


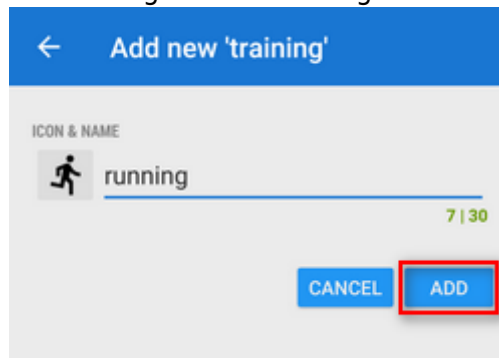
# Training Manager

Limited use in Locus Map Free - only one training scheme possible

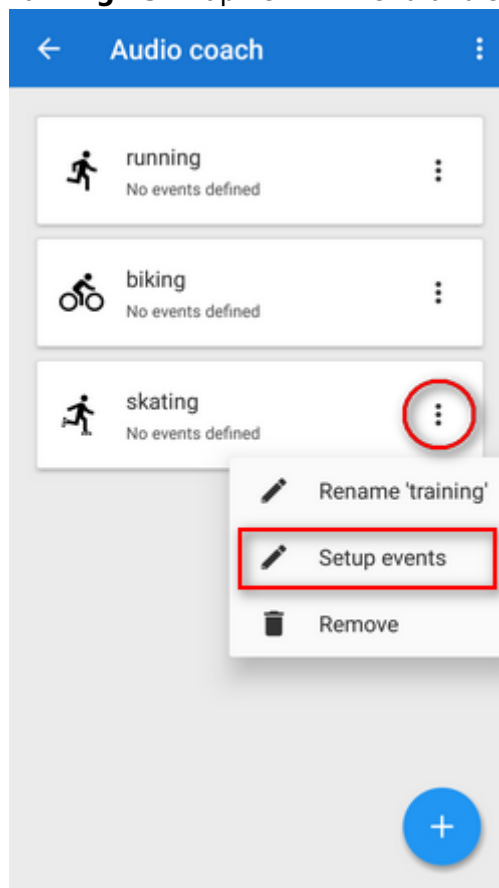
Training manager enables you to define **workout audio coaching schemes** that can be triggered together with [track recording](#). You can define distance or time intervals in which Locus informs you about your distance, track time, average speed and heart rate.

## How to set up a new training

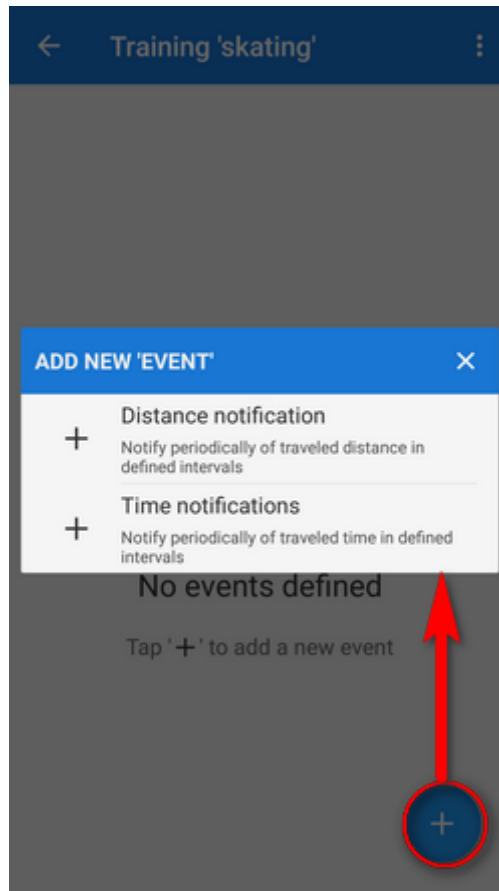
- go to *Settings > Track recording > Training manager*
- tap  and insert **name** of the training scheme. Change the **icon** if necessary.



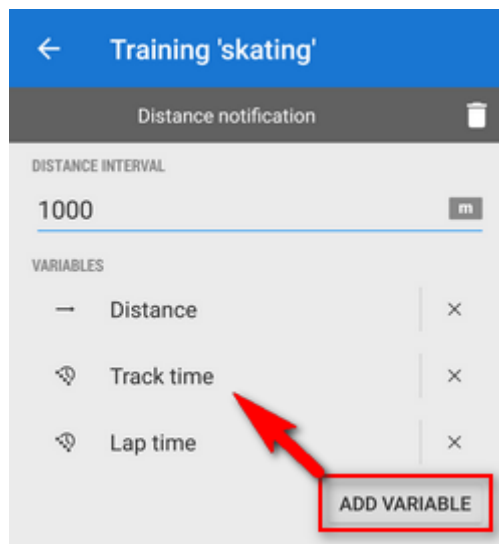
- your training appears in the **training list**. Tap its  menu and select **Setup events**



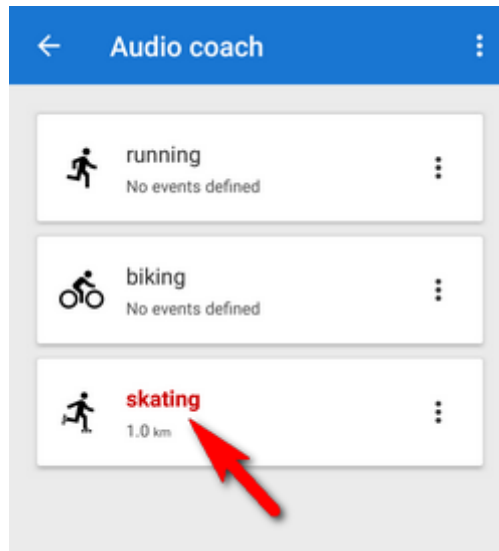
- tap  again and select **distance** or **time** notification



- define the **distance or time interval** 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.



