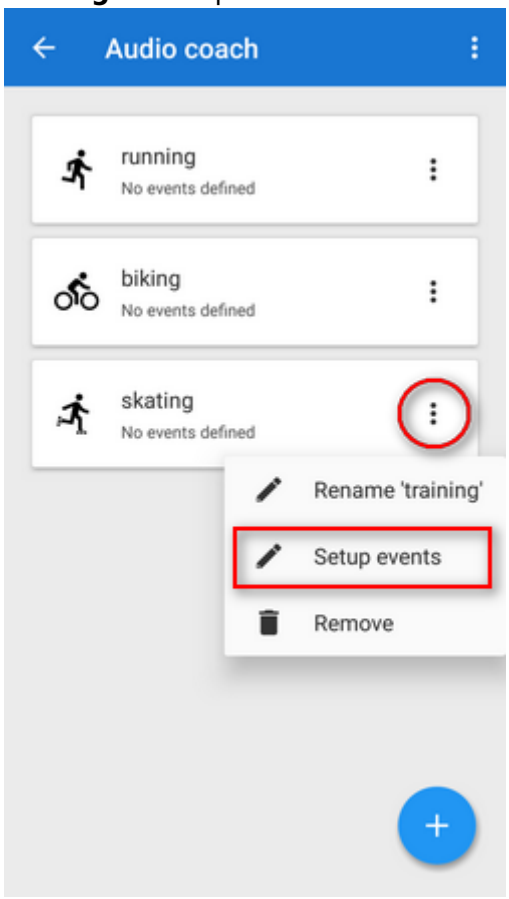
- go to *Settings > Track recording > Audio coach*



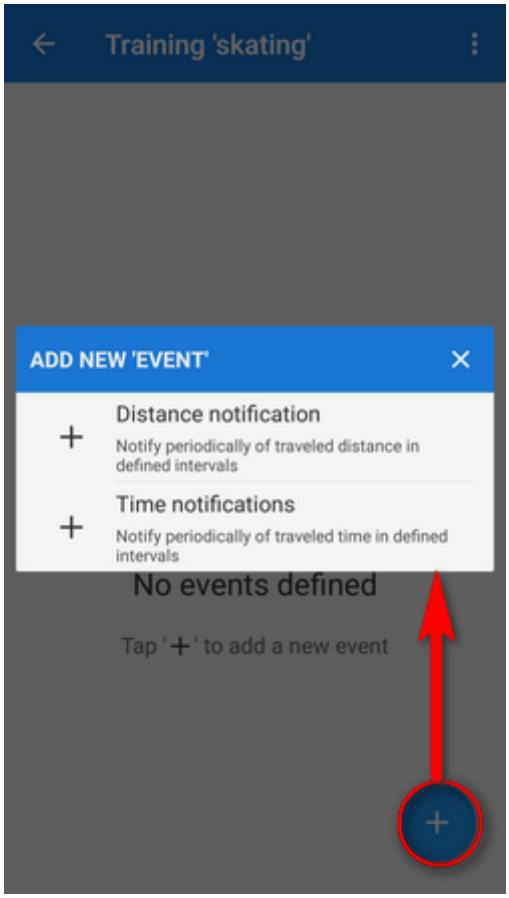
- tap  and insert **name** of the training scheme. Change the **icon** if necessary.



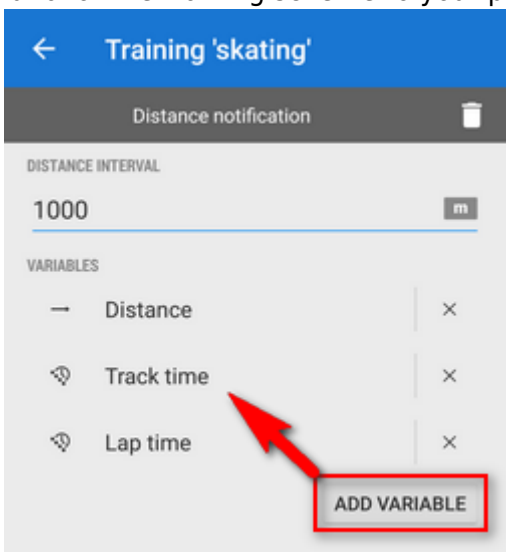
- your training appears in the **training list**. Tap its ⋮ menu and select **Setup events**



