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?