

Getting Started

Watch the [screencast](#) and read the following documentation.

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[Usage](#)

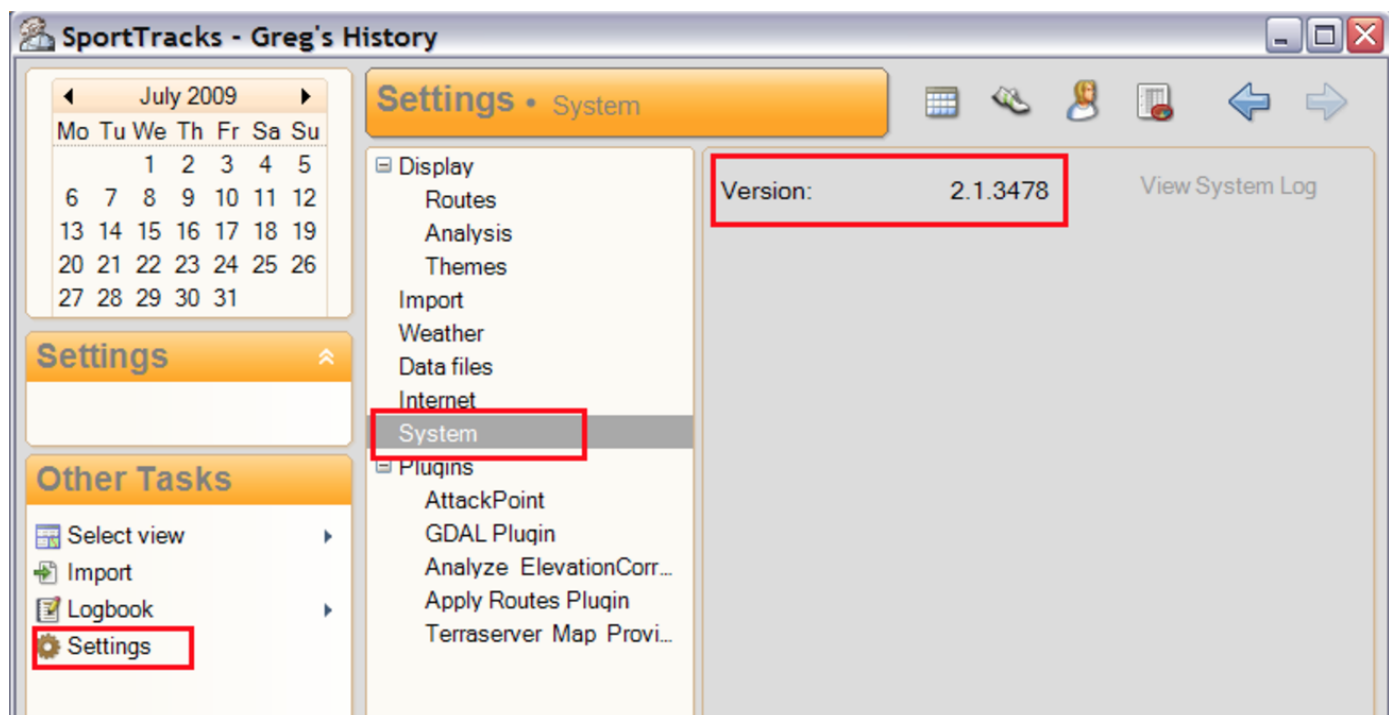
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Installation

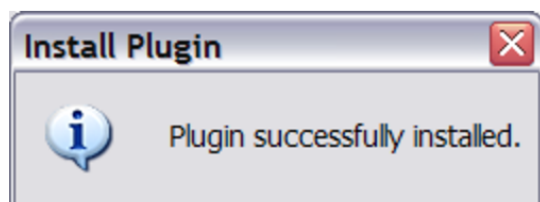
IMPORTANT: Before installing the plugin make sure you have SportTracks version **2.1.3478** or above.

