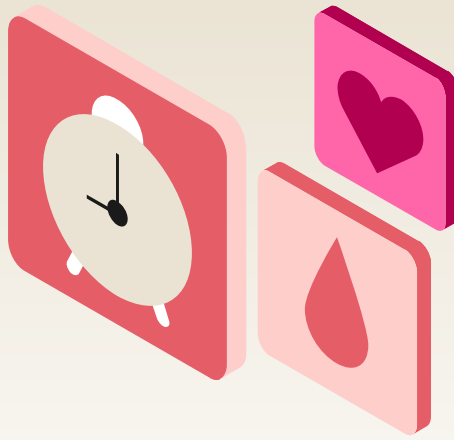# VIRTUAL OUTDOORS TREADMILL EXPERIENCE

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Computer Science
FAMNIT

Transform your run into an immersive adventure with our enhanced treadmill experience.

- Step into virtual landscapes and race terrains, powered by cutting-edge VR technology.
- Whether you're training for a marathon or seeking to elevate your daily run, our solution offers a unique blend of realism and motivation, bringing the great outdoors to your indoor workout.

RESEARCH

- In research we conducted through an online survey we got 27 answers from a middle-aged group of people these are the results we got.
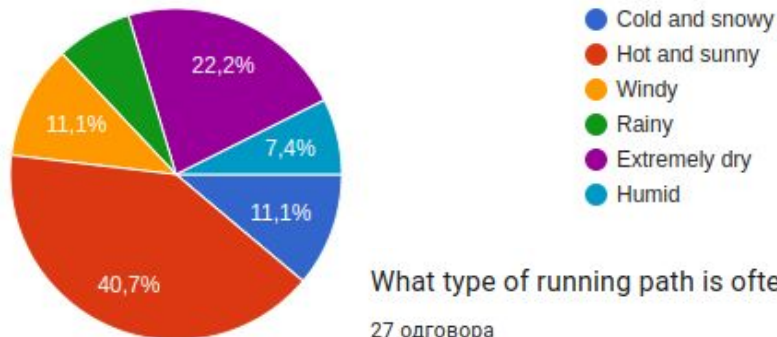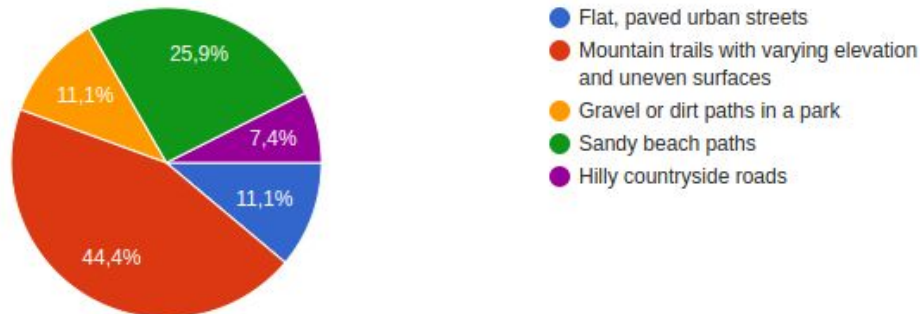

Age range

27 одговора

30-40 years old	11 (40,7%)
41-50 years old	16 (59,3%)
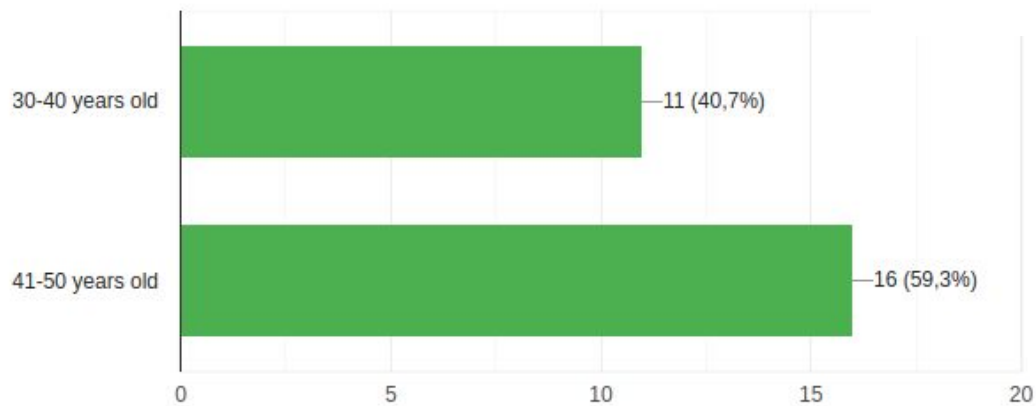
RESULTS

