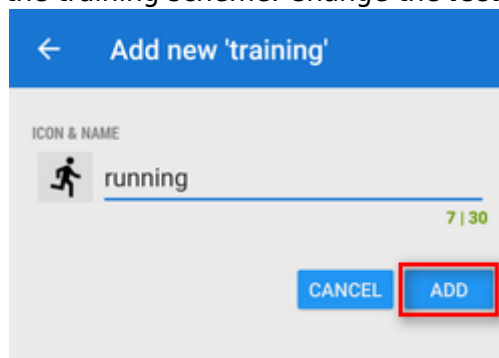# Training Manager

Limited use in Locus Map Free - only one training scheme possible
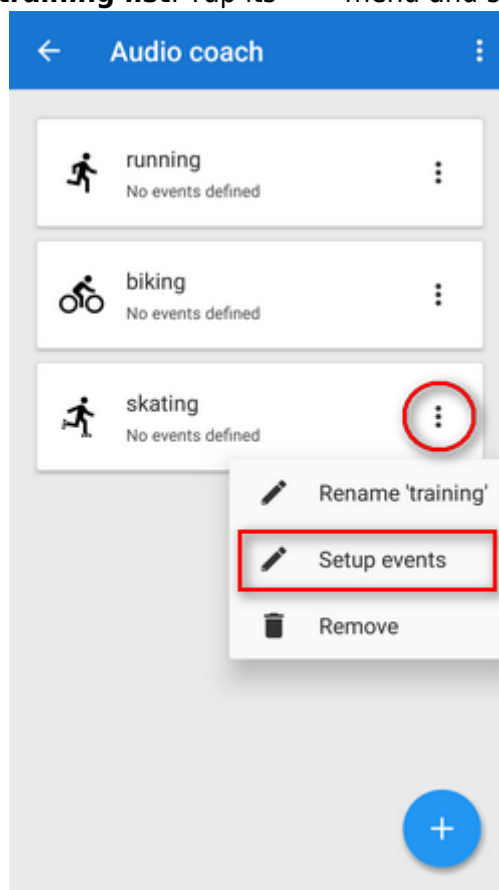
Training manager enables you to define **workout audio coaching schemes** that can be triggered together with [track recording](). You can define distance or time intervals in which Locus informs you about your distance, track time, average speed and heart rate.
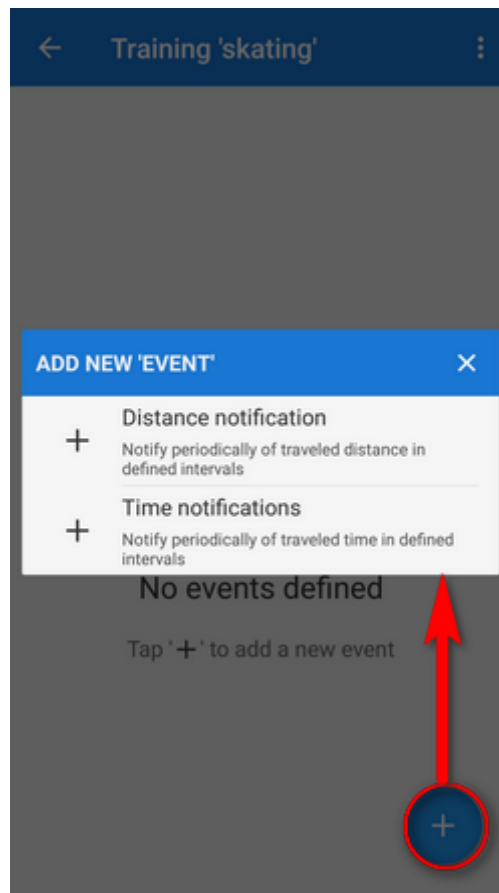
How to set up a new training

- go to *Settings > Track recording > Training manager*

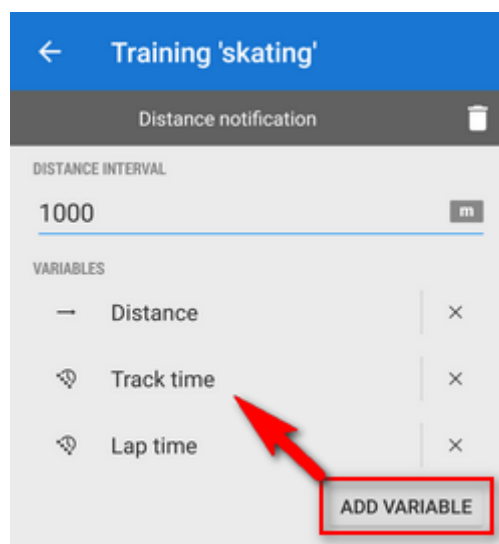- tap ⊕ and insert **name** of the training scheme. Change the **icon** if necessary.

