

Golden Cheetah User Manual

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1 WELCOME TO GOLDENCHEETAH

open up with wha is gc and power analysis, cycling, hr training, training journal etc

1.1 About this latest version, V3.0

whats new – basic summary of release notes (headings only?)

1.2 Mailing list and community

google groups

1.3 Reporting bugs and requesting new features

github

1.4 Bit of Past, Present and Future

sean, mark, v3, v3.1 plans

2 QUICK START GUIDE

open up with running for the first time, adding an athlete, bank state screens etc

2.1 basic configuration

seasons, CP, LTHR

2.2 importing a ride from device

download dialog

2.3 importing data from file or other applications

drag and drop

2.4 uploading and sending your data

upload to TP.com, export file

3 GETTING AROUND GOLDENCHEETAH

open up with screen shot and a description of all the basic ui elements, one per athlete etc

3.1 The Toolbar

what the buttons do

3.2 Views & Sidebar

scopebar, sidebar, tab/tiled, add chart menu

3.3 Searching and Filtering

free text search and basics of data filtering

3.4 Adding and adjusting charts

the dialog, title, settings, finding them again

3.5 Going fullscreen

key sequences, hiding and showing the toolbar screensaver?

3.6 The Metric database

why, what, where, refreshing, exporting

4 IMPORTING EXPORTING DOWNLOADING AND CREATING DATA

4.1 Download from device

download dialog, basics for each device (plugging in etc)

4.2 Import from file

selecting a file, the import wizard

4.3 Manual activity

the manual activity dialog and refer to details screen for more "indepth" (need a better word) stuff

4.4 Exporting data

i A single ride ii Multiple rides

4.5 Uploading and Downloading from the Cloud

i TrainingPeaks ii Strava iii TrainingStage Buch iv RideWithGPS

5 THE ANALYSIS VIEW

5.1 About Activities and Intervals

5.2 Sidebar actions and context menus

- o activities
- o intervals

5.3 Editing and adjusting data

- o using the editor
 - i basics
 - ii anomalies
 - iii find
- o advanced editor functions
 - i the 'fix' tools
 - ii copying, cutting and pasting

6 Analysis View Charts

i Activity Summary ii Details iii Summary and Details iv Editor v Performance vi Critical Mean Maximals vii Histogram viii Pedal Force vs Velocity ix Heartrate vs Power x Google Map xi Bing Map xii 2d Plot xiii 3d Plot xiv Aerolab Chung Analysis

7 THE HOME VIEW

7.1 About Date Ranges, Seasons and Events

8 Performance Tracking Charts

i Long Term Metrics - indepth howto incl. setting up a PMC++ ii Performance Manager iii Collection TreeMap iv Critical Mean Maximal v Distribution

9 THE DIARY VIEW

9.1 Purpose

9.2 Summarising for Day / Week / Month

9.3 Longer term purpose (planning)

10 THE TRAIN VIEW

10.1 About Devices, Workouts and Video

10.2 Sidebar actions and context menus

o devices o workouts o media

10.3 Working with the Workout Library

- Creating a new Workout - Getting Workouts from ErgDB

10.4 Setting up and starting a workout

- Using CT handlebar controller - controlling workout from mouse + keyboard

11 Training View Charts

i Telemetry ii Workout iii Realtime iv Pedal Stroke v Map vi StreetView vii Video Player

12 CONFIGURING

Intro and explain opening the Preferences Pane

12.1 General

12.2 Athlete

i About ii Power Zones iii HR Zones

12.3 Passwords

i General ii Withings iii Zeo iv Google Calendar (calDAV)

12.4 Appearance

12.5 Data Fields

i Fields ii Notes Keywords iii Processing

12.6 Metrics

12.7 Train Devices

i Using Multiple Devices ii Adding a device

13 APPENDICES

13.1 A Supported Devices, File Formats and Services

13.2 B Metrics Reference

13.3 B Data Filtering Reference

13.4 C Glossary and Useful Resources (incl. [link to FAQ](#))

13.5 D OS Specifics (Directories, Drivers and Permissions)