

# Audio coach

(ex "training manager")




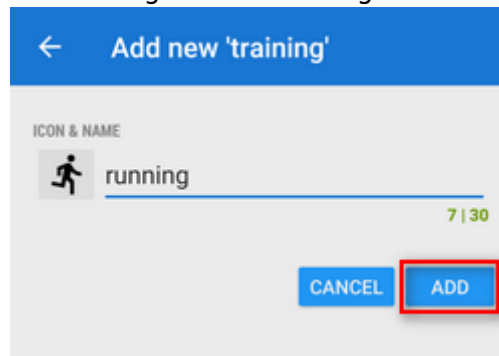
Limited use in Locus Map Free - only one training possible


**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**.

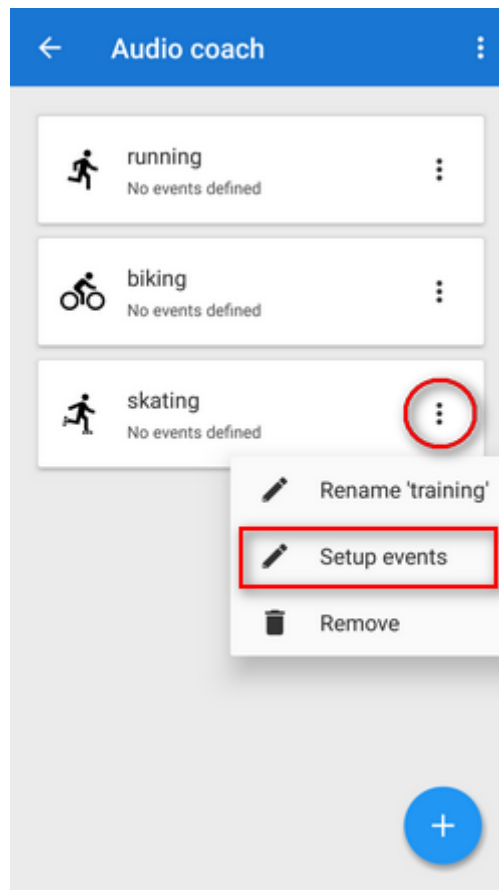
It works with **training** schemes that are defined by the user and triggered together with [track recording](#). If you have a Locus Pro version, you can define training schemes for any type of your sports activity.

## How to set up a new training

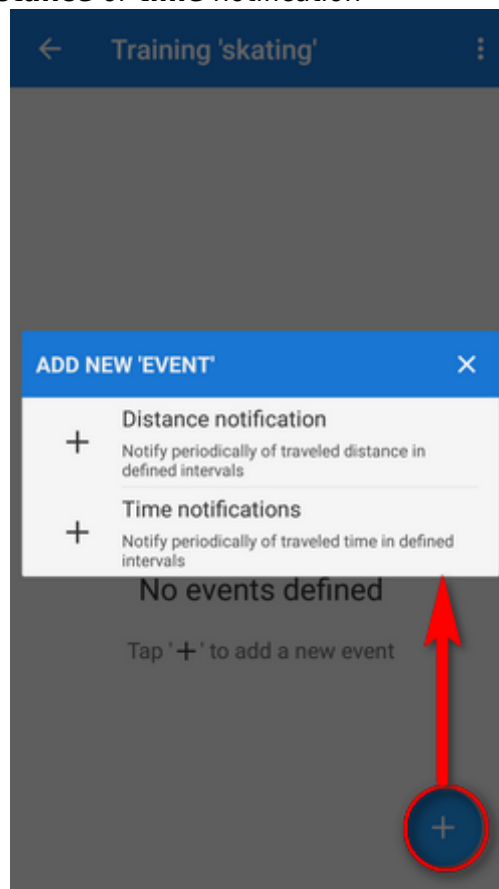
- go to *Settings > Track recording > Audio coach*
- tap  and insert **name** of the training scheme. Change the **icon** if necessary.



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

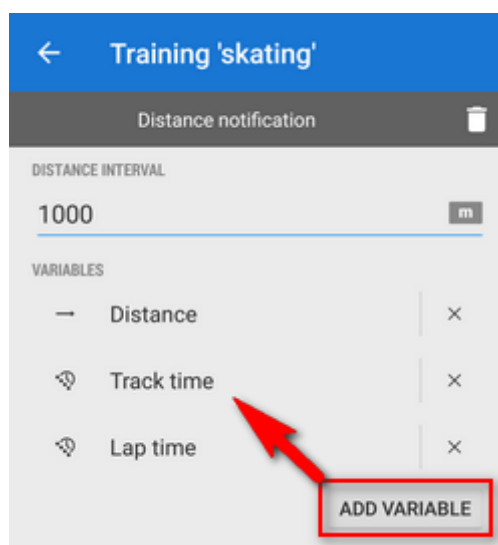


- tap  again and select **distance** or **time** notification

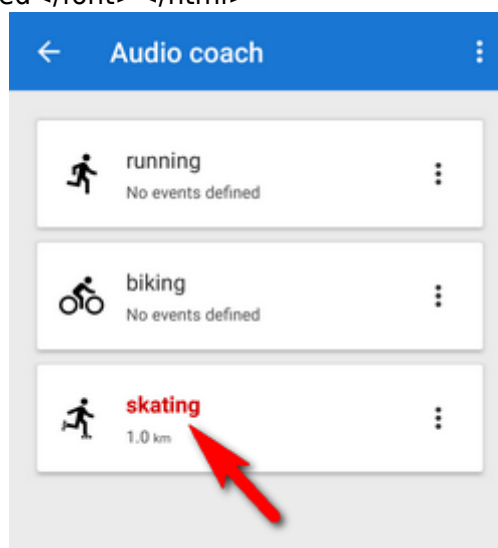


- define the **distance or time interval** and add variables - **distance, track time, average speed and heart rate** (if proper sensor is connected). You can **combine both intervals** -

distance and time and assign different variables to them and tailor the training scheme to your personal needs.



