**Main Activity**

Nom de l’appli 

**Training**

**My Running**

Name : TextNameAppli

Center

Name : ImagerRunner

Center, bellow TextNameAppli

Name : ButtonMainRunning

Center, bellow ButtonMainTraining

→ leave the activity and go to «ActivityChooseTraining»

Name : ButtonMainTraining

Center, bellow ImageRunner

→ leave the activity and go to «ActivityTraining »

**ChooseTraining Activity**

Name : ListVIewChooseTrainingActivity

Center, bellow TextChooseTranningChoice

→ leave the activity and go to →BeforeStart

Name : TextChooseTranningChoice

Left

New Training Program

Choose your training program

Training Program 2

Training Program 3

Training Program 1

**BeforeStart Activity**

Interval 1

Delete

Modify

Start Activity

Interval 4

Interval 3

Interval 2

Program Name

LVBeforeStartProg

LVBeforeStartProg

**Create Program Choice**

Fractionne programm

Free Program

**Create Fractionner**

Run time (fast)

Run time (slow) 

Number of cycle

Repetition

**Seance in progress**

Vitesse moyenne (rapide)

Vitesse moyenne (lente)

Distance

durée

Intervalle