How to check: Go to Settings menu and select System:



Steps to install the plugin

1. Download the latest release.
2. Make sure SportTracks is closed.
3. Double-click on attackpoint.st2plugin file. You should get the following dialog box:




OK

Configuration

1. Start SportTracks and go to Settings view.
2. Select AttackPoint from the list of plugins.
3. Enter your AttackPoint username/password and click **Retrieve** button. The plugin will try to automatically map your activities, intensities, and shoes to SportTracks categories, intensities, and equipment respectively.
4. Check the mapping and adjust it according to your preference. Note that AttackPoint activity subtype and workout type can be overridden on per-activity basis (see [Usage](#)).
5. Specify the format for the notes (see [Formatting Rules for Notes](#)).
6. Turn on/off warnings that the plugin may display when exporting your trainings.
7. If you have AttackPoint bonus features enabled then you will see **HR Zones** tab in Mapping section. It allows to map heart rate zones to intensities to calculate mixed intensity.

NOTE: Your AttackPoint password is stored encrypted on your local hard-drive and transmitted only between your computer and AttackPoint website.

TIP: Whenever you make changes to your AttackPoint profile you should synchronize it with plugin's configuration by clicking **Retrieve** button on the Settings screen. The plugin will not modify your mappings this time. If you added new activities and/or shoes in AttackPoint profile you have to map them manually.

**Attackpoint**
performance and training tools for ambitious athletes

Account
Username:
Password:
Bonus features: **enabled**
Retrieve AttackPoint Profile

Export Options
Notes format:
Specify format of the Notes field. Check Getting Started guide for documentation. Leave the field blank to export activity notes exactly as they are entered in the Notes field.
☒ Warn about unspecified intensity GPS track visible to:
☒ Warn about unmapped equipment
☒ Auto-calculate mixed intensity
[Send feedback](#)
[Getting started guide](#)

Tip: Click 'Retrieve' button to download your latest AP profile settings.

Mappings
Tip: You can override AP sub-activity and workout type in Activity Details view.

Activities | **Intensities** | **Shoes** | **HR Zones**

SportTracks Category	AttackPoint Activity	AttackPoint Sub-activity	AttackPoint Workout
Running	Road/Track Running		"Training"
Running > Trail	Trail Running		"Training"
Running > Intervals	Road/Track Running		Intervals
Running > Intervals > Thresholds	Road/Track Running	thresholds	Intervals
Running > Intervals > Repetitions	Road/Track Running	repetitions	Intervals
Running > Intervals > Intervals	Road/Track Running	intervals	Intervals
Running > Road/Track	Road/Track Running		"Training"
Running > Terrain	Terrain running		"Training"

Orienteering	Orienteering		"Training"
Orienteering > Sprint	Orienteering	sprint	"Training"
Orienteering > Middle	Orienteering	middle	"Training"
Orienteering > Long	Orienteering	long	"Training"
Orienteering > Relay	Orienteering	relay	"Training"

Formatting Rules for Notes

SportTracks allows you to add text notes to your training on the Summary page. You can customize how the plugin exports your notes by using additional fields:

- » TimeOfDay
- » PartOfDay
- » Name (activity name)
- » Location

-
- » CourseSpec (distance and climb)
 - » WeatherTempF
 - » WeatherTempC
 - » WeatherConditions
 - » WeatherDescription
 - » Notes

Enclose the static custom text along with a field in square brackets. The field itself must be enclosed in curly braces. For example, if you want to export the location of your training along with your notes you may use the following format:

[In {Location}.]

If the location is not specified for a particular training the plugin will omit the whole string including In word and the trailing dot.

Another example:

```
[{TimeOfDay}. ][{Location}. ][Burned {Calories} calories.]
[{CourseSpec}]
[{Notes}]
```

Given all fields are specified except calories, the following output is produced:

```
10:41 AM. Tilden Park.
Blue 7.2 km, 345 m
Your notes follow here
```

