When the weather outside sucks, you have to ride your bike inside on a stationary trainer. There are multiple software options designed to receive the wireless signals transmitted by the special equipment that most bicycle racers ride with. The available programs allow one person to see their data on a computer. The equipment most people train with include a power, cadence and heart rate sensors.

Riding your stationary bike alone gets boring, so a lot of bike shops host group trainer rides in the winter when the sun sets too early to get a training ride in after work, or when road conditions are unsafe for biking. There is no program designed to connect multiple users through one screen, and easily display the workout. Shops have to get creative with how to communicate the workout to everyone.

We propose a program that allows the host to easily create a workout. The workout will be displayed on a screen with a timer for the sections of the workout, and will display everyone's instantaneous effort and what their effort should be for the interval. There will be a graph with x-axis being effort, and y-axis being cadence. Calculations for effort can be calculated from max and resting heart rate, or from power. These will be displayed in real-time, and a box on the graph will show where your cadence/effort should be for the interval.

Group Participation:

Nathan Franklin presented the initial idea for the project and created the proposal. We discussed the project together and further refined the idea. Josh Baker was responsible for creating the GitHub and submitting the deliverable.