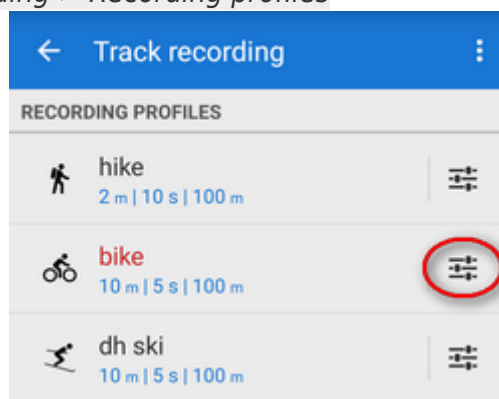
- go back to the training manager and **tap** the scheme you want to **activate** - it highlights red



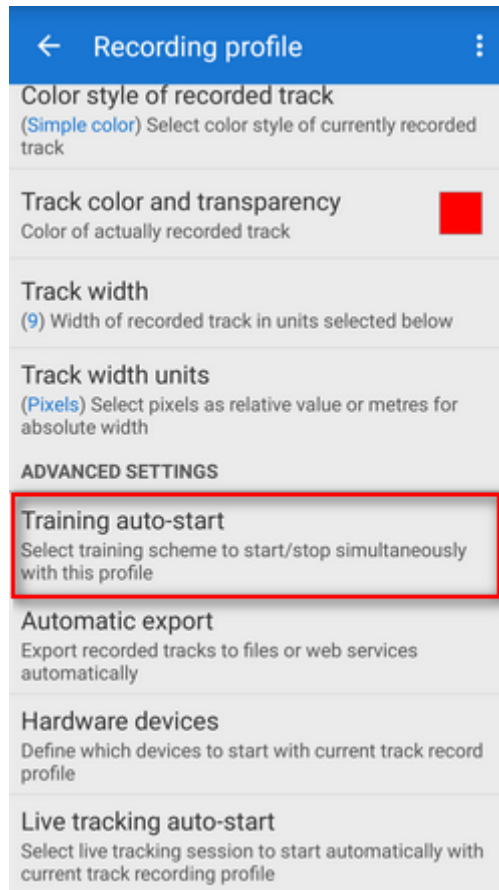
## Automatic training start

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

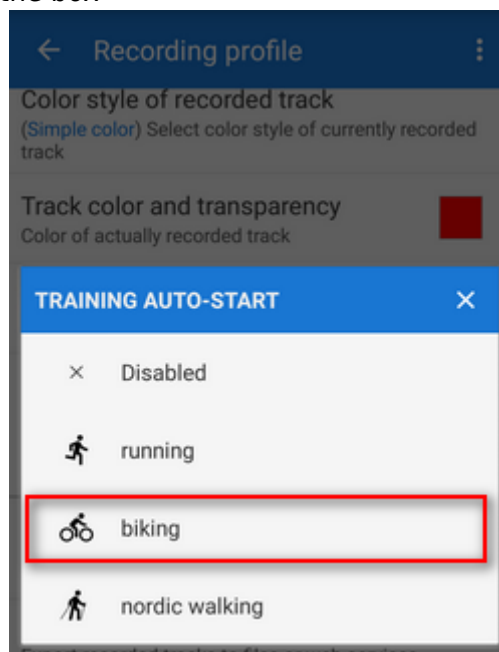
- go to *Settings > Track recording > Recording profiles*



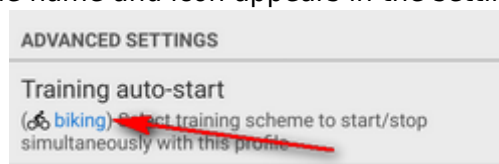
- select *recording profile > profile settings menu*  *> Training auto-start*




- select training scheme from the box

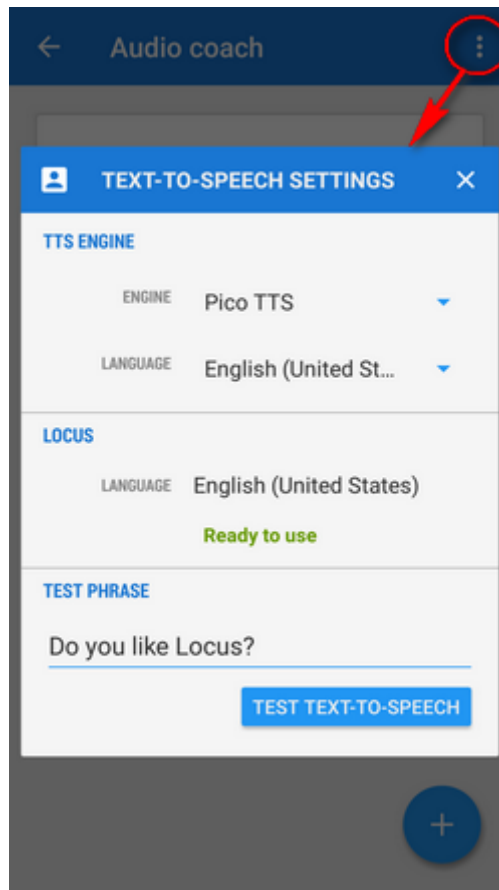


- your selected training scheme name and icon appears in the settings and the auto-start is set



# 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 >>](#)

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{(rater>id=1|name=faq\_trainingmanager|type=rate|headline=off)}

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