1. Workout Container (WorkoutManager class)

As a user, I want a workout manager that is centralized so I can access and manage all my training session in one place.

2. Add a Workout

As a user, I want a form that is pre-filled with default values and input validation so I can manage my new training sessions quickly and accurately.

3. Sort Workouts

As a user, I want an app that can sort based on type, duration, or date so I can organise and review all my workouts efficiently.

4. Search/Filter Workouts

As a user, I want to search for or filter workouts based on categories, so that I can find may session easily.

5. Delete a Workout

As a user, I want to delete my workouts that I no longer need or have finished so that I can see all of my workouts that I needed.

6. Save to LocalStorage

As a user, I want all my workouts to be saved automatically to LocalStorage, so that my data persists between sessions.

7. Load from LocalStorage

As a user, I want the app to load my saved workouts from LocalStorage when it starts, so that I don’t lose any data.

8. Edit a Workout

As a user, I want to update the details of an existing workout, so that I can fix mistakes or add missing information.

9. Revert Changes During Edit

As a user, I want the ability to cancel changes while editing a workout, so that I don’t accidentally save unwanted edits.

10. Input Validation

As a user, I want the app to validate my inputs (e.g., positive numbers for duration), so that I don’t save invalid data.

11. Calculation Within a Workout

As a user, I want each workout to calculate average pace (e.g., min/km), so that I can evaluate performance for that session.

12. Calculation Across Workouts

As a user, I want the app to calculate total distance and duration over all workouts, so that I can track overall progress.

13. Default Values for New Workout

As a user, I want the new workout form to include default values (e.g., today’s date, 30 minutes duration), so that I can log workouts faster.

14. Get All Workouts

As a user, I want a method to get a list of all my workouts, so that I can review my complete training history.

15. CRUD via IndexedDB

As a user, I want the option to store workouts in IndexedDB for more scalable storage, so that I can manage larger datasets securely.

16. Handle Errors and Edge Cases

As a user, I want the app to handle errors (e.g., empty inputs, bad data, storage failures) gracefully, so that the app doesn’t crash or lose data.