# Runtastic

Greetings dear runner! This document is intended to get you familiar with the Runtastic App and let you ‘Hit the Ground Running’ (“We’re a big fan of puns here at Runtastic).

So the first *step* in your journey is to get the app set up!

## Getting Started

Follow these instructions to set up the Runtastic app:

1. Unzip the folder called:
2. In the unzipped folder open the R project called:
3. Ensure that in the same unzipped folder the following files exist:
4. Open the file called app.R
5. Run the function called “SetUp”
   1. The following dataframes should appear in the environment:
6. Run the function called “RunShinyApp”

If everything has gone according to plan, the Runtastic app should have opened in a new browser window.

For the Home Screen you should be seeing this:

Graphical user interface, website

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## Navigation

The Runtastic App is structured into 4 separate tabs that can be accessed near the top of the browser, each giving you different information related to your run(s) and providing varying degrees of granularity in data.

## Tab 1: “Your Last Run”

Imagine you crossing the finish line, breaking the ribbon at the end of a race, runners’ high still pumping in your veins! You don’t want to be messing around with hidden menus and toggles to see how you’ve done. That’s why Runtastic puts the most important information smack back as the first thing you see, with minimal clutter to distract you from the stats.

Visualize your route on the Map provided and view the summary stats related to distance, pace, run duration and elevation change. Should you so wish, Runtastic provides to with per Km timing splits with a simple checkbox function to analyse your performance in detail(displayed below)

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A screenshot of a computer

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Example of per Km Splits

## Tab 2: “Your Last 10 Runs”

To hit our personal best’s, we need to analyse our past performances, providing context as we strive towards our goals. The second tab in the Runtastic app gives you this power to see trends in your running history related to distance and duration per run. We’ve included the lifetime average for each measure so you’re able to see if you are moving in the right direction.

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## Tab3: “All your runs”

Data. Data. Data. The third tab provides summary information on all the runs you’ve ever tracked with Runtastic, allowing you to sort or search as you please. For the serious running nerd.

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## Tab4: “Inspiration to Run”

We know it’s hard to put those trainers on every morning. The Runtastic team has got your back, with curated inspirational videos updated throughout the year to give you that extra bit of motivation when you need it.

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That’s a brief tour of our App. We hope you enjoy using it as much as we’ve enjoyed creating it.

See you out there!

The Runtastic Team.