

# SpeedCoach Mobile User Guide

Performance Phones, LLC

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**PERFORMANCE PHONES, LLC**

support@performancephones.com

## Introduction

Thank you for your interest in the SpeedCoach Mobile application for the Apple iPhone 3G, 3GS, 4, and the iPod touch. SpeedCoach Mobile provides rowers and paddlers with valuable real-time data on the water including speed, distance, stroke rate, and more. (On the iPod touch, speed and distance is only available if an external GPS accessory is used.) Use one of the pre-programmed workouts or created your own custom workouts to add purpose and structure to your practices. Or just start the timer and go. When you're done, export your data via email or USB in a variety of formats for use with desktop applications and web sites.



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.

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.**

## Features

- **Fully integrated with the iPhone**
  - Good battery life - typically 3-4 hours
  - Uses GPS to calculate distance and speed (external GPS accessory required for the iPod touch)
  - Uses the accelerometer to detect strokes and calculate stroke rates
  - White-on-black display works well in both low-light conditions and bright sunlight
  - All screens support both landscape and portrait mode
- **Real-time display**
  - Customizable layout lets you see just the data that you want
  - Separate layout configurations for portrait and landscape mode
  - Available performance data: time, distance, stroke rate, stroke count, speed/pace, average speed/pace, interval number, direction, time of day, check factor, vertical displacement ("bounce"), meters per stroke, heart rate (requires the Fisica Fitness Sensor Key)
  - Calculates stroke rates reliably for rowing shells of all sizes, canoes, kayaks and dragon-boats
- **Workout editor**
  - Easy to create new workouts
  - Unlimited storage for workouts
  - Rearrange workouts in your list to make your favorites easy to find
  - Optional "countdown" feature lets you get up to speed before starting the first interval
- **Workout types**
  - Single distance or time
  - Intervals based on time, distance, or strokes
  - Custom workouts containing any sequence of intervals
  - "Course" workouts let you draw a start & finish line in Google Earth and transmit the map to your iPhone for hands-free operation during races.
  - Assign your own names to custom workouts for easy recall
- **Logging & export support**
  - History view lets you review all recorded practice data and remove individual workouts or complete practices
  - View details of each workout or view your course on a map
  - Export data in several common formats (GPX, TCX, KML, CSV)
  - Export via email or transfer to your computer via USB

- Easily add information about your workouts: boat name/type, practice notes, and teammates
- **“Coach mode”**
  - Allows you to use the application to help direct practices from the launch
  - Tap the iPhone screen to check stroke rates
  - The application alerts you to the end of each work and rest interval
- **Miscellaneous**
  - Audible alarms at the end of a work interval and with 15 seconds remaining in a rest interval
  - Automatic start/stop feature lets you start (or pause) a workout when you start (or stop) rowing or paddling
  - All app settings accessible from within the application

## 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, which need not be of the same kind. If you answer a phone call during a practice and restart SpeedCoach Mobile following the call, then everything before the phone call will be saved as one practice, and everything following the call as another.
- **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. This is often used when warming up or cooling down. Other workouts specify a single time or distance, or may consist of repeated intervals of some kind. Finally, custom interval workouts allow you to combine intervals of any kind in any order that you wish.
- **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.

## Organization of the guide

The remainder of this guide is organized into three sections, describing tasks that you’re likely to perform before, during and after a practice, respectively.

## Before Practice

This section describes tasks that you’re likely to perform before you start a practice. Some of these you might encounter just once, while others might be part of your regular routine before hitting the water. Topics include:

- Configuring your iPhone Settings for the best results on the water
- Configuring the SpeedCoach Mobile application settings
- Viewing and managing the workout list
- Creating a new workout

## Configuring the iPhone settings

Several of the regular iPhone settings can be adjusted to optimize your results with the SpeedCoach Mobile application. This section describes some of the factors to consider when configuring your iPhone for use with SpeedCoach Mobile.

### Display brightness

The “Auto-Brightness” feature of the iPhone can help you adjust to varying light conditions to some extent. However, you may still wish to adjust the brightness level directly depending on the lighting conditions when you practice. When practicing in the dark, you may wish to set the display brightness to 25% or lower to keep the display’s backlight from being too bright. Conversely, in bright sunlight you’ll generally want to set the brightness level to its maximum level. In extreme conditions like these, the auto-brightness feature isn’t able to make the display either dim or bright enough for optimum use.