Which type of weather conditions do you find the hardest to run a marathon in?

27 одговора

- Cold and snowy
- Hot and sunny
- Windy
- Rainy
- Extremely dry
- Humid

22,2%
7,4%
11,1%
11,1%
40,7%

What type of running path is often considered the most challenging?

27 одговора

- Flat, paved urban streets
- Mountain trails with varying elevation and uneven surfaces
- Gravel or dirt paths in a park
- Sandy beach paths
- Hilly countryside roads

25,9%
7,4%
11,1%
11,1%
44,4%

RESULTS

- As shown in the result charts of the survey we determined the demographics of our future users and found some preferences for conditions they like running in.

- This helps us determine in which way the later production of the treadmill experience will go and what features to add/remove.

Overview Of The **Project**

Virtual Terrain Selection

- Choose from a variety of virtual landscapes, replicating real-world terrains and race environments.

Immersive VR Integration

- Integrate seamlessly with VR headsets, providing a lifelike and engaging visual experience during treadmill workouts.

Adaptive Speed and Incline Simulation

- Dynamically adjust treadmill speed and incline to mimic the challenges of chosen terrains, enhancing training specificity.

Real-time Environmental Feedback

- Receive instant feedback on weather conditions, terrain changes, and other environmental factors, optimizing preparation for outdoor races.

Performance Analytics and Goal Tracking

- Access comprehensive performance analytics, track goals, and monitor progress, empowering users to tailor workouts for individual needs.

