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Software Development 1

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Running Time Conversion Program

Abstract:

The Running Time Conversion Program is designed to give the user an understanding of how fast they can go over a variety of distances. In this project I am creating a program that does just this giving the user an accurate look at just how fast they can go.

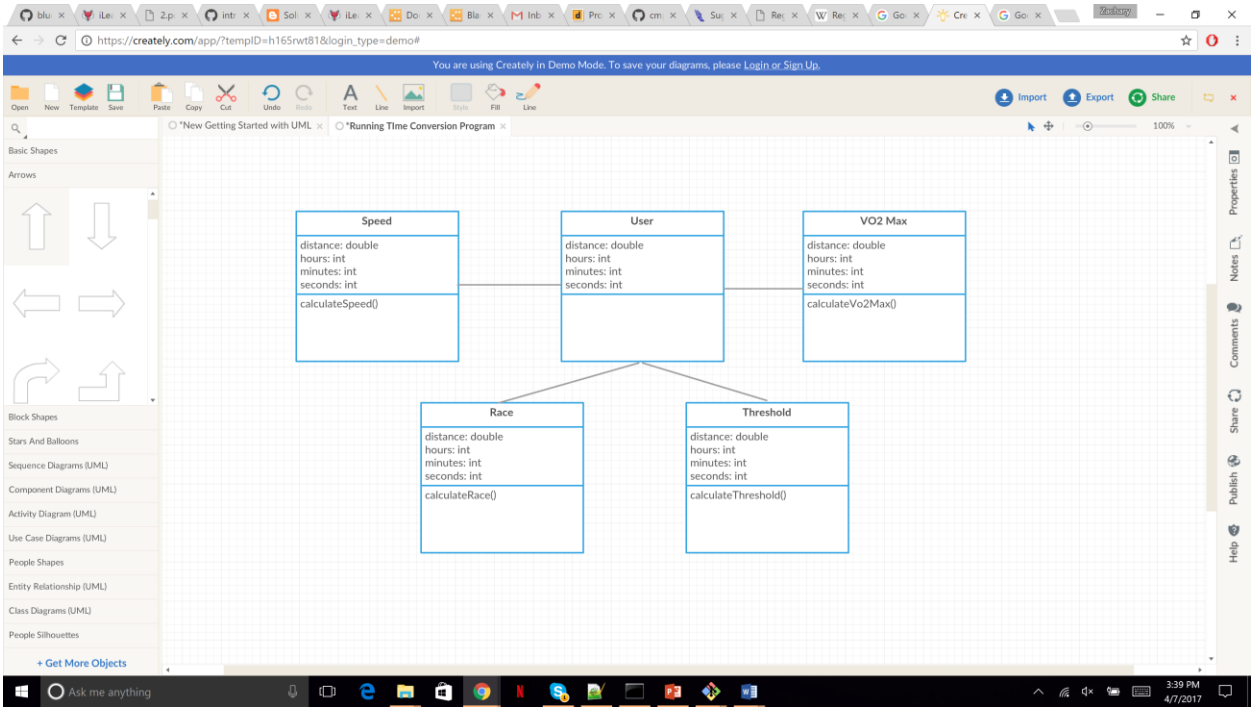
Introduction:

Running has been a big part of my life since the beginning of high school and is still a very large part of my life now as a college athlete. I wanted to do something that pertained to what I have been doing for much of the past 4 years so I decided to do a Running Time Conversion Program which gives estimated times for multiple distances based on the users own time entered over a certain distance. Over the course of this project I am making a variety of classes that will calculate the estimated time the user can achieve in a variety of distances.

Detailed System Description:

The users interact with the system by entering a distance in miles as well a time it took to complete said distance. The system then prints out a chart giving multiple distances (400 meter, 800 meter, mile, 2 mile, etc.) as well as estimated time to complete each distance. The system also prints out the estimated paces the user should go for workouts in each distance (easy,

threshold, VO2 max, and speed).



Requirements:

Requires user to enter a distance and time it takes to complete the distance entered.

Literature Survey:

Outside of this program there are many other programs online that calculate running time conversions, however none give back a clear chart giving every pace the user should be able to do in a variety of distances. Most of the programs out there only give back a certain time for one distance, where I want to have all the times for all the distances in one easy to read chart.

User Manual:

In order to use the system correctly, the user must enter a distance (ex- 13.1) where miles is understood as well as a time (ex- 1 16 35) where the first number entered is hours, the second is minutes, and the last number entered is seconds. If any words are entered the program will not run.

Conclusion:

The Running Time Conversion Program is designed with the user in mind. The program prints out a clear and concise chart tailored to the user giving them an accurate glance at what they can do over a variety of distances as well as paces the user should go when training over these distances. This project is very significant as it gives so much more that what any other running time conversion program can offer.