- tap  again and select **distance** or **time** notification



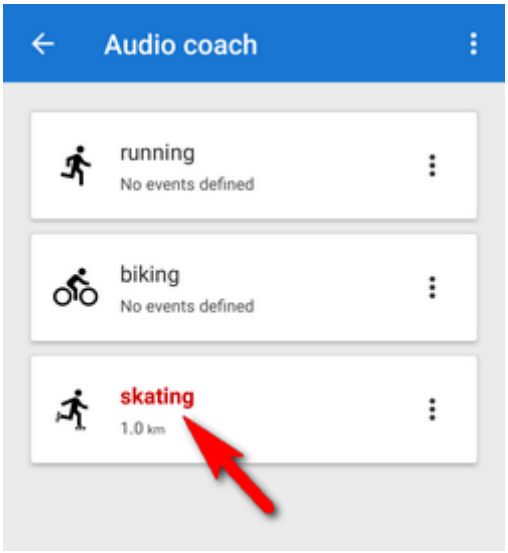
- define the **distance or time interval** of notifications and add variables - **distance, track time, pace, average speed, elevation, heart rate, cadence** (if proper sensor is connected), **battery % and energy consumption**. All variables are available also in interval (lap) versions. You can **combine both types of intervals** - distance and time and assign different variables to them and tailor the training scheme to your personal needs.



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>

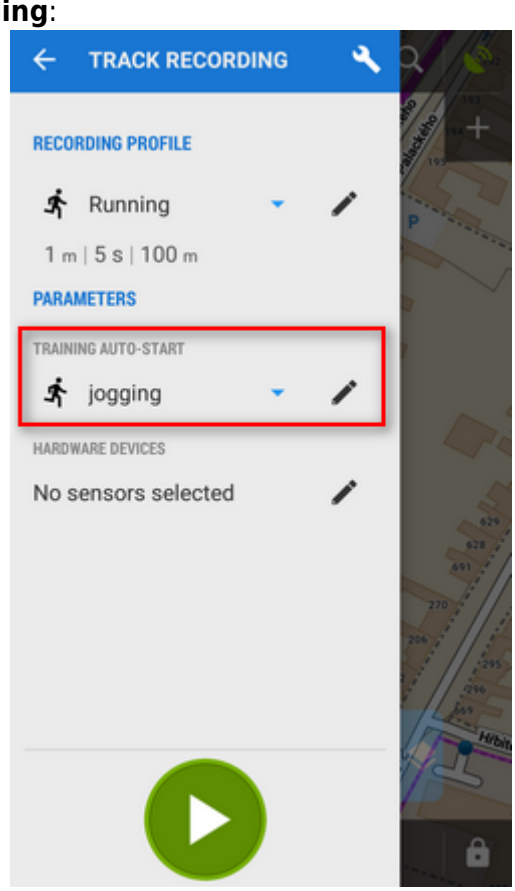


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You can choose any track recording profile, the Audio coach will comment any of them with the same training scheme.

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**:

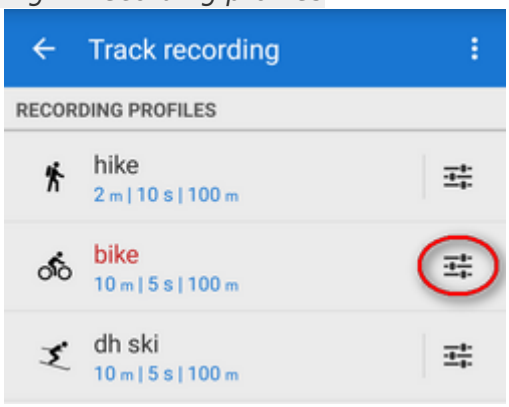


- select recording profile, select training and press START. The training will stay assigned to your

