

# Audio coach

(ex “training manager”)

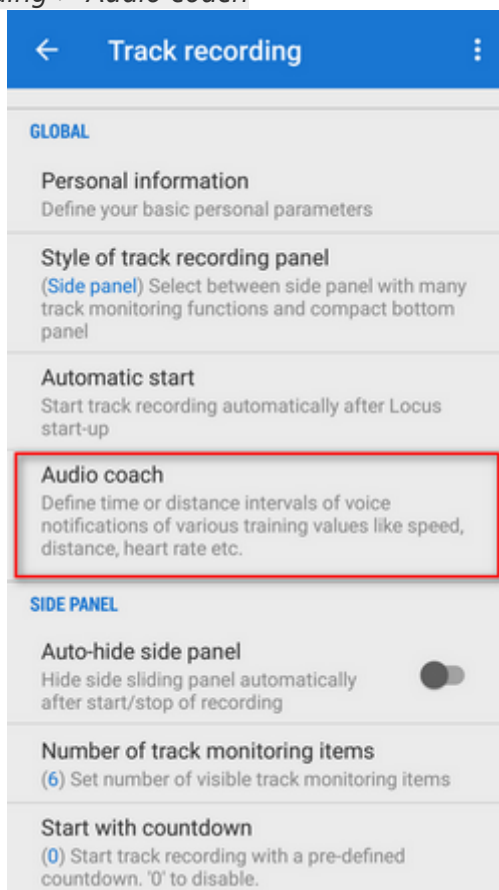
Limited use in Locus Map Free - only one training possible


**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.

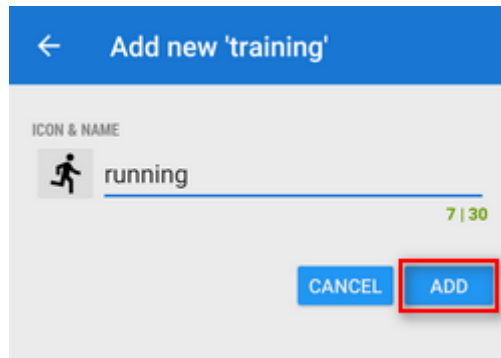
It works with **training** schemes that are defined by the user and triggered together with **track recording**. If you have a Locus Pro version, you can define training schemes for any type of your sports activity.

## How to set up a new training

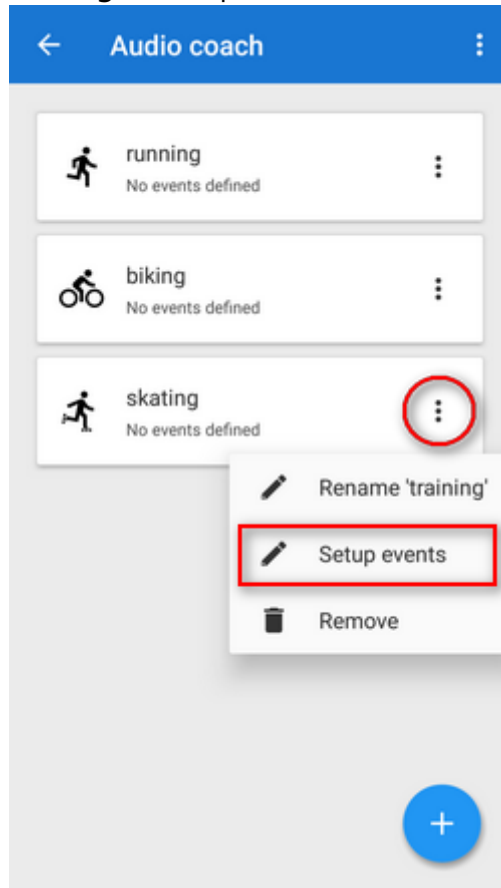
- go to *Settings > Track recording > Audio coach*



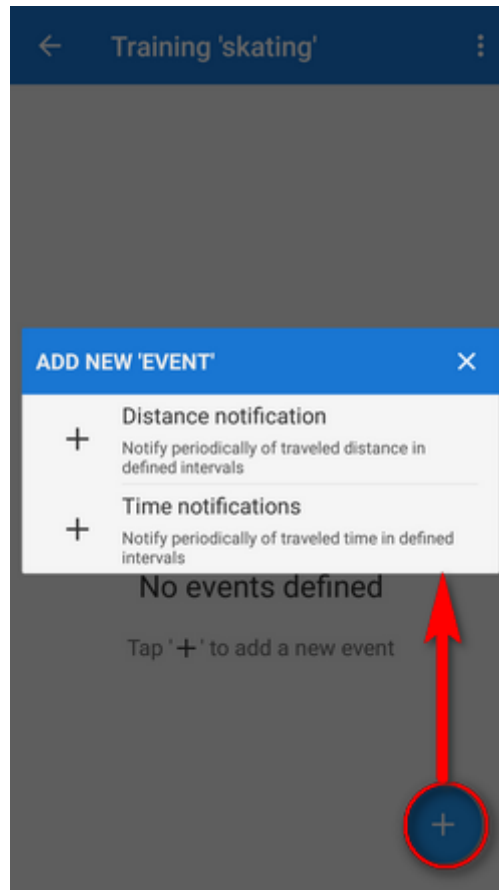
- tap  and insert **name** of the training scheme. Change the **icon** if necessary.



