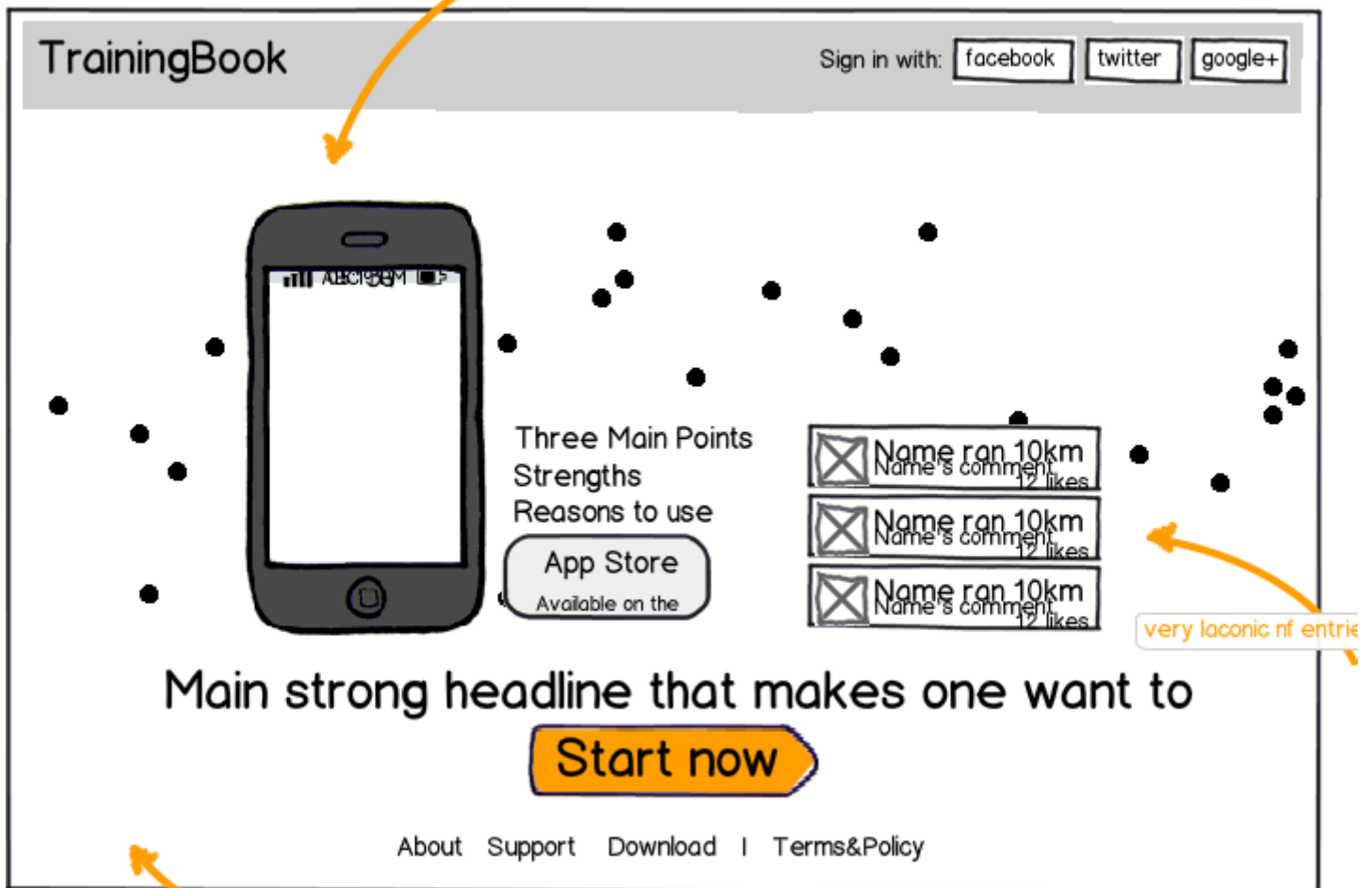


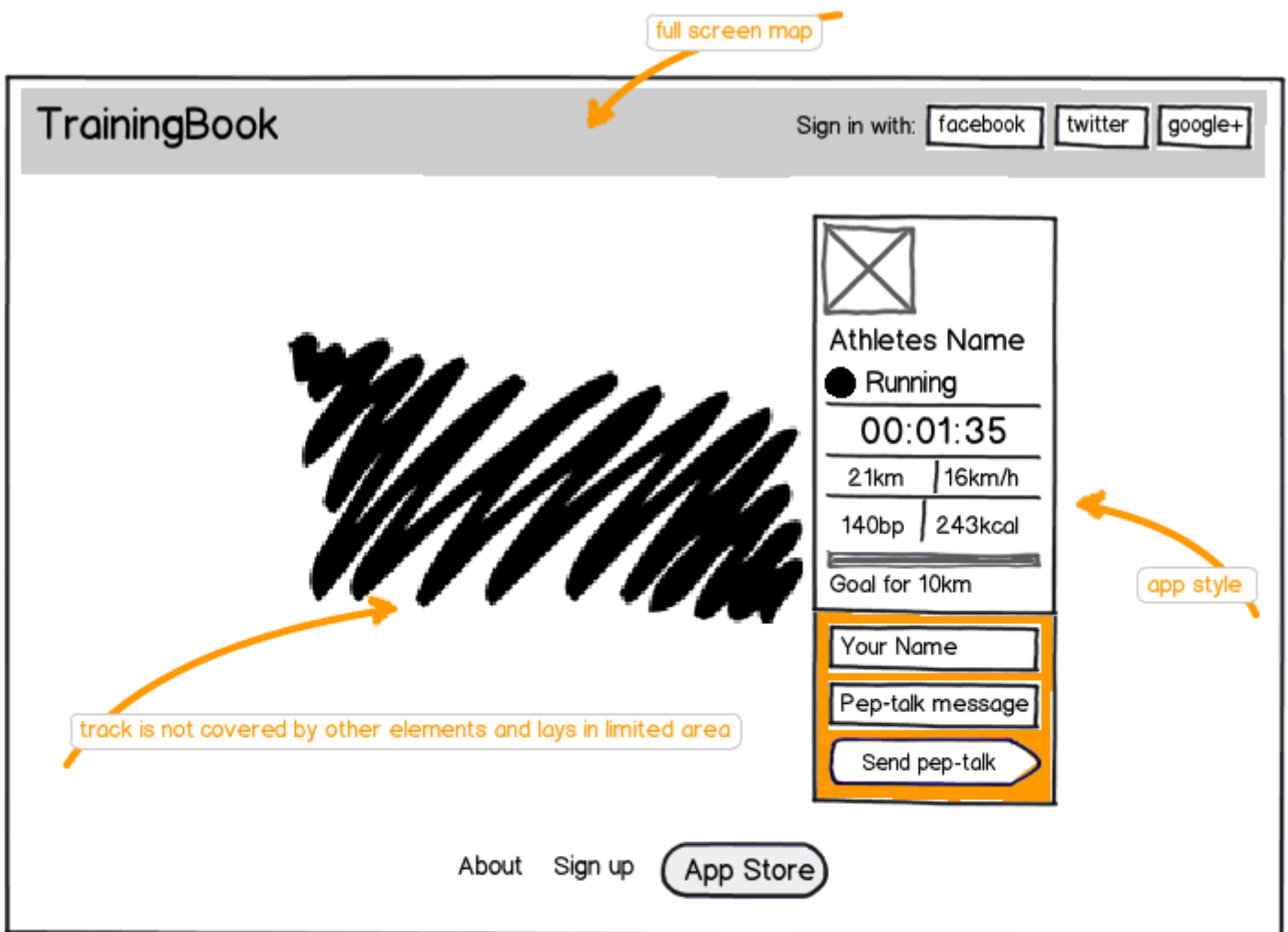
TrainingBook Web

User Interface Design Wireframes

Version 1.1
Date 11.10.2011

depending on the design, map with user locations could be full screen width on the background





- url shared in facebook, twitter, google+
- opens in a new tab, when coming through friends "live tracking" button

- shows data measured:
- time
 - distance
 - current speed and average speed
 - calories
 - current pace and average pace
 - heart rate
 - ...

TrainingBook

Logout Area

News

rainings

Workouts

Challenges

Friends

+ Add Workout

+ Add Photo

+ Add Note

Public

Friends

My Feed

date/time

Name Name ran 10km in 5:34
Name's comment on the whole experience

+ like + comment

date/time

Name

Name's comment on the photo

+ like + comment

3 like this

Friends Name
Comment on the whole thing

Another Friends Name
Comment on the whole thing

Your comment on the whole

Send

date/time

Name
Name's note on whatever is notable at the moment

+ like + comment

date/time

Name started to run 2km

Live!

Name's comment on the whole experience

+ like + comment

...