### Auto-lock

Perhaps surprisingly, it is not necessary to adjust this setting. When SpeedCoach Mobile is showing the “Row/Paddle” screen, the iPhone’s auto-lock feature is disabled. When the “Workouts” or “History” screens are active, the configured auto-lock timeout will apply.

### Minimizing interruptions during practice

To minimize the possibility of an interruption during your practice, you may want to take one or more of the following steps:

- Enable forwarding for incoming phone calls.
- Avoid calendar entries with alerts that occur during practice times.
- Disable sounds for new mail, voice mail, and calendar alerts.

Unfortunately, it isn’t possible to disable incoming text messages. If a text message arrives while SpeedCoach Mobile is running, the application will continue but the

display will be obscured by the text message alert. To ignore the text message, you still have to press a button to dismiss the message box.

### **Optimizing battery life**

With a full charge, SpeedCoach Mobile should typically operate for 3-4 hours under most conditions. For the best possible battery life, you may wish to adjust the screen brightness to the lowest possible level for the current lighting conditions. Turning off Wi-Fi and Bluetooth may also help to extend battery life. (This has also been reported to improve GPS accuracy.)

### **SpeedCoach application settings**

The application settings for SpeedCoach Mobile are relatively simple. This section briefly describes each one. To view or change the application settings, launch the SpeedCoach Mobile application and select the “Settings” tab. (The settings can also be accessed from the iOS “Settings” application.)

#### **Sport Settings**

##### *Activity*

The Activity setting tells SpeedCoach Mobile the kind of acceleration profile and stroke rate to expect during operation. Because each sport is different, strokes can be detected more accurately when the current activity is known to the application. Most users will set this once, but if you happen to be active in multiple sports, be sure to set the activity appropriately before each practice.

##### *Units*

SpeedCoach Mobile can display distance, pace, and speed in one of four sets of units. The options for this setting are:

- meters, time per 500 meters, meters per second
- kilometers, time per kilometer, kilometers per hour
- miles, time per mile, miles per hour
- nautical miles, time per nautical mile, knots (i.e. nautical miles per hour)

##### *Velocity as*

Velocity can be shown as either pace (time per distance unit) or speed (distance per time unit).

##### *Direction*

For the auto-start feature to work correctly, SpeedCoach Mobile must know whether the phone’s user (you) are facing the bow or the stern. For coxswains and paddlers, choose “User facing the bow”. For rowers and scullers, choose “User facing the stern”.

#### **Miscellaneous**

##### *Coach Mode*

Turns “coach mode” on or off. When coach mode is turned on, stroke rates are not obtained with the accelerometer – instead, tap any row on the Row/Paddle screen to measure the stroke rate. For best results, use short, quick taps in time with the strokes of your crew.

##### *Sounds*

By default, SpeedCoach Mobile sounds an alarm (the sound of a siren) at the end of a work interval (provided the interval isn’t immediately followed by another work interval). A beep sound is played when there are 15 seconds remaining in a rest interval, as a warning to be ready for the next work interval. Both sounds can be enabled and disabled using this setting.

##### *Auto start/stop*

For hands-free operation, the auto start/stop feature tells SpeedCoach Mobile to start and stop the workout timer when you start and stop rowing (or paddling). The timer starts when the first full stroke is detected (i.e. the start of the second stroke) and stops after 10 seconds with no stroke detected.

When auto start/stop is turned off, the Start/Stop button on the Row/Paddle screen controls the timer directly and the navigation bar is always red or green depending on whether the timer is stopped or running, respectively.

When auto start/stop is on (the default), pressing the Start button changes the navigation bar color from red to yellow, to indicate that the timer is now “paused” and awaiting a stroke. When running or paused, you can press the “Stop” button to stop the timer and keep it from starting automatically.

##### *Video sync mode*

Applications like DashWare (for Windows) allow you to capture video of a race or practice and overlay performance data exported from SpeedCoach Mobile. The video sync mode setting is designed to help synchronize a video recording with your exported data.

When video sync mode is turned on, the application will display a message window each time the application launches. To create a common time reference between the application data and your video, start recording video and point the camera at your iPhone/iPod display. The moment you press the “Start Practice” button to dismiss the message window becomes the “zero” offset for all of your exported CSV data. In your video editing software, trim the video before this point and your video elapsed time will exactly match the time offset in your exported CSV data.