- your training appears in the **training list**. Tap its ⋮ menu and select **Setup events**
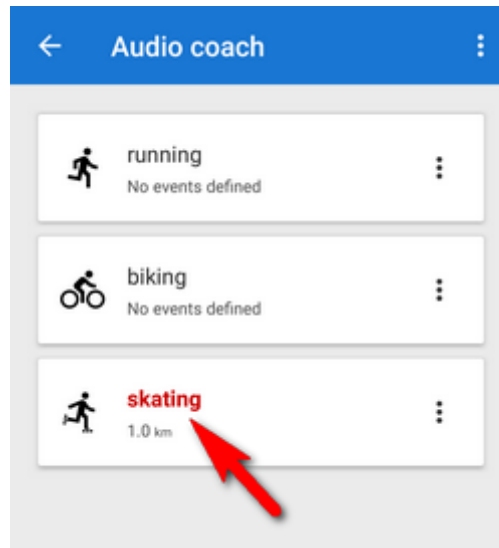
- tap ⊕ again and select **distance** or **time** notification

- 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.
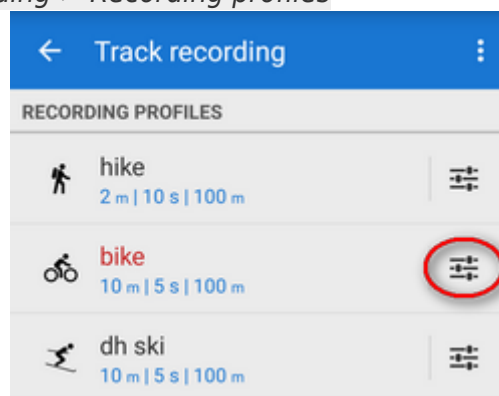

- go back to the training manager and **tap** the scheme you want to **activate** - it highlights <html>red</html>
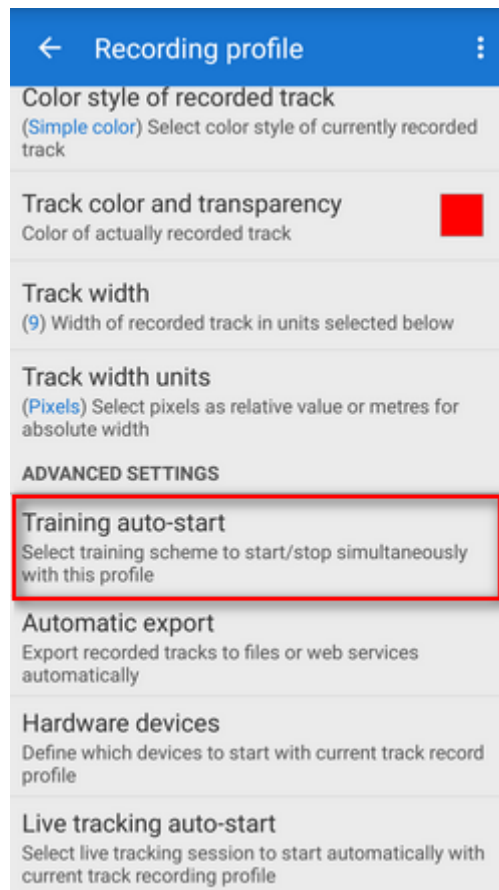
Automatic training start

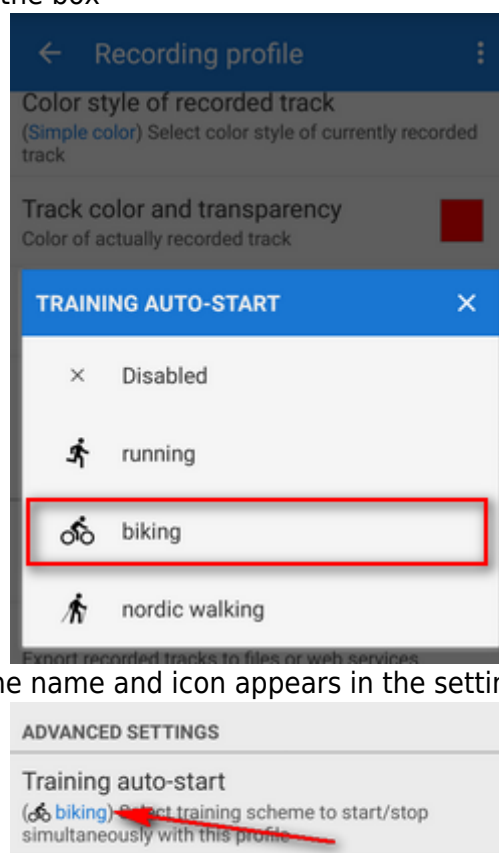It is possible to join a particular training scheme to a particular recording profile and start both at once.

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

- select *recording profile > profile settings menu* ⚙ *> Training auto-start*
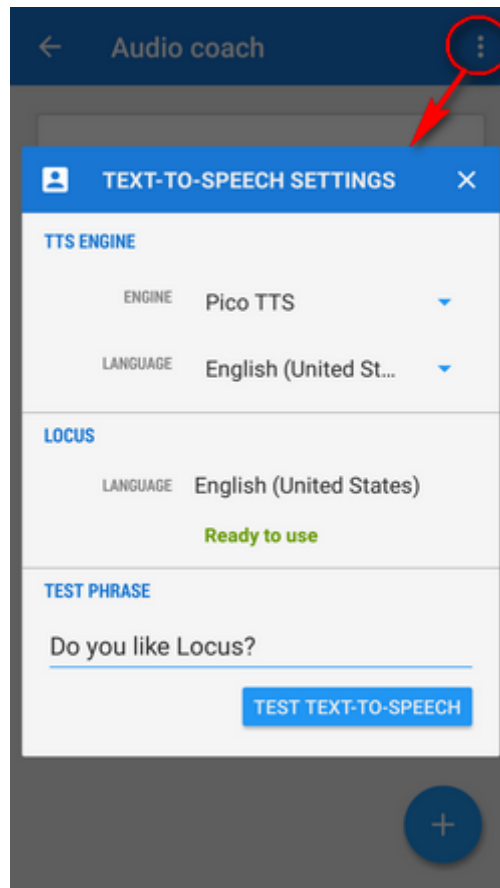
- select training scheme from the box

- 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 >>](#)