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

GLOBA	L	
	sonal information he your basic personal parameters	
(Side	e of track recording panel panel) Select between side panel with many monitoring functions and compact bottom 1	,
	omatic start track recording automatically after Locus -up	
Defin notifi	io coach he time or distance intervals of voice ications of various training values like speed, ince, heart rate etc.	
SIDE P/	ANEL	
Hide	b-hide side panel side sliding panel automatically start/stop of recording	
	nber of track monitoring items et number of visible track monitoring items	
(0) S	t with countdown tart track recording with a pre-defined itdown. '0' to disable.	

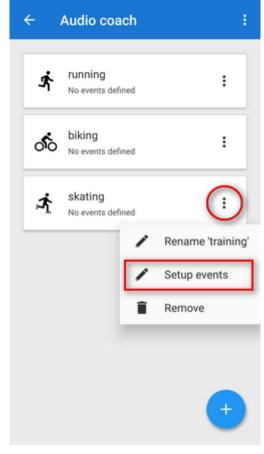


Audio coach

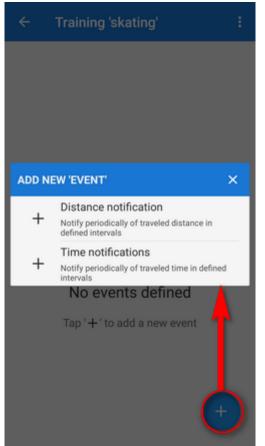
Last update: 2020/10/02 manual:user_guide:tracks:recording:trainingmanager https://docs.locusmap.eu/doku.php?id=manual:user_guide:tracks:recording:trainingmanager&rev=1601638101 13:28

÷	Add new 'training'
ICON & I	running 7 30 CANCEL ADD

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



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



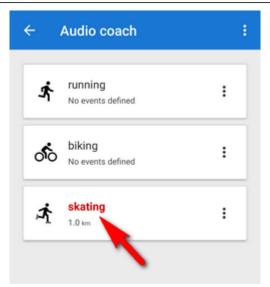
 define the distance or time interval of notifications and add variables - distance, track time, pace, average speed, elevation, heart rate, cadence (if proper sensor is connected), battery % and energy consumption. All variables are available also in interval (lap) versions. You can combine both types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

÷	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>

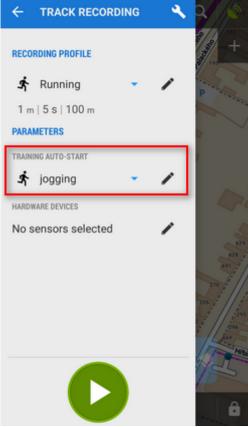


You can choose any track recording profile, the Audio coach will comment any of them with the same training scheme.

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.

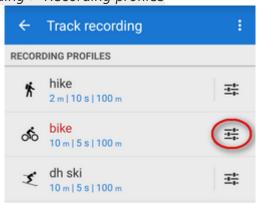
 side-slide track recording panel contains an option to select Audio coach training scheme before start of the recording:



• 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
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
Live tracking auto-start

Select live tracking session to start automatically with current track recording profile

• select training scheme from the box

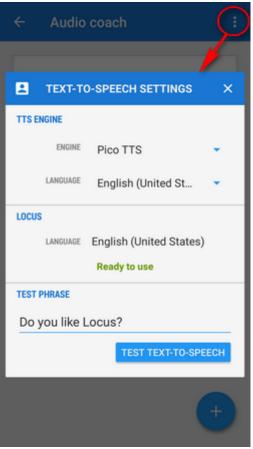
← R	ecording profile			
Color style of recorded track (Simple color) Select color style of currently recorded track				
	blor and transparency ctually recorded track			
TRAINI	NG AUTO-START ×			
×	Disabled			
je.	running			
්ං	biking			
Ŕ	nordic walking			

• 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

Permanent link: https://docs.locusmap.eu/doku.php?id=manual:user_guide:tracks:recording:trainingmanager&rev=1601638101

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