



**SEMANA 18 DE INMERSIÓN -6**  
(Gpo 901)

**Evidencia – NLP Whisper Summarizer with OpenAI and ChapGPT**

***Integrantes del equipo:***

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## Descripción

Para esta actividad, trabajamos con un archivo de audio de aproximadamente 8 minutos de duración. Utilizamos bibliotecas como Streamlit, con el cual pudimos crear una interfaz para visualizar el proceso y los resultados. Utilizando la API de OpenAI, pudimos obtener una clave con la cual podemos aprovechar el ya existente sistema de ChatGPT, una herramienta que utiliza la inteligencia artificial para ayudarnos a resolver problemas desde lo más sencillo hasta lo más complicado. En este caso, la herramienta nos va a ayudar a analizar una transcripción de un audio y así poder darnos los puntos más importantes de la conversación.

Streamlit nos ayudó a poder crear una visualización estilo página web donde, en este caso, podemos visualizar el título y el subtítulo del programa. Después, se visualiza un reproductor de audio interactivo, donde el usuario tiene la habilidad de decidir si escuchar o no el audio a transcribir mientras se lleva a cabo el proceso. Posteriormente, tenemos un apartado llamado "Summary". En este apartado, tendremos el resumen de lo que trató el audio separado en viñetas. Este último apartado es en el que entra en juego la API de ChatGPT. En lugar de que tengamos que ingresar a otra página web y pegar el texto, este programa va a realizar esos procesos y mostrarlos en un mismo lugar.

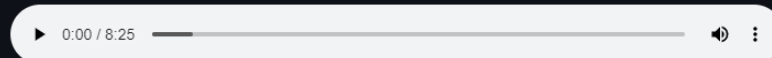
## Screenshots Streamlit

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### Whisper Summarizer

#### Análisis de Audio para Transcripción y Resumen Escrito



#### Transcription:

Especially, and I would even argue in the last four weeks, you really can't build fitness for the Ironman distance, but you can ruin your fitness for the Ironman distance, especially within the last two to three weeks, by, because, so it takes, it takes your body to adapt to a full load, a full Ironman load, it takes four to six weeks for your body to fully adapt to it, for you to go through the full depression cycle, all the way through the compensation cycle, and come back to the place where you're ready to race again. So if you take, if you take your body, and you're in that super compensation phase, and you start training in that, which is gonna be in these last two weeks, which you're in right now, and you add load to it, and drop down again, you're gonna lose everything that you gained from those big efforts that you did in the four to six weeks out from your race, okay? So you have to give your body time to rest, you need to let your body fully recover from those efforts, and even get stronger. So you can keep the sword sharp by doing short, quick efforts, you can get out the door to work out some of your, whatever your issues are, if they're mental, I need to go out and do something, fine, zone one, zone two, easy, 30, 45 minutes to at least open the body up, and remind yourself what you're gonna be doing, those things are fine. No weight training in the last two to four weeks, right now, you know, that does not belong in a program in the last two weeks for sure, I'd recommend usually even in the last four weeks, unless you've been super consistent with it, all the way through your, all the way through your training. Like not even squat, or push up, oops, yeah, stop, today, it's not worth it. And how about the volume, I mean, I look at my schedule, it's like 50% of my peak, you think it should be? That's appropriate, right? Yeah. Yeah. So you wanna be going from your peak

mean, I don't want to eat. That's a part, right? Yeah, there's a part where your stomach is saturated. Salt, a lot of times, I don't know, maybe that's where Mike was headed with his question, but salt, a lot of times, is one of the things that you need to have more of. If you don't have a proper balance of salt in your stomach, you're not able to absorb the carbohydrates. So even if you keep slamming gels, you end up with this, like, lead weight in your stomach because you aren't able to, the stomach's not able to process it because it doesn't have enough salt in your stomach cavity to absorb the liquid. And you really need to dial in the right amount for you because there's a huge range on what people need for salt. There's really heavy salt sweaters and there's light, and you can do too much salt. And you have this, like, really similar, like, cramping from too much salt, so you really need to dial in in your training.

#### Summary:

- It takes 4-6 weeks for the body to fully adapt to a full Ironman load
- Training in the last 2 weeks can ruin fitness gains from previous efforts
- Rest and recovery are important during this period
- No weight training in the last 2-4 weeks before the race
- Volume should be gradually reduced in the weeks leading up to the race
- Each person may taper differently, so it may take time to find the right taper strategy
- Nutrition during the race is crucial and should be practiced during training
- Adequate nutrition and redundancy are important to avoid GI issues
- Finding the right balance of salt is important for proper carbohydrate absorption
- Each person's salt needs may vary, so it should be dialed in during training.