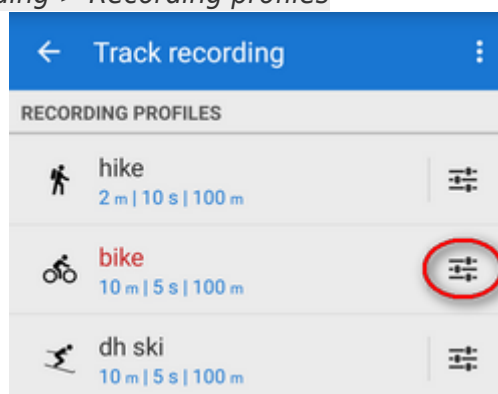
- go back to the training manager and **tap** the scheme you want to **activate** - it highlights



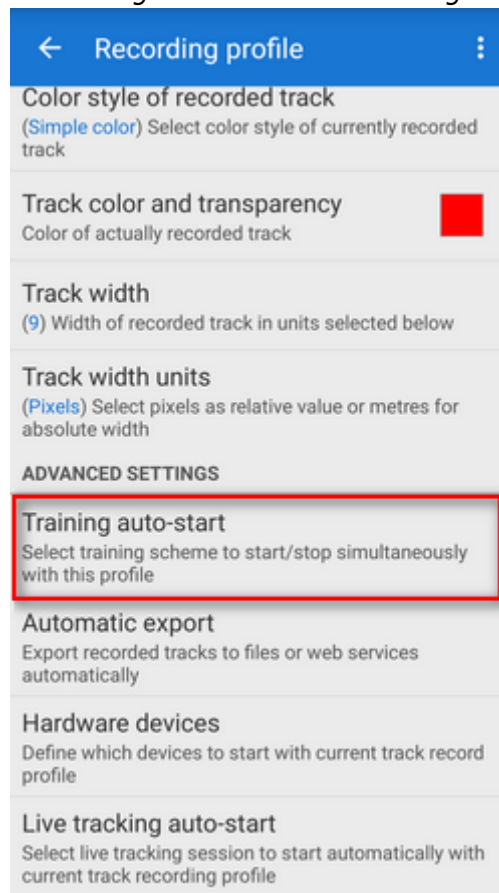
## Automatic training start

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

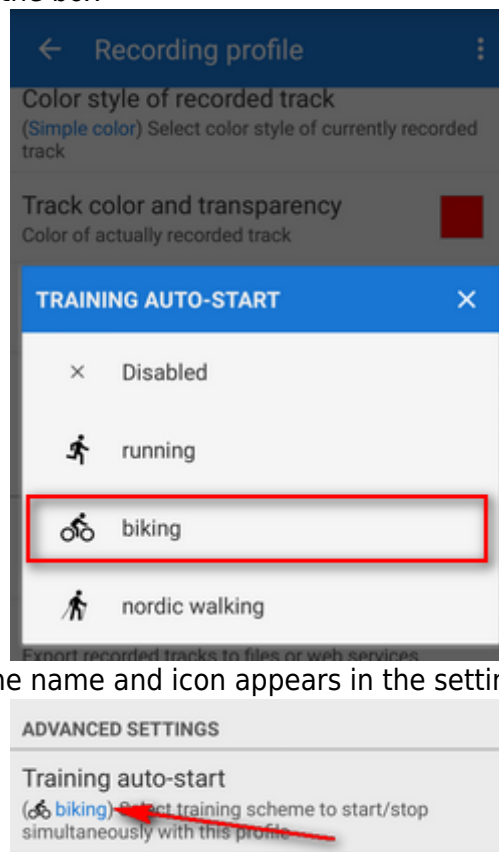
- go to *Settings > Track recording > Recording profiles*



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




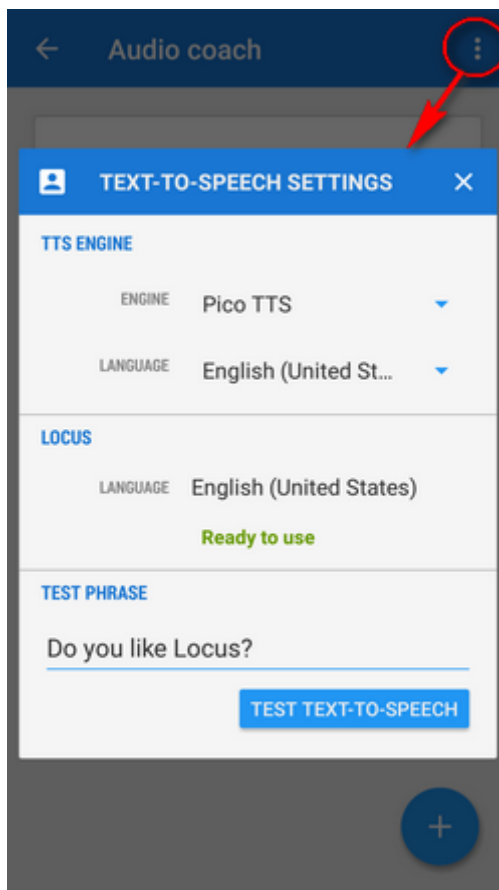
- select training scheme from the box



- 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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Last update: **2017/03/10 11:47**

