



# Golden Cheetah User Manual

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# **1 WELCOME TO GOLDENCHEETAH**

open up with wha is gc and power analysis, cycling, hr training, training journal etc

## **1.1 About this latest version, V3.0**

whats new – basic summary of release notes (headings only?)

## **1.2 Mailing list and community**

google groups

## **1.3 Reporting bugs and requesting new features**

github

## **1.4 Bit of Past, Present and Future**

sean, mark, v3, v3.1 plans

## **2 QUICK START GUIDE**

open up with running for the first time, adding an athlete, bank state screens etc

### **2.1 basic configuration**

seasons, CP, LTHR

### **2.2 importing a ride from device**

download dialog

### **2.3 importing data from file or other applications**

drag and drop

### **2.4 uploading and sending your data**

upload to TP.com, export file

## **3 GETTING AROUND GOLDENCHEETAH**

open up with screen shot and a description of all the basic ui elements, one per athlete etc

### **3.1 The Toolbar**

what the buttons do

### **3.2 Views & Sidebar**

scopebar, sidebar, tab/tiled, add chart menu

### **3.3 Searching and Filtering**

free text search and basics of data filtering

### **3.4 Adding and adjusting charts**

the dialog, title, settings, finding them again

### **3.5 Going fullscreen**

key sequences, hiding and showing the toolbar screensaver?

### **3.6 The Metric database**

why, what, where, refreshing, exporting

## **4 IMPORTING EXPORTING DOWNLOADING AND CREATING DATA**

### **4.1 Download from device**

download dialog, basics for each device (plugging in etc)

### **4.2 Import from file**

selecting a file, the import wizard

### **4.3 Manual activity**

the manual activity dialog and refer to details screen for more "indepth" (need a better word) stuff

### **4.4 Exporting data**

i A single ride ii Multiple rides

### **4.5 Uploading and Downloading from the Cloud**

i TrainingPeaks ii Strava iii TrainingStage Buch iv RideWithGPS



## 5 THE ANALYSIS VIEW

### 5.1 About Activities and Intervals

### 5.2 Sidebar actions and context menus

- o activities
- o intervals

### 5.3 Editing and adjusting data

- o using the editor
  - i basics
  - ii anomalies
  - iii find
- o advanced editor functions
  - i the 'fix' tools
  - ii copying, cutting and pasting

## 6 Analysis View Charts

i Activity Summary ii Details iii Summary and Details iv Editor v Performance vi Critical Mean Maximals vii Histogram viii Pedal Force vs Velocity ix Heartrate vs Power x Google Map xi Bing Map xii 2d Plot xiii 3d Plot xiv Aerolab Chung Analysis

## **7 THE HOME VIEW**

### **7.1 About Date Ranges, Seasons and Events**

## 8 Performance Tracking Charts

i Long Term Metrics - indepth howto incl. setting up a PMC++ ii Performance Manager iii Collection TreeMap iv Critical Mean Maximal v Distribution

## **9 THE DIARY VIEW**

### **9.1 Purpose**

### **9.2 Summarising for Day / Week / Month**

### **9.3 Longer term purpose (planning)**

## **10 THE TRAIN VIEW**

### **10.1 About Devices, Workouts and Video**

### **10.2 Sidebar actions and context menus**

o devices o workouts o media

### **10.3 Working with the Workout Library**

- Creating a new Workout - Getting Workouts from ErgDB

### **10.4 Setting up and starting a workout**

- Using CT handlebar controller - controlling workout from mouse + keyboard

## 11 Training View Charts

i Telemetry ii Workout iii Realtime iv Pedal Stroke v Map vi StreetView vii Video Player

## **12 CONFIGURING**

Intro and explain opening the Preferences Pane

### **12.1 General**

### **12.2 Athlete**

i About ii Power Zones iii HR Zones

### **12.3 Passwords**

i General ii Withings iii Zeo iv Google Calendar (calDAV)

### **12.4 Appearance**

### **12.5 Data Fields**

i Fields ii Notes Keywords iii Processing

### **12.6 Metrics**

### **12.7 Train Devices**

i Using Multiple Devices ii Adding a device



## **Appendix A Supported Devices, Formats & Services**

## **B Metrics Reference**

## **B Data Filtering Reference**

## C Glossary & Resources

## **D OS Specifics (Directories, Drivers and Permissions)**

## Index

(Index is nonexistent)