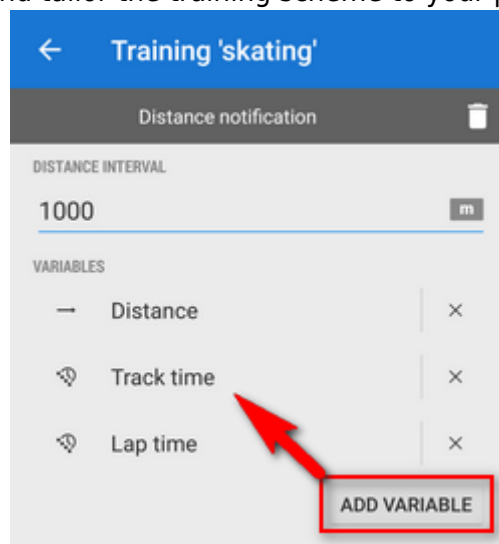
- your training appears in the **training list**. Tap its  menu and select **Setup events**



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



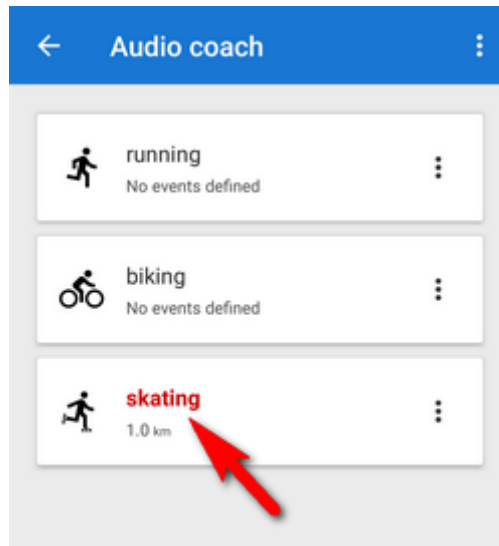
- define the **distance or time interval** of notifications and add variables - **distance, track time, pace, average speed, elevation, heart rate, cadence** (if proper sensor is connected), **battery % and energy consumption**. All variables are available also in interval (lap) versions. You can **combine 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 red

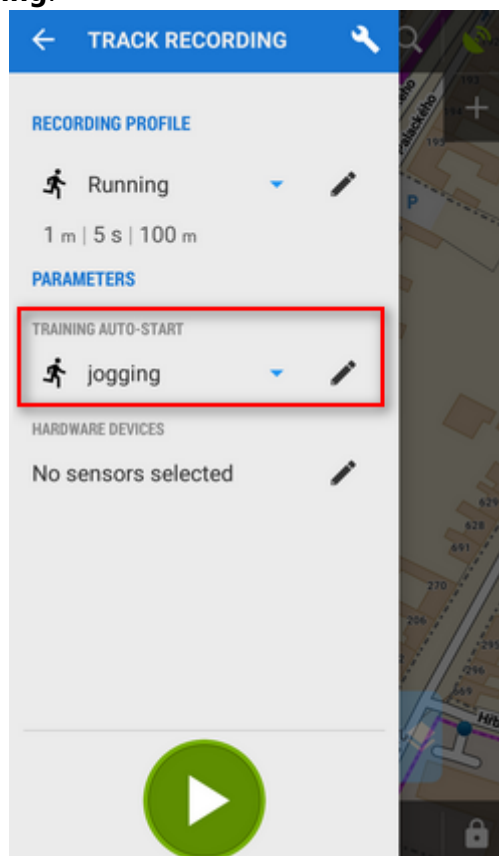


You can choose any track recording profile, the Audio coach will comment any of them with the same training scheme.