### ***Advanced Settings***

#### ***Speed smoothing window***

SpeedCoach Mobile estimates instantaneous speed (and pace) by looking at your speed over the last few meters traveled. This distance is called the “smoothing window”. The smaller the window, the more susceptible you are to GPS errors which can cause unwanted fluctuations in the calculated speed. By default, the smoothing window is 80 meters. Using this setting, you can set the size of the window anywhere from 30 meters to 130 meters. To make the speed more responsive to power changes on the water, use a smaller window. To make the speed more stable under adverse conditions for GPS reception (bad weather, buildings, etc.) use a larger window.

#### ***Auto-start threshold***

The auto-start threshold determines how much power is required to cause the timer to start (applies only when auto-start is turned on). Lower the threshold if you find that the timer isn’t starting reliably when you begin moving. Raise the threshold to prevent “false starts” when adjusting your direction or making other movements in the boat.

#### ***Stroke threshold***

The stroke threshold determines how much power is required to register a stroke. If you find that you aren’t getting stroke rates or that strokes are sometimes “lost”, try lowering this setting.

#### ***SpeedCoach Information***

The SpeedCoach Information setting just displays version, copyright, and support information for the application.

### **FAQs**

When the application is first launched, it displays a few frequently asked questions. A “don’t show again” button allows you to bypass this screen in the future. This application setting can be used to enable the FAQ display again.

### **Managing the workout list**

The “Workouts” screen lists all of the pre-programmed workouts available to you. The “Just Go” workout is first in the list and can’t be moved or deleted. Several other workouts are installed along with the application, and you can create more of your own.

During a practice, you’ll select and start a workout by pressing its row in the workout list. Before practice, you may want to rearrange the workouts (to put the ones you plan to use near the top, perhaps) or remove workouts that you no longer use.

#### **Workout names**

Workout names for simple workouts are created automatically based on the various parameters of the workout. Simple workouts just give the time or distance of the workout. Interval workouts always end with “...” and show the “work” duration (time, distance, or strokes) and, if present, the rest time for each interval (e.g. “500 m / 2:00 rest ...” for intervals of 500 meters followed by 2 minutes of rest). Custom workouts can be given any name you wish by entering a name in the text field at the top of the custom workout creation screen. If you don’t provide a name, a default name will be generated starting with “c”, followed by the “name” of the first interval, followed by “... N”, where N is the total number of intervals in the workout.

#### **Viewing custom workouts**

To see all of the interval details for a custom workout, press the blue “detail” icon on the right side of the workout’s row. This will display an “Intervals” screen where you can scroll through the intervals in the workout and, if you wish, remove or rearrange the intervals. You can also add new intervals here. If you make changes to the workout, press “Save” to store the updated workout in the workout list.

#### **Removing and rearranging workouts**

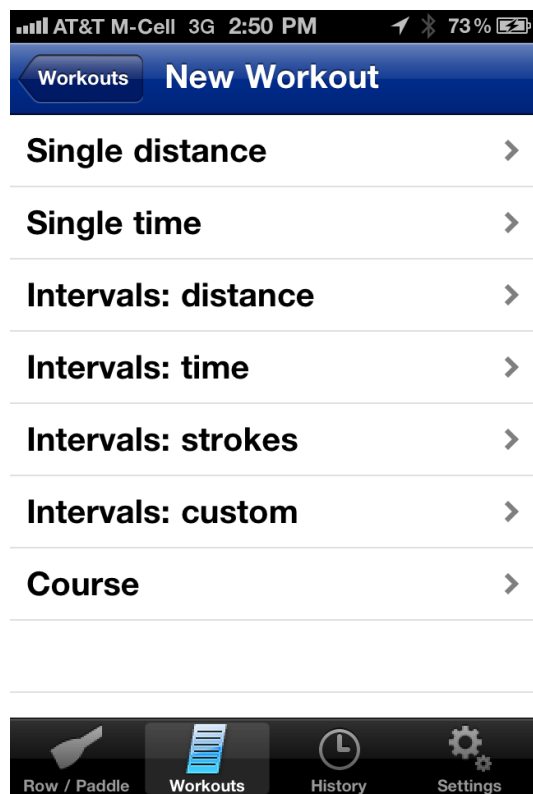
To remove a workout or change the order of the workouts in the list, press the “Edit” button on the navigation bar. To delete a workout, press the red icon on the left side of its row and then press the “Delete” button that appears on the right to confirm the deletion.

