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 <u>the training scheme</u>. Change the **icon** if necessary.

running

Add new 'training'

7|30

ADD

4

ICON & NAME

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



Last update: 2016/09/13 manual:user_guide:tracks:recording:trainingmanager https://docs.locusmap.eu/doku.php?id=manual:user_guide:tracks:recording:trainingmanager&rev=1473775530 16:05

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

	Training 'skating'	
ADD N	EW 'EVENT' ×	
+	Distance notification Notify periodically of traveled distance in	
	defined intervals	
L +	Time notifications	
	Notify periodically of traveled time in defined intervals	
	No events defined	
	Tap '+' to add a new event	

 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.

÷	Training 'skating'	
	Distance notification	Î
DISTANC	E INTERVAL	
1000		m
VARIABLE	3	
-	Distance	×
Ø	Track time	×
\Diamond	Lap time	×
		ADD VARIABLE

• go back to the training manager and **tap** the scheme you want to **activate** - it highlights <html>red</html>



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

← 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
Export recorded tracks to files or web services
Export recorded tracks to files or web services automatically Hardware devices Define which devices to start with current track record
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
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
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 he box

- select training scheme from the box
 - Color style of recorded track

 (Simple color) Select color style of currently recorded

 Track color and transparency

 Color of actually recorded track

 TRAINING AUTO-START

 ×

 Disabled

 \$\vec{s}\$ biking

 \$\vec{s}\$ nordic walking
- 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 >>