## 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.

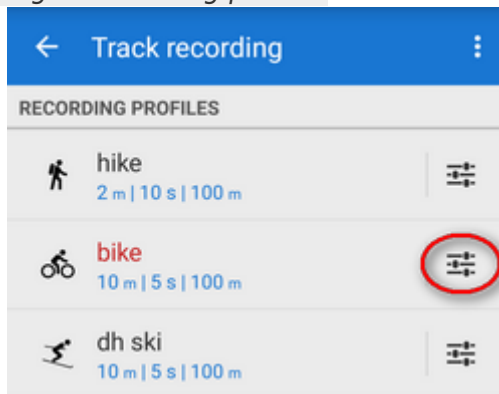
- side-slide track recording panel contains an option to select Audio coach training scheme **before start of the recording:**



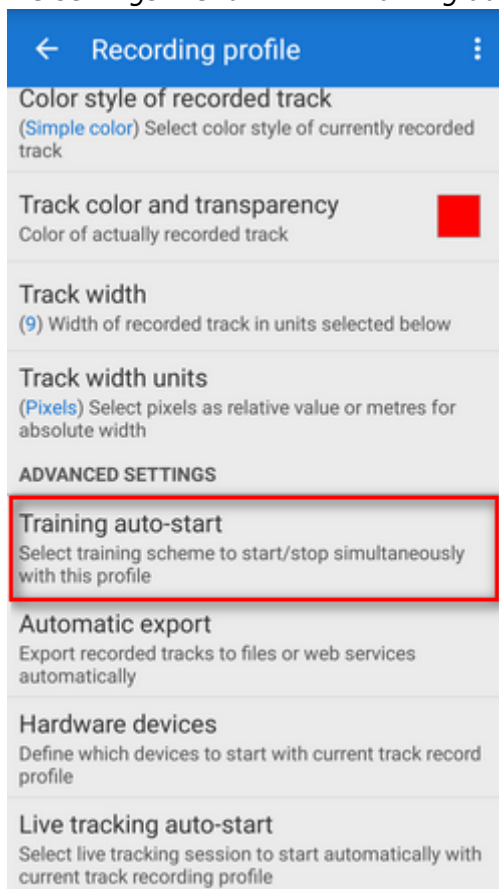
- select recording profile, select training and press START. The training will stay assigned to your selected recording profile for future use.

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

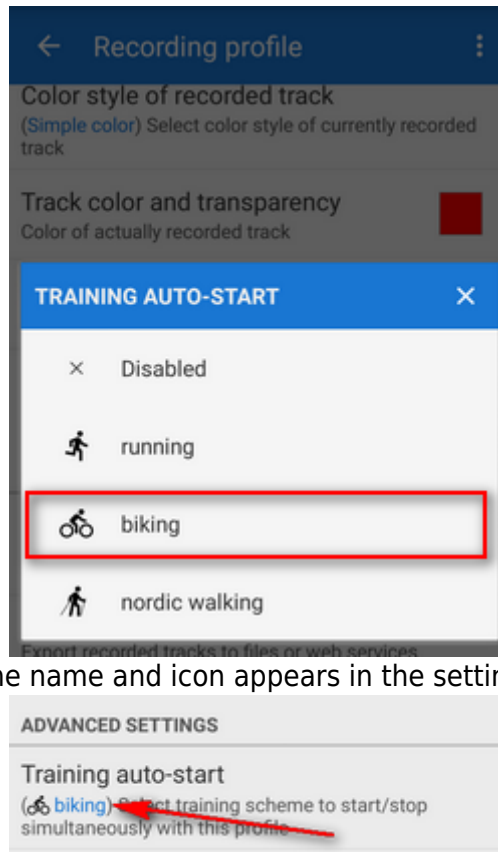
- go to *Settings > Track recording > Recording profiles*



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




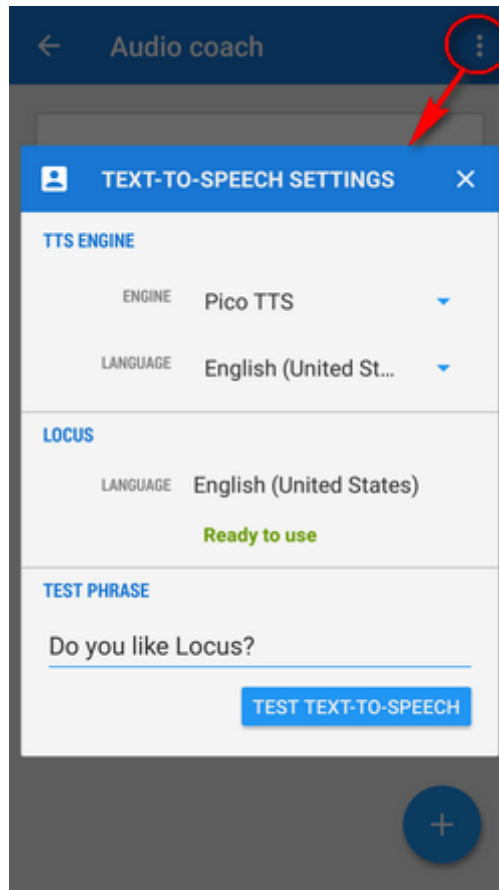
- select training scheme from the box



- 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 >>](#)

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

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