To move a workout, press (and hold) the icon on the right side of the workout's row and drag the row to the desired location. Note that the "Courses" list and the "Just Go" workout can't be moved, and other workouts can go anywhere below the "Just Go" workout.

When you are done deleting or rearranging workouts in the list, press "Done" to leave edit mode.

### Creating a new workout

Creating new workouts is very simple with SpeedCoach Mobile. On the "Workouts" screen, press the "+" button on the right side of the navigation bar. The "New Workout" selection screen will be displayed:



On this screen, select one of the available workout types to proceed:

- Single distance and single time workouts do exactly what you'd expect.
- Basic interval workouts come in three types according to the way that the work portion of the interval is specified: as distance, time, or stroke count. Interval workouts usually contain a rest portion which is always specified as

a time. Once started, interval workouts continue indefinitely. To end the workout, stop the timer when the desired number of intervals have been completed.

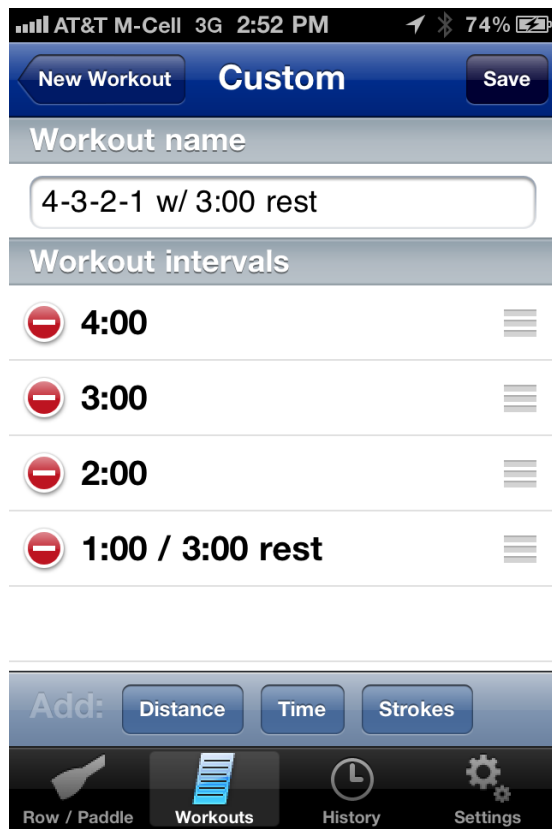
- Custom intervals give you the most flexibility of all. Rather than repeating the same interval, a custom interval workout allows you to program any sequence of intervals that you like. Each interval can be specified using distance, time, or stroke, with an optional rest portion. There is no limit on the number of intervals that you can specify.
- Course workouts are created using Google Earth on your Mac or PC and then transferred to your device using iTunes. A course workout specifies the location of the start and finish lines for a workout or race. When you select a course workout and press the "Start" button, the timer is enabled and will start when you cross the start line, and then stop when you reach the finish line. You can create as many "course" workouts as you like. For more information about how to create them in Google Earth, press the "Course" type on the "New Workout" screen and link to the YouTube video provided there. The link is also available on the support page of our web site.

To create a simple distance or time workout, use the "picker" wheels to set the distance or time for the workout, Then, press "Save" to add the new workout to your workout list. The new workout will appear immediately below the "Just Go" workout.

To create a simple interval workout, select the desired "distance", "time", or "strokes" interval workout from the list shown. The settings screen will contain picker wheels and a pair of buttons allowing you to select whether to configure the work portion or the rest portion of the interval. When you have configured both the work and rest durations, press "Save" to add the workout to your workout list.

Note that all workouts must contain some work and the "Save" button is disabled whenever the work portion is set to zero.

Finally, to create a custom interval workout, select "Intervals: custom" on the "New Workout" screen. Then, on the "Intervals" screen (shown below), use the "Distance", "Time" and "Strokes" buttons to add an interval of the desired type to the end of the interval list. Enter the settings for the interval and press "Save" to add it to the interval list. Note that the "Intervals" list is always in edit mode, so intervals can be removed or rearranged at any time. As always, press "Save" when you're done editing intervals to add the custom interval workout to the workout list.