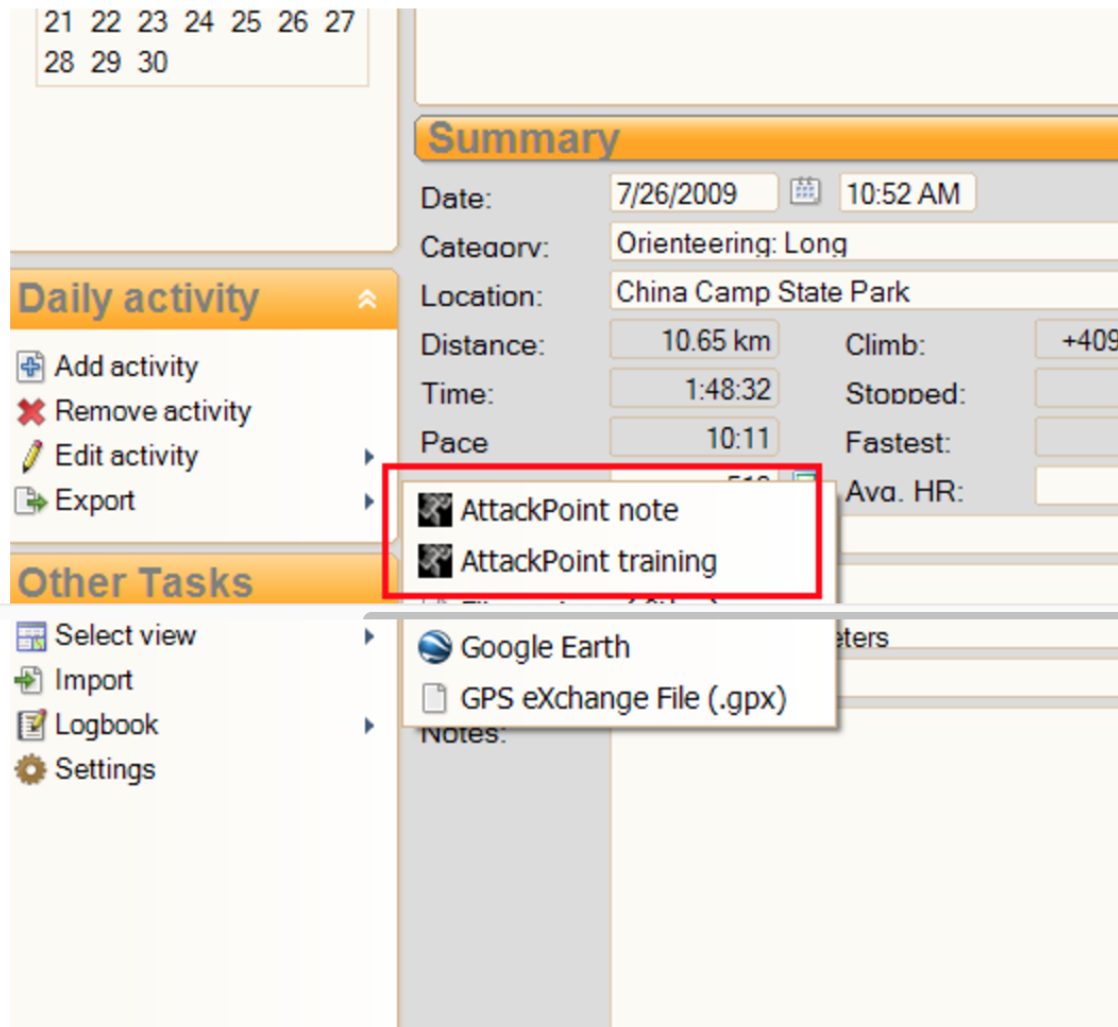
TIP: Leave "Notes Format" text box blank in the plugin's settings if you want your notes to be exported exactly as they appear on the Summary page.

If you have bonus features enabled, you can customize the format for your private notes as well.

Usage

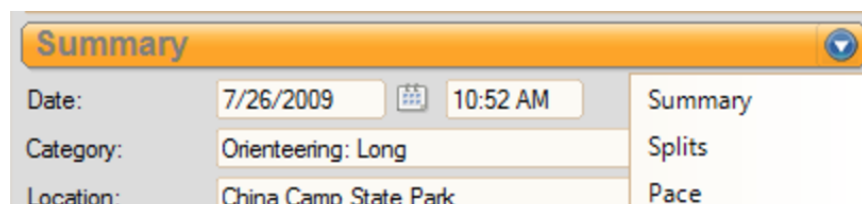
Exporting single activity


You can export your SportTracks activity as a training or a note to AttackPoint website. Use **Export** menu on the left panel:



For training to be exported successfully the SportTracks category must be mapped to an AttackPoint activity. The plugin warns about unmapped shoes and unspecified intensity if the corresponding checkbox is checked in plugin's settings.

