

# Project Abstract

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## Project Title:

TempoTracks

## Project Abstract:

The motivation behind TempoTracks is that there is no way to easily create a playlist that will synchronize to your planned running pace or current running speed. It is even harder to do when you want to vary your pace during your workouts. The objective of TempoTracks is to allow runners and other long-distance athletes to listen to a dynamic playlist that will keep their tempo throughout their training sessions. TempoTracks will have a training plan that will allow users to progress in their physical abilities while leveraging the power of music. TempoTracks utilizes smartwatches which will allow us to access user health data such as their cadence, heartrate, and time elapsed. This data will be used to determine how fast or slow the music speed should be. A song matching the desired speed and user's taste is selected, played via music apps like Spotify or Apple Music. The benefit of TempoTracks is that athletes will be able to train better during their sessions, leading to better physical performance. The existing alternatives are slim and don't allow the user to freely integrate their own music playlists and they are forced to utilize a static, limited library of music.