## During Practice

Recall that SpeedCoach Mobile uses the term “practice” to refer to everything that you do while using the application on the water. A typical practice might consist of a warm-up, a number of different “pieces” or intervals, and a cool-down period. You would typically start SpeedCoach Mobile once as you launch, and let it record everything that you do through the end of your cool-down.

As you progress through the practice, you will typically select and start different workouts from the list on the “Workouts” screen. The “Just Go” workout is handy for warm-up and cool-down periods where the duration is not predetermined. More structured workouts typically make up the body of the practice.

This section describes how to select and run workouts and discusses the information that is available to you during a workout. Topics include:

- Configuring the Row/Paddle screen

- Selecting and starting a workout
- Viewing performance data during a practice
- During a workout (controls and alarms)

## Configuring the Row/Paddle screen

The Row/Paddle screen is your home during a practice. For this reason, the iPhone’s auto-lock feature is disabled whenever this screen is visible. SpeedCoach Mobile supports all orientations of the phone, provided the phone faces either the bow or the stern. In portrait mode, five lines of performance data are shown. In landscape mode, only three lines are visible. Each line may contain either one or two items of performance data.

The placement of the available performance data is completely under your control, and you’ll normally want to configure this before starting a practice or, less often, between workouts in a practice. To change the data items shown on a particular row, press the blue detail disclosure button on the right side of the row. The “Choose Data” screen will be displayed.

The two picker wheels are used to select the data items for the left and right side of the row. If the picker wheel on the right is set to “(None)”, then the left-hand item spans the entire row. This can be handy for items such as distance or average pace that require more space. The performance data is automatically sizes to fit the available space, so a full row often allows use of a larger, more readable font. Narrower data items such as stroke rate, interval number, and current pace are good candidates for combining on a single line.

When you are done selecting the data items for a row, press the button on the upper left to save your selections and return to the Row/Paddle screen. Your new settings will be used every time you launch SpeedCoach Mobile, and your screen configuration is saved separately for portrait and landscape modes.

## Selecting a workout

To start a workout, go to the Workouts screen, scroll through the list until the desired workout is visible and press it. A pop-up display will show the name of the selected workout and allow you to choose whether to start the workout immediately (“No Countdown”) or with either a 15 or 30 second countdown. (You can also cancel the workout selection.)

Countdown starts can be handy when you want to get up to speed before the first interval starts or for simulating a racing start. In a countdown start, the timer will initially read 15 or 30 seconds. Start the timer as usual and when it reaches zero, the first interval of your workout will begin.

Notes:

- During the countdown, the interval number will read “Start...”.
- Starting a workout stops (and saves) any workout currently in progress.
- The countdown period is not considered part of the workout and no data is saved during the countdown.

## Viewing performance data

During practice overall, and especially during a workout, the Row/Paddle screen provides the information that you need to monitor your performance and track your progress through a workout or interval.

While most of the available data items are self-explanatory, the information below may be helpful in making the best use of the information.

- **Pace/Speed** - the current pace or speed. This data is available at all times, regardless of whether the timer is currently running. Like most other GPS products, a smoothing algorithm is used to avoid fluctuations in the reported speed due to inaccuracies in the GPS signal. There is an inherent tradeoff between reducing fluctuations and responsiveness to true changes in speed. SpeedCoach Mobile calculates speed as an average over the last 80 meters travelled.

A GPS signal strength indicator consisting of one to six bars is also displayed along with the Pace/Speed data. When the indicator contains four or more bars its color changes to green to indicate that the GPS signal is strong enough for calculating distance and speed. When the signal strength drops (and the indicator color changes to yellow or red), the application will no longer attempt to use the location information reported by GPS.

- **Stroke rate** - always displays the current stroke rate, regardless of the state of the workout timer. The display will read “--” when the rate drops below 10 strokes per minute. At rates below 30 strokes per minute, the rate is displayed with a precision of one-half stroke per minute. At rates between 30 and 60 strokes per minute, the precision is one stroke per minute. And above 60 strokes per minute, the precision drops to two strokes per minute (i.e. the rate is rounded to the nearest even number). This helps to avoid flooding the athlete with rate changes that aren’t significant relative to the base rate.

For kayaking, the stroke rate is always calculated as an average over the last two strokes. Due to natural asymmetries in the stroke of most kayakers, it’s common for there to be small differences in stroke timing between the left

and right side. By averaging over two strokes, a more consistent reading is obtained. In all other activities, no such averaging is performed and the rate shown is exactly what was observed over the last stroke.