Multi-User Compatibility

- Facilitate group training or virtual races by enabling multi-user compatibility, fostering a sense of community and friendly competition.
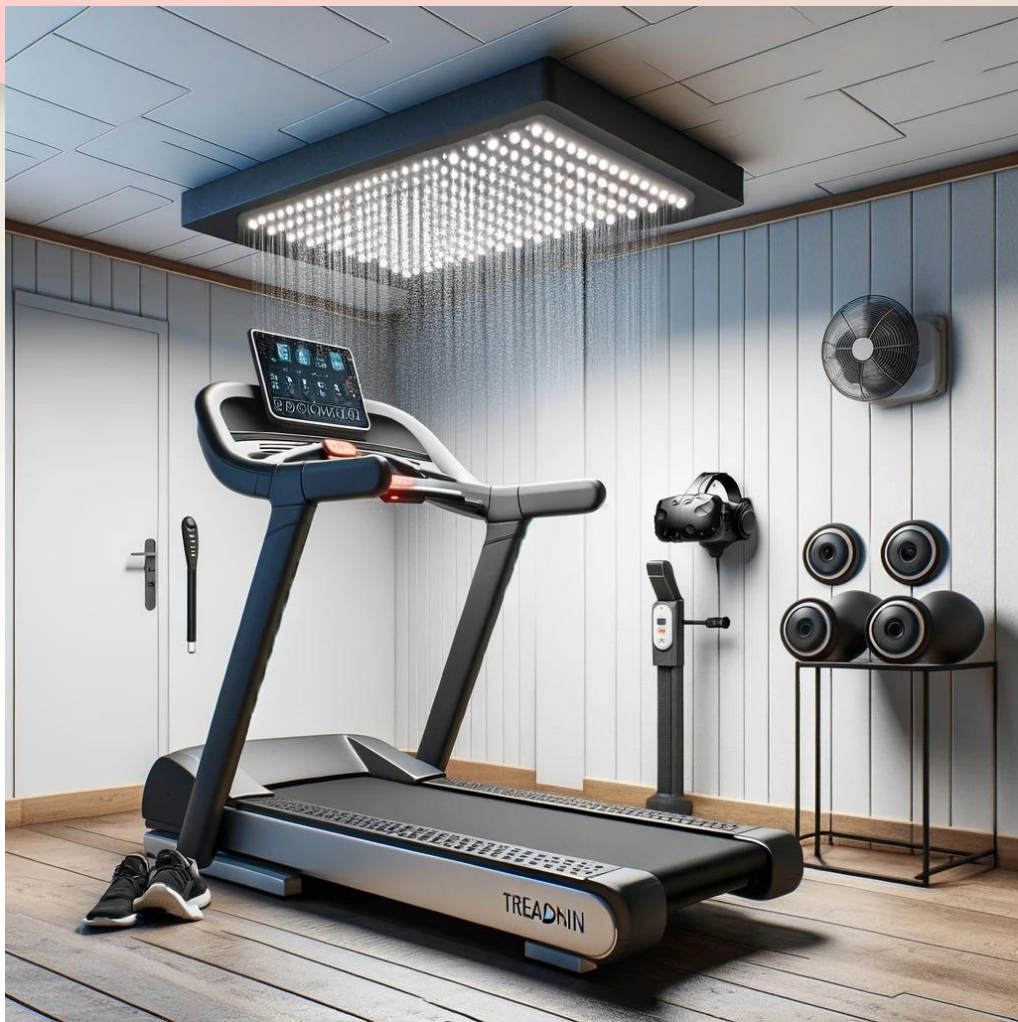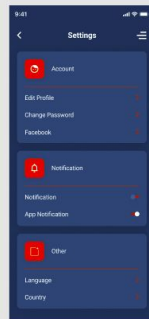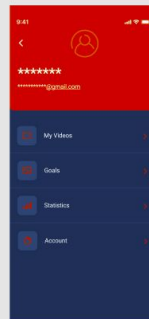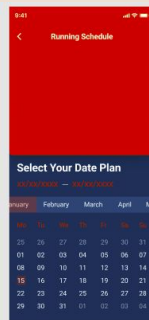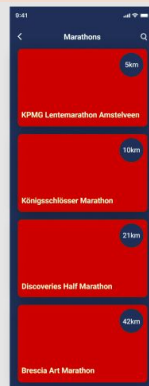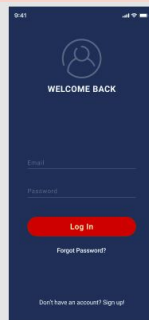
Prototype
Overview
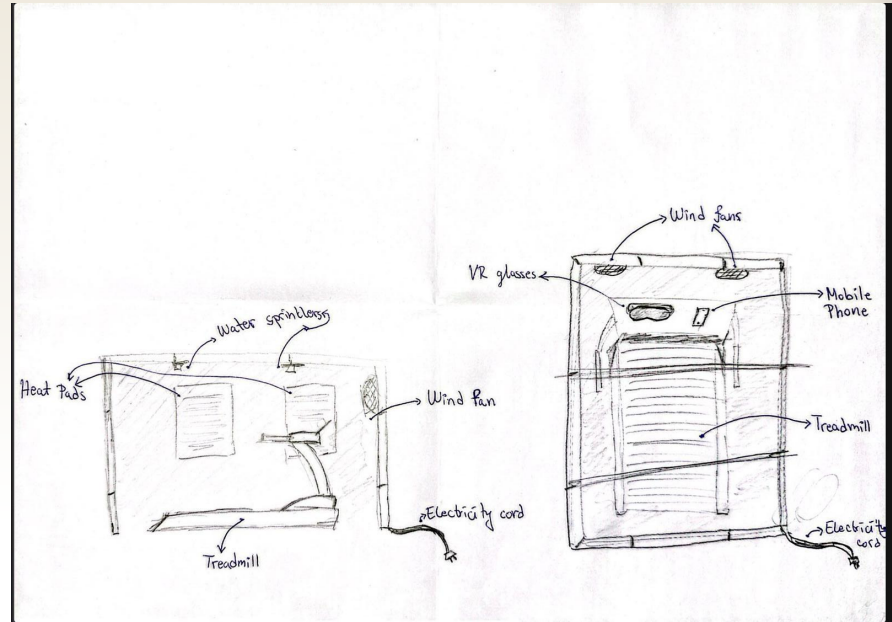
Prototype
Overview