User Name
moto of an athlete

☐ Overall Time
☐ Distance
☐ Workouts

w1 w2 current
Goal: 10000km

Set new >

Personal Bests

| | |
|---------------|---------|
| 1km | Results |
| 3km | 3min |
| 20km | 2h |
| Half-Marathon | 3h |
| 3h | 1km |

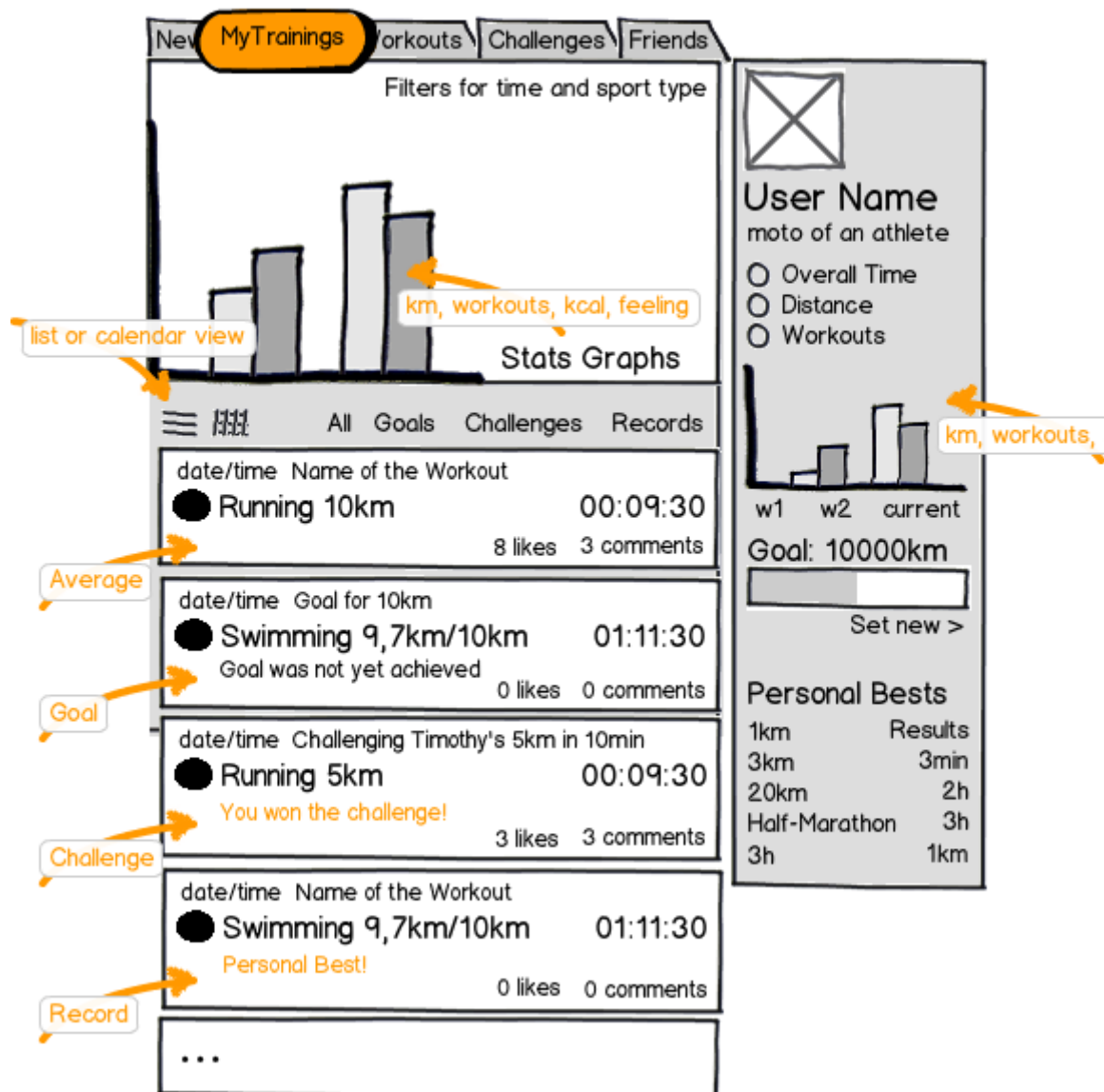
NewsFeed contains entries of:

- started workout
- ended workout
- added photo
- added note
- ..
- added photo to workout
- added note to workout