- **Stroke count** - displays the number of strokes taken in the current work interval. If the direction setting is correct (see here), the stroke count will increment during the drive phase of each stroke. During work intervals that are based on stroke count, this field will count down from the selected number of strokes to zero.
- **Elapsed time** - displays the elapsed time for the current interval in seconds. During time-based intervals, this field will count down toward zero. During the rest phase of an interval, this is always a count-down timer.
- **Distance** - shows the cumulative distance travelled during the current interval. During distance-based intervals, the counter starts at the pre-selected distance for the interval and counts down toward zero.
- **Avg Speed/Pace** - displays the average speed or pace for the current interval. Naturally, this value is more accurate than the current speed or pace and can be displayed with greater precision. Over the course of an interval, this value becomes more accurate (since GPS is more accurate over longer distances).
- **Interval #** - displays the number of the interval currently in progress. During rest intervals, an “r” is appended to the interval number.
- **Time of day** - displays the current time of day in the format (12- or 24-hour) selected in the general iPhone settings.
- **Course** - displays the current course (or heading) to a precision of 5 degrees as averaged over the last 80 meters travelled. The averaging and precision are designed, as with speed averaging, to provide a good compromise between accuracy and stability. (0 = North, 90 = East, 180 = South, 270 = West)
- **Check** – displays a number that roughly measures the lack of “smoothness” in the recovery phase of the stroke. The lower this number is, the smoother your recovery is. To minimize the impact of a particularly bad (or good) stroke, the check factor is an average over your last five strokes. The check factor will naturally vary somewhat based on speed and stroke rate, but when rowing or paddling at a fairly constant rate and pressure, lower numbers generally indicate better technique. Note that this measurement

will work best when the iPhone is mounted firmly and water conditions are reasonably good.

- **Bounce** – displays a number that indicates the relative amount of vertical displacement during the stroke. Vertical displacement is inefficient and is usually the result of a technical flaw in the stroke. Some displacement is unavoidable, but your goal should be to make this number as low as possible. Like the check factor, this measurement is averaged over your last five strokes. In rough conditions, this measurement is, of course, much less meaningful.
- **500m split** – displays your current pace as a 500-meter split time. This data is available regardless of the “Units” setting currently configured.
- **Heart rate** – shows your current heart rate if the Fisica sensor key from Wahoo Fitness is installed and an ANT+ chest strap is within range. When you first use a chest strap with SpeedCoach Mobile, it will store the unique ID of your strap and only pair with it in the future. This allows multiple iPhones & chest straps to be used in team boats without confusion.
- **Meters/stroke** – displays the average distance (in meters) per stroke over your last ten strokes. Many coaches like to use this number as a valuable measure of efficiency.

## Running a workout

Once you select a workout, there’s usually little to do but start the timer and complete the workout. SpeedCoach Mobile is designed to be very easy to use on the water, but there are a few things you should be aware of to make the most of your workouts.

- For any given workout, the length of the work period is set as a time, distance, or a number of strokes. For each kind of work interval, the corresponding data value counts down to zero rather than up. It’s up to you to be sure that the data you need is shown on the Row/Paddle screen.
- To start a workout, press the start button on the left side of the navigation bar. If auto start/stop is disabled, the timer will begin immediately and the navigation bar color will change to green. If auto start/stop is enabled, the navigation bar will turn yellow and the timer will start when you begin to row or paddle.
- The button in the upper right always skips ahead in the workout to the next interval. In “Just Go” workouts, the button is called “Clear”. Pressing it saves

the data for the current interval, stops the timer, and zeroes all of the counters to prepare for a new interval.

In all other kinds of workouts, the button is called “Skip” and is used to jump to the end of the current work interval or to the last 15 seconds of a rest interval without. This is sometimes useful for cutting a rest period short. When skipping a work interval, the timer continues running. When skipping to the last 15 seconds of a rest interval, the timer stops.

- After each work interval, the data for the completed interval is “frozen” on the screen for eight seconds and highlighted in yellow to give you a chance to see your results. Note that this is only done when a work period is followed by a rest period. If the workout proceeds directly from one work interval to another with no intervening rest, then the display will not “freeze” on completion of the first interval.