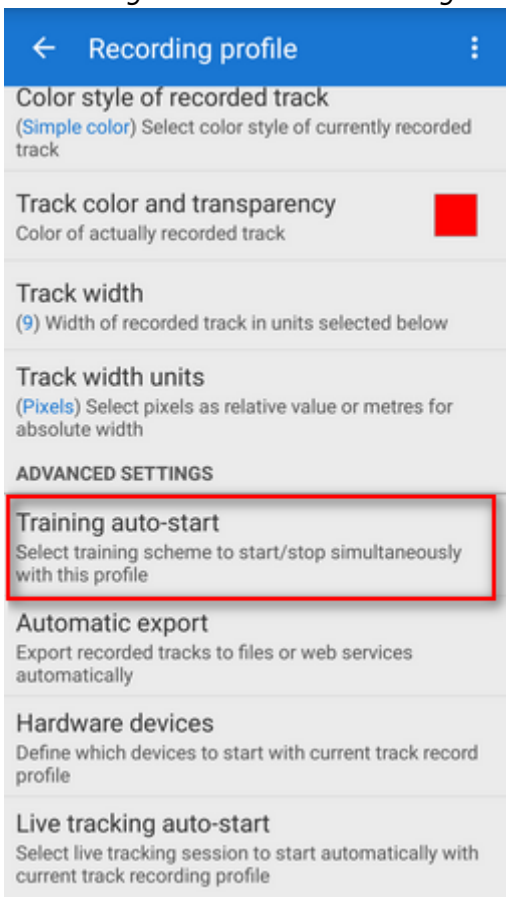
selected recording profile for future use.

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

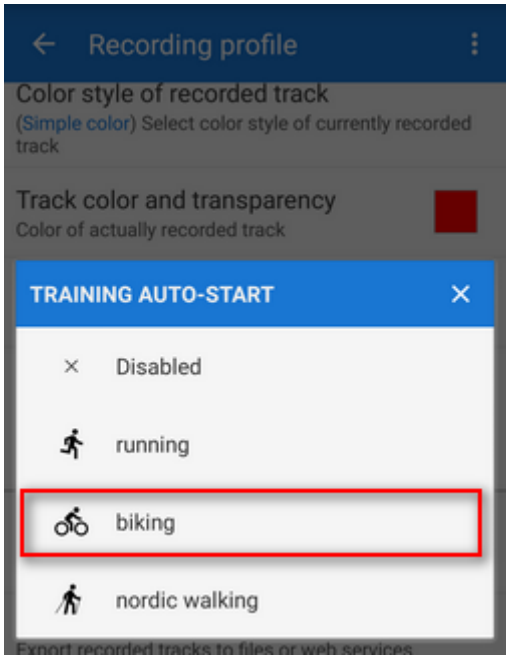
- go to *Settings > Track recording > Recording profiles*



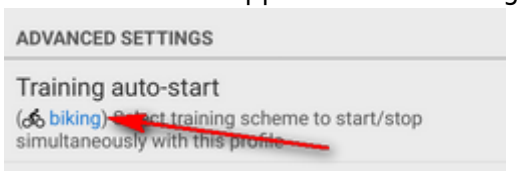
- select *recording profile > profile settings menu*  *> Training auto-start*



- select training scheme from the box

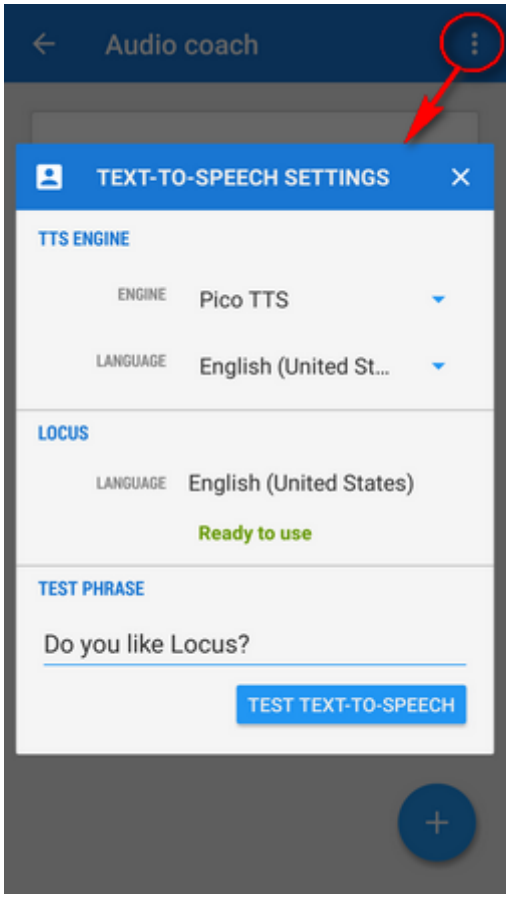


- your selected training scheme name and icon appears in the settings and the auto-start is set



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 >>

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

Permanent link:
https://docs.locusmap.eu/doku.php?id=manual:user_guide:tracks:recording:trainingmanager

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