Prototype
Overview

Prototype
Overview

Feedback:

1. **Visibility of System -** They have 'map' where the user is currently. So the user will probably have good orientation around the app.
2. **Match between system and the real world -** The design uses compatible language to the users 'runners'. Words like marathons, running schedule, training are familiar to the users.
3. From every page, the user can select to go back. IDK what the back button means, will the progress be saved? Can you revert changes? There is no ability to go back to the current date in the calendar. What happens if you visit year 2030 while playing, how do you go back to the current year, month and day? While running, I do not see a way how one will stop the activity? Should the person exit the app, but will the progress be saved? Should it be saved? It is not clearly defined.
4. Eerything is consistent, maybe the only thing to add is that when you insert goal, the format is xx/xx/xx, which should be DD/MM/YYYY. Also, on the rest of the screens, the format is in the form Fri 24, which can cause some confusion. Use same format for everything, they are both correct but the second one is more stylish, and is needed to be changed on less places. Daily goal has kilometers, and running has steps. Not good, better is to have only kilometers, and steps as an extra feature.
5. Error prevention is good. Only few places require entering text, login and sign up, the rest uses touch clicks, so only error that can occur is mistakenly clicked button, but the buttons are the appropriate size.
6. They don't have to remember their daily goal they can always check the calendar. Also they have predefined programs so its easier for the user to just choose instead of making program on they own.
7. The app should contain a short-cut for the times you don't want a scedule. You just simply want to run one session.
8. There is nothing minimalistic. Good job :)
9. There is no error messages shown but when you develop the app, I am sure that you will implement it :)
10. There is no explanation about the y - axis values in statistic graph. Is it the velocity of that moment?
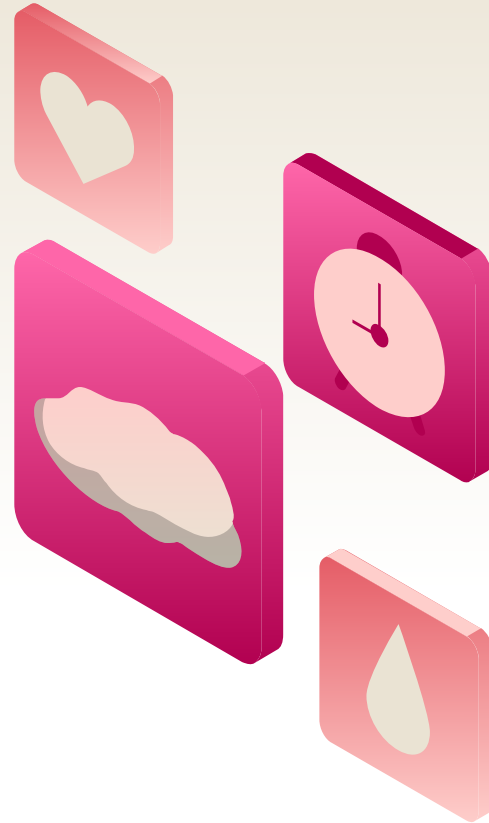
Prototype

Demonstration

CLICK TO PLAY

CONCLUSION

- In closing, our enhanced treadmill experience redefines your run, offering dynamic terrains, adaptive simulations, and insightful analytics.

- Whether you're a marathon enthusiast or a casual jogger, we've transformed indoor running into an immersive journey. Join us in reshaping fitness—thank you for your time. Embrace the future of running, one step at a time.

Thanks for Listening!!!