The data values that “freeze” in this way are: elapsed time, distance, average speed/pace, strokes, and stroke rate. The frozen stroke rate is the average rate over the entire work period (i.e. not the last recorded rate).

- The navigation bar always shows whether the timer is stopped (red), paused (yellow) or running (green). When the timer is paused, you can either start rowing/paddling to start the timer, or press “Stop” to prevent the timer from starting accidentally.
- If sounds are enabled, then a siren will sound whenever you begin a rest interval (or complete an entire workout). A beeping sound will be heard when there are 15 seconds remaining in a rest interval before the next work interval. This is your warning to get ready for the next interval.
- At the end of a workout, the “Skip” button changes to “Repeat”. To re-run the workout that just finished, press “Repeat” and choose one of the countdown options. (Note that this feature doesn’t apply to interval workouts which repeat indefinitely.)

## After Practice

When you finish your practice, press the iPhone’s home button and you’re done. All of your practice data is saved and can be reviewed later on your iPhone or transmitted via USB or email.

This section covers all of the things you can do with your data after your practice is over, including:

- Reviewing practice data on the iPhone
- Adding details about your practice
- Exporting your practice data by USB or email

### Reviewing practice data on the iPhone

To review practice data on your iPhone, go to the “History” tab. Note that this will end any workout that’s currently in progress, so you won’t normally want to do this during a practice. The History screen shows a list of dates for which practice data is stored on the phone, along with the starting time of the practice and the number of workouts it contains. Select a row to view the practice data for that date. On the practice over screen you can:

- Enter the name or type of the boat used for the practice
- Add free-form notes about the practice
- Add a list of athletes to the practice
- View a map of your entire practice
- View details for each workout and workout interval
- Export your practice as TCX, KML, GPX, or a summary CSV file.
- Remove unwanted workout data from the practice

To remove the data for any workout, press the “Edit” button, then press the red icon beside the workout to be removed and finally confirm your choice by pressing the “Delete” button that appears. When you are done removing workouts, press the “Done” button on the navigation bar.

### Adding practice details

Your practice data can be augmented with several types of information after your practice. Add a boat type or name in the text field provided in the “Summary” section of the practice data. Scroll down to the “Notes” section to add any information you like about the practice. For team boats, you can press the “Edit” button in the Athletes section to create or edit a list of athletes in the boat.

### Exporting practice data

Practice data can be exported in several common formats. The formats allow you to transfer your data to various web sites and applications for logging and charting. Each format has its strengths and weaknesses, as summarized below.

#### TCX – Training Center Database

This is a format designed by Garmin for their line of GPS gear. Its primary advantage is that it can convey very detailed information about a workout, including speed,

stroke rate, and heart rate at any time. It can also represent laps (or intervals) in a workout. It is used by many different online logging applications (such as [TrainingPeaks.com](http://TrainingPeaks.com) and desktop applications like [Sport Tracks](#) (PC), [TrailRunner](#) (Mac), and [Garmin Training Center](#) (PC/Mac).

#### KML – Keyhole Markup Language

The KML format is used primarily by [Google Earth](http://Google Earth). It has no support for sports-related data, but its flexibility allows us to put summary information in popup windows on the map.

#### GPX – GPS Exchange Format

This is a common format used frequently by hikers and runners to share their routes. Like KML, it doesn’t include sports-related details like stroke rate or heart rate, but it can be used with more applications than KML.

#### Summary CSV

CSV stands for *comma separated values*. This format provides summary information about every workout and interval in a format that’s easy to import into spreadsheet applications.

#### Detail CSV

In the detail view for each workout, you can also export stroke-by-stroke details for each interval including time, distance, speed, pace, stroke count, stroke rate, heart rate, check, bounce, as well as your GPS coordinates. Many customers import this information into spreadsheet applications to create detailed charts of various kinds.

### Exporting to file vs. email

SpeedCoach Mobile can export data by direct file transfer or email. When you select email export, the exported data is included (in the chosen format) as an attachment. By default, the email is sent to every athlete listed in the practice.

Exporting to a file may be more convenient than email when you don’t have access to a cellular or wifi network. To access your exported files, connect your device to your computer and launch iTunes. Select the Apps tab for your device in iTunes and choose SpeedCoach Mobile in the file sharing section. The list of exported files will be displayed and can be transferred directly to your computer through your USB connection. You can also remove exported files that you no longer need via iTunes by selecting a file and pressing the “delete” key.