

Coaching Buddy! (Desktop) feature's list

- Workout Tracker
 - A clean interface to handle putting in data for workout data
 - Options to allow the coach to exempt rowers and state types of workouts
 - A clean way of view past workouts
 - Calendar View
 - ❖ Shade blocks based on workout type (U2, AT, TR1, Test)
 - ❖ Filter based on workout parameters
 - ❖ Show monthly, weekly totals, etc. (total meters, total time, avgs.,etc)
 - Singular spreadsheet view
 - Multitab sheet view
 - Straight workout list
 - Management system
 - Delete old workouts
 - Control which workouts are used to make calculations and graphical representations
 - Control the format in which workouts are saved
 - Open workouts for OYO
 - Save and commit completed workouts
 - Determine meaningful PR's and set them in profiles
- Progress Tracker
 - Graphical Interface to show split improvements.
 - Filterable
 - ❖ By date
 - ❖ By Workout type
 - ❖ By Team, gender, individual
 - Averages can be displayed as their own lines
 - ❖ Team averages
 - ❖ Boat/selected group averages
 - Different axes available
 - ❖ Split vs date
 - ❖ Power curves (split vs watts, 1 min, 2k, 6k, 1 hour)
 - ❖ Adjusted splits vs date
 - ❖ Split vs distance
 - Include an x vs y (any attribute) feature for single point scatter point data clusters
 - Include an x axis view option (something like a PR distribution)
 - Auto-alert and update on important PR
 - Calculate statistics
 - Individuals
 - ❖ Weight adjustments
 - ❖ Expected workout splits (my U2 for this 15k should be...)
 - ❖ Predicted test results, expected test results (this power curve should yield a xyz watts test)

- Team
 - ❖ Power rankings
 - ❖ Boat or group performance averages
 - Alert tracker
 - Set up dashboard to inform user of important milestones
- Workout planner
 - Plan ahead workouts on a calendar
 - Alert coaches/rowers of the day's workout
 - Prompt for actions (on home dash) for missed workouts
- Journal – thought tracker
 - New entries: Free style space for thoughts
 - View past thought entries
 - Calendar view
 - Chronological list
 - Taggable posts for later sorting?