Transcripción y resumen de un audio usando la API de chat-gpt

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Se ha desarrollado una interfaz gráfica robusta y amigable gracias al uso de Streamlit. Esta plataforma ofrece una experiencia interactiva que permite al usuario seleccionar un archivo específico para su análisis por parte del algoritmo. Dentro de esta interfaz, se ha implementado un reproductor de audio que posibilita la escucha del archivo seleccionado. Asimismo, se han integrado botones funcionales que permiten generar un resumen del contenido del audio, brindando flexibilidad al usuario para escuchar primero y luego revisar un resumen conciso.

Show Summary

Show Transcription

Transcription:

Especially, and I would even argue in the last four weeks, you really can't build fitness for the Iron Man distance. But you can ruin your fitness for the Iron Man distance, especially within the last two to three weeks. So it takes your body to adapt to a full load, a full Iron Man load. It takes four to six weeks for your body to fully adapt to it. For you to go through the full depression cycle all the way through the compensation cycle and come back to the place where you're ready to race again. So if you take your body and you're in that super compensation phase and you start training in that which is going to be in these last two weeks which you're in right now. And you add load to it and drop down again. You're going to lose everything that you gained from those big efforts that you did in the four to six weeks out from your race. Okay, so you have to give your body time to rest. You need to let your body fully recover from those efforts and even get stronger. So you can keep the sword sharp by doing short quick efforts. You can get out the door to work out some of your whatever your issues are. They're mental. I need to go out and do something. Fine. Zone one, zone two, easy, 30, 45 minutes to at least open the body up and remind yourself what you're going to be doing. Those things are fine. Weight training in the last two to four weeks. Try it out. You know that? No weight training. It does not hold on in a program. In the last two weeks for sure. I recommend, usually even in the last four weeks unless you've been super consistent with it all the way through your all the way through your training. Like not even squat or push up. Stop today. How about the volume? I mean, I look at my schedule. It's like a 50% of my peak. You think it should be appropriate. You want to be going from your peak volume. You should be cutting back to like 75% four weeks out, two thirds, three weeks out, and then two weeks out. You should be almost half. Half of your volume. Yeah. And then in the last week, it really depends. Everybody's different. Everybody tapers differently. And so you're probably not going to get it right on your first Iron Man taper. That's okay. Right? I mean, you probably didn't get it right when you did your first taper to an Olympic distance either. I'll point that one out. Yeah. Yeah. Each time you do it, you do something a little bit different. Yeah. And how about the nutrition? I mean, I know people, that's a big thing for Iron Man. I know people train perfectly. One thing, I found a challenge during the evening training session for like two weeks ago. My finished bike and finished like half distance marathon. Almost like 12 or 13 miles. I just immediately shut down. It's just like drastically. My body, one minute, it feels really good. And the second minute, I was heavy and lose everything. I have to walk. So I don't know. Is there any, do you have you seen somebody like this? Absolutely. What's going on? Yeah. We have like even Josh. He told last year he did a four Iron Man, I got a GI issue. So ruling everything. How to, how to, first, what's a reason for that? The second, how do we prevent? No, the training number of reasons. But the best thing is to practice it like during the training. Right? So you want to find that? Well, it works for you in training and take that to your race. That's the most important thing is trying different things, finding things that don't work and avoiding them. And then making sure that when you get to your race, you have adequate nutrition where you don't start to short on tires like run out or you want to make sure you have some

El código diseñado incluye una opción para mostrar u ocultar la transcripción del archivo de audio. Esta característica ha sido implementada con el objetivo de mejorar la legibilidad y comodidad para cualquier persona que haga uso de la herramienta. Un aspecto destacable es la asombrosa precisión de la transcripción al compararla con el contenido auditivo original. Esta exactitud resalta la calidad y confiabilidad de la herramienta, convirtiéndola en una solución fácil de utilizar, intuitiva y poderosa para aquellos que requieran un análisis preciso y eficiente de archivos de audio.

La combinación de elementos visuales, funcionalidades intuitivas y una alta precisión en la transcripción convierten a esta herramienta en una opción altamente recomendable para una variedad de usuarios, desde aquellos que buscan una rápida revisión del contenido auditivo hasta aquellos que requieren una transcripción detallada y precisa para su trabajo o estudio. La accesibilidad y facilidad de uso se unen con una calidad excepcional, creando una solución versátil y valiosa en el campo de la manipulación y análisis de archivos de audio.