You may want to add AttackPoint specific information to your training by choosing AttackPoint details page:




Distance:	10.65 km	Climb:	Elevation
Time:	1:48:32	Stopped:	Workout
Pace (min/km):	10:11	Fastest:	Cadence
Calories:	513	Avg. HR:	Power
Weather:	85 °F		AR - Routes
Equipment:	 Inov-8 MudClaw 'O' 330 2 214 kilometers		AttackPoint
Name:			
Notes:			


On AttackPoint details page you can specify the following:

- » Training type.
- » Activity subtype if it's different from the default mapping.
- » Time per intensity (enabled for advanced AttackPoint account). The mixed intensity is automatically calculated once you get to AttackPoint details page and "Auto-calculate mixed intensity" checkbox is checked in plugin's settings. You may modify mixed intensity manually.
- » Course name (choose from a list or enter your own).
- » Technical intensity.
- » Course specifications.
- » Total number of controls and number of spiked controls.
- » The visibility of your GPS track.
- » Private note (enabled for advanced AttackPoint account).

AttackPoint
⌵

Date: 

10:52 AM

Data: 

Category: ⌵

Location: ⌵

Workout

Type: ⌵

Activity Sub-type:

Override mapped subtype here

Time per intensity: Recalc Clear

0	1	2	3	4	5
---	---	---	---	---	---

Total:

Orienteering

Course Name:

Technical intensity:

Course Specs: km m

Spiked controls: out of

GPS track visible to:

Private Note:

Exporting multiple activities

You can export multiple activities at once by selecting them in Activity Reports view (hold CTRL key while clicking mouse left button).

Activity Reports

- Save report
- Select report
- Edit activity
- [Export](#)

Other Tasks

- Select view
- Import
- Logbook
- Settings

2/18/2009 6:45 PM	Evening	Kezar Stadium
2/18/2009 7:07 PM	Evening	Kezar Stadium
2/18/2009 7:40 PM	Evening	Kezar Stadium
2/21/2009 11:30 AM	Midday	Snowbird, Utah
2/22/2009 10:15 AM	Morning	Alta, Utah
2/23/2009 10:15 AM	Morning	Solitude, Utah
2/24/2009 11:30 AM	Midday	Brighton, Utah
		Snowbird, Utah
		Rancho San Antonio
		Home
		Red Lake Peak
		Kirkwood, CA
		Coyotte Creek Trail

- AttackPoint notes
- AttackPoint trainings
- Fitness Log (.fitlog)
- Google Earth
- GPS eXchange File (.gpx)

Chart

Type:

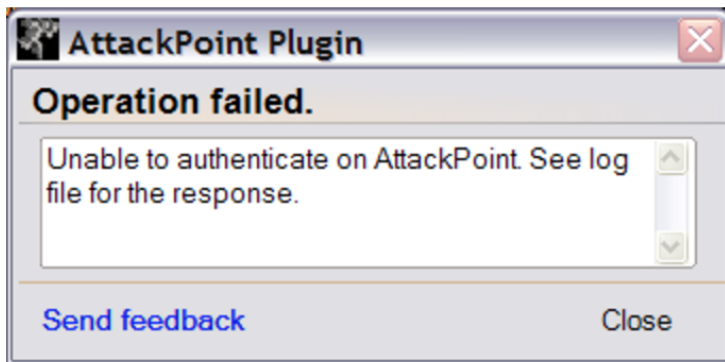
Date: By:



The plug-in will analyze all selected activities for errors. If there are errors none of the selected activities will be exported. If there are warnings, you will be given an option to ignore them and proceed with export.

Logging

Occasionally you may see an error dialog like the following:



The error message may be different from the shown above.

The log is located in "Documents and Settings\<your username>\Local Settings\Application Data\ZoneFiveSoftware\SportTracks\attackpoint-plugin.log". The maximum size of this file is 0.5 MB by default. The file rolls over if it reaches the maximum size. You can change it by defining a user environment variable ATTACKPOINT_PLUGIN_LOG_FILE_SIZE in your computer settings. Specify the maximum file size in bytes.

You can open the log file directly from SportTracks. Go to AttackPoint plug-in settings view, click on AttackPoint logo. The About dialog will pop up:



Click [See log file](#) link to open the log file. You can also check "Output debug info" checkbox to output more detailed information to the log.

On Windows XP the plugin also writes error messages into Windows Event Log under AttackPoint Plugin source name.

