

SpeedCoach Mobile Quick Start

Performance Phones, LLC

July, 2011



PERFORMANCE PHONES, LLC

support@performancephones.com

Introduction

This Quick Start guide is designed to help you get started with SpeedCoach Mobile as quickly as possible. SpeedCoach Mobile uses the iPhone's built-in accelerometer and GPS receiver to calculate stroke rate, distance, and speed. Because it requires no wiring, SpeedCoach Mobile can be used easily in any rowing shell, canoe, kayak, or dragonboat.

SpeedCoach Mobile also runs on the iPod touch, but on that device an external GPS accessory is required to support distance, speed, and pace. For the remainder of this document, the term "iPhone" should be read to include the iPod touch as well, except when referring to features that require GPS (speed, pace, and distance).

To protect your iPhone on the water, waterproof cases and a variety of mounting solutions are available. For the latest information on cases and mounting options, go to the Performance Phones web site at <http://www.performancephones.com>.

Note that the iPhone is NOT waterproof and should never be used on the water without the protection of a waterproof case.

Terminology

SpeedCoach Mobile uses the terms "practice", "workout", and "interval" when referring to your activity on the water. It defines these terms as follows:

- **Practice** - a practice is everything that happens from the time you start the SpeedCoach Mobile application until the time that it terminates. Practices contain one or more workouts.
- **Workout** - a workout is a series of one or more intervals. The simplest is the "Just Go" workout, which consists of one or more intervals of no pre-determined length.
- **Interval** - an interval consists of a work segment and an optional rest segment. The duration of the work segment may be specified as a distance, time or stroke count. The rest segment, if present, is always specified as a period of time.

Mounting the iPhone

The recommended waterproof case for the iPhone includes a lanyard that can often be used to mount the case in your boat. In rowing shells with winged riggers, the case can be attached to the rigger and allowed to rest on the foot plate. In other situations, Velcro or 3M Dual-Lock tape can be used to secure the case in a location that allows viewing while rowing or paddling.

The important consideration for mounting the iPhone is that it be attached as securely as possible to the boat, and that the screen point toward the bow or stern rather than being angled to one side or the other. The iPhone can be tilted back as necessary for best viewing of the screen and the application will work correctly at any angle.

Selecting an activity

SpeedCoach Mobile is designed to detect stroke rates accurately for rowing shells (of all types), canoes, kayaks and dragon-boats. Each activity is different in terms of the range of stroke rates and the amount of acceleration during each stroke cycle.

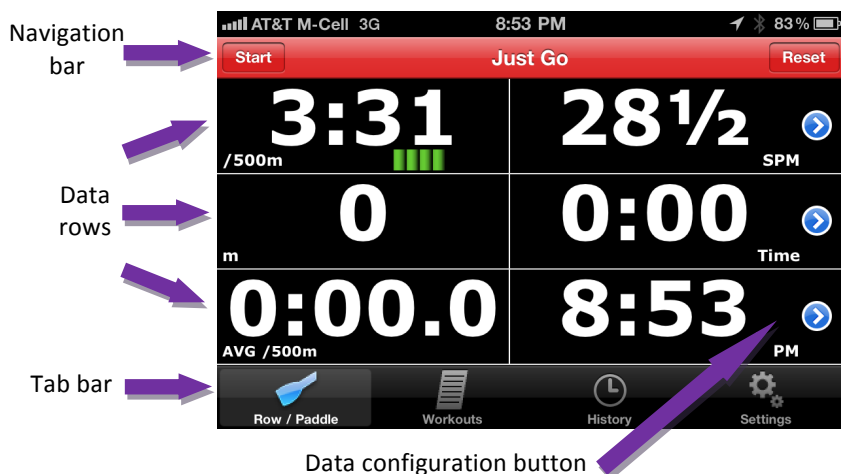
To get accurate stroke rate readings, use the application settings to set the "Activity" for SpeedCoach Mobile. Start the application and press the "Settings" tab in the lower right part of the screen. Press "Activity" and then select Row, Kayak, Canoe, or Dragonboat.

Starting a practice

To get started, launch the SpeedCoach application from the iPhone home screen. SpeedCoach Mobile always starts on the “Row/Paddle” screen, which displays real-time performance data and is the screen you’ll be using most of the time during practices.

SpeedCoach Mobile can be used in portrait or landscape mode. In landscape mode, the Row/Paddle screen contains three lines of data with plenty of room for two data items on each line. In portrait mode, five lines of data are shown, but with less room for data on each line.

The screenshot below shows the layout of the Row/Paddle screen:



By default, SpeedCoach Mobile starts in “Just Go” mode. The navigation bar shows the name of the current workout and includes two buttons used to start and stop the timer, or to clear the workout counters. To start a workout, press the Start button. The Start button will change to “Stop” and the navigation bar will turn yellow indicating that the timer is ready to start as soon as you begin rowing or paddling. At that point, the bar will turn green and the timer will begin counting.

If you stop rowing or paddling for 10 seconds the timer will pause automatically. To stop the timer manually (or to prevent it from restarting), press the Stop button.

The Reset button automatically stops the timer if it is running and clears all of the counters (time, distance, strokes, and average speed). The interval number is incremented, and the data from the completed interval is saved. In an unstructured

workout, you can use the Reset button between each part of your practice to store separate totals and averages for each one.

Changing the screen layout

The layout of the Paddle/Row screen is fully configurable. To change the contents of any row, press the data configuration button on the right side of the row. A settings screen (shown below) will be displayed allowing you to choose the data you wish to see on the left and right side of the row. If you select “(None)” for the right side, then the data selected for the left side will span the entire row.

Your settings will be automatically saved and restored the next time you launch SpeedCoach Mobile. Press the left side of the navigation bar to return to the current workout. The display configuration can be changed during a workout and will not interrupt any interval that may be in progress.



Ending the practice

When you are done with your workout, simply terminate SpeedCoach Mobile by pressing the iPhone’s “home” button. All of your workout data will be saved to the iPhone’s memory. Later, you can use SpeedCoach Mobile to review your practice data or to export it in a variety of formats for use with desktop applications and web sites.

For more information about viewing and uploading practice data, see the “After Practice” section of the user guide.