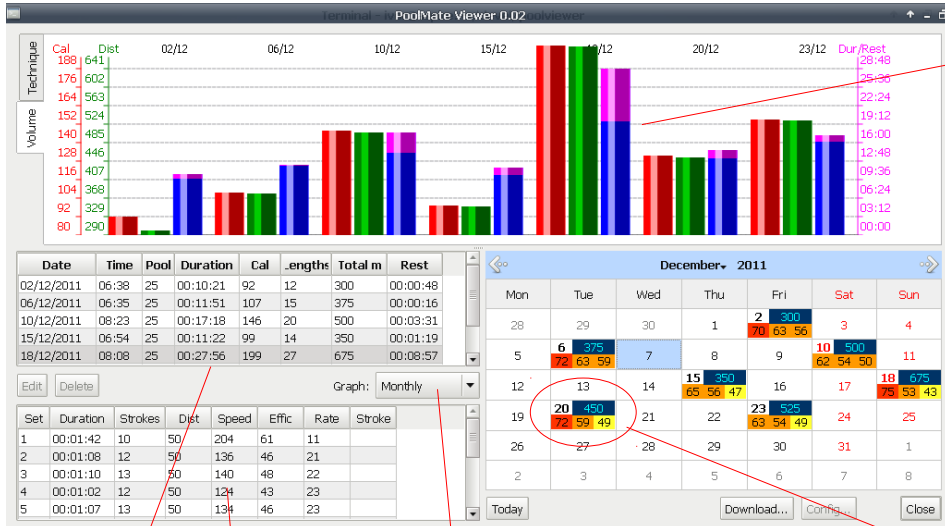# PoolView 0.2

Workout volume detail

Volume graph. The Duration bar is broken down into exercise time (blue) and rest time (magenta).

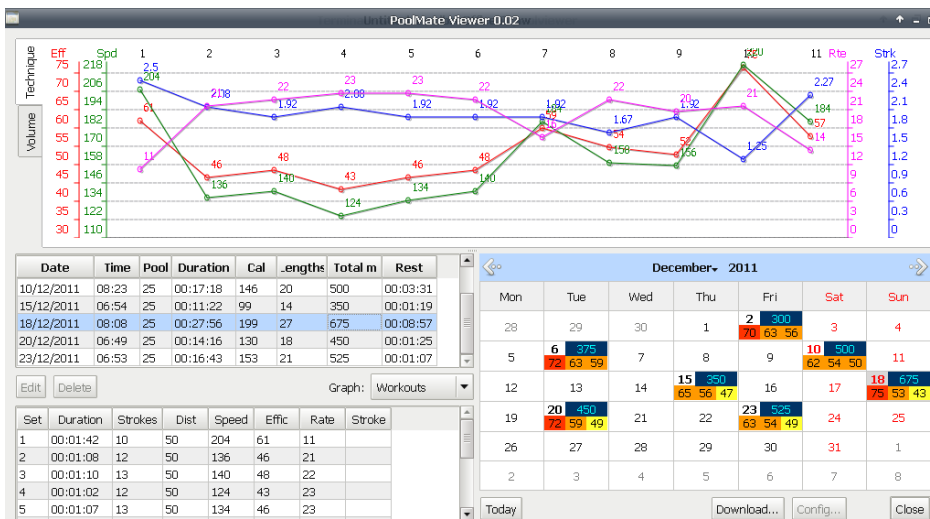Red shows total calories, green total distance.

The mini calendar graphic shows the summary for each day. The blue bar at the top displays the total distance, the lower bar shows the efficiency index low, average and max values for the day.
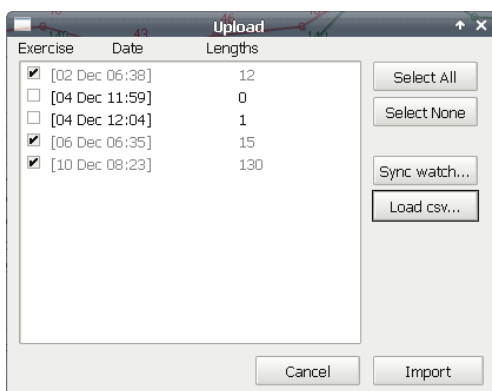
Workouts

Sets

Graph grouping

Technique detail

The colours display the efficiency band:
Red – below average
Orange – average
Yellow – good
Green – excellent
Purple – off the scale.

The technique graph shows the efficiency value, lower is better.
Speed (seconds over 100m) Stroke rate (per 25m) and Stroke length (metres)

From the download dialog you can import workout data from CSV files or download from a PoolMate pro watch.

Data that has already been downloaded is grayed out. To add new workouts tick the sessions you wish to include or press select all and click Import.