About Support Download | Terms&Policy

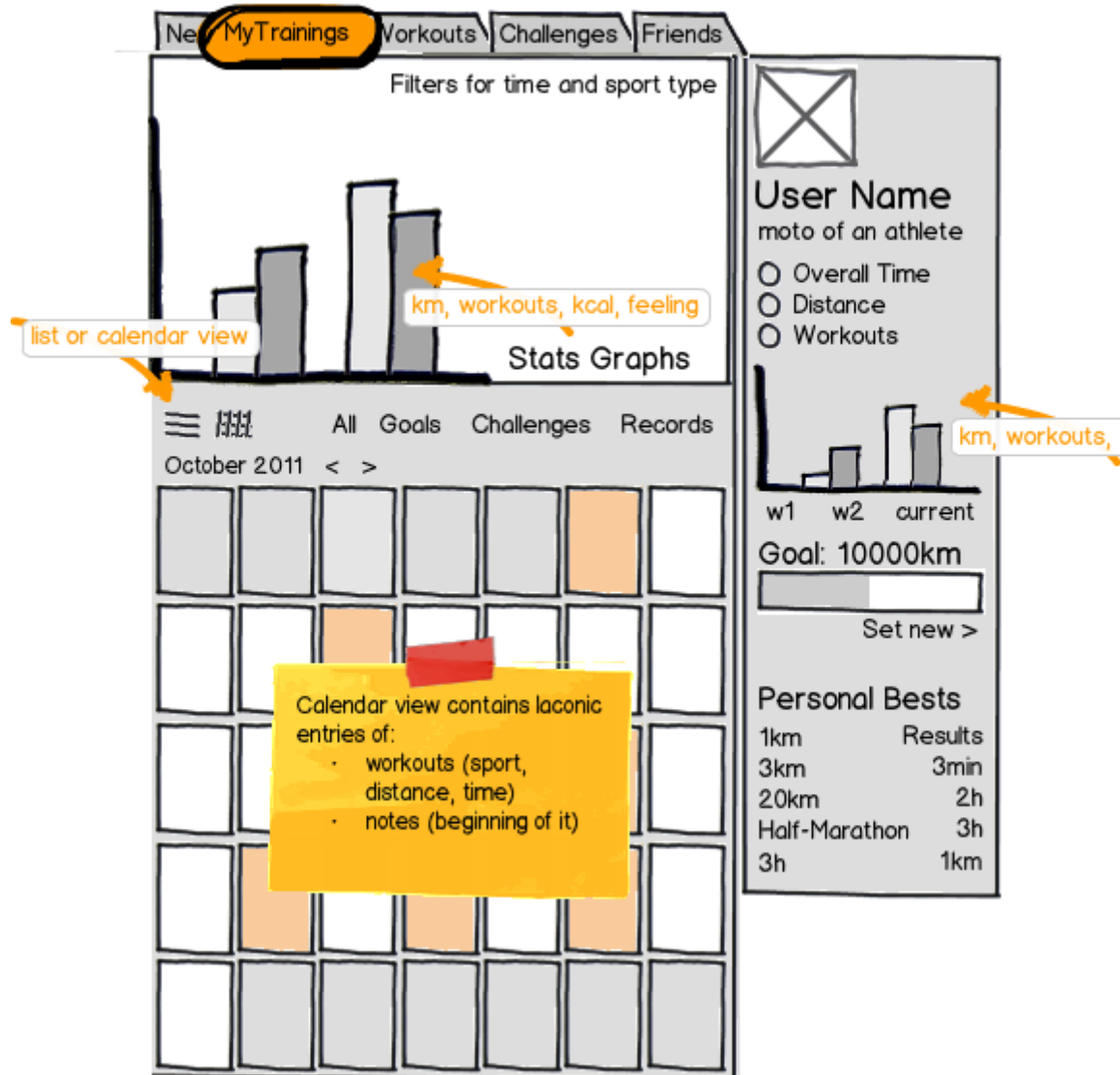
TrainingBook

Logout Area



TrainingBook

Logout Area



TrainingBook

Logout Area

News

Trainings

Workouts

Challenges

Friends

+ Plan your workout

sport type

intensity

length

search by name

Go

under TB Database

My Friends TB Database

Featured Ath

Featured Ath

Featured Ath

Workout Name

00:30

23 downloads

2 likes 0 comments

+ more

Workout Name

00:15 + 14km

173 downloads

5min warmup

6km low

6km steady

2km high

10min cooldown

Share

Recommend

Download

+ like + comment

3 like this

Name Name

Comment on the whole thing

Name Name

Comment on the whole thing

Your comment on the whole

Send

+ less

Workout Name

10km

0 downloads

0 likes 13 comments

+ more

...

User Name

moto of an athlete

Overall Time

Distance

Workouts

w1

w2

current

Goal: 10000km

Set new >

Personal Bests

| | |
|---------------|---------|
| 1km | Results |
| 3km | 3min |
| 20km | 2h |
| Half-Marathon | 3h |
| 3h | 1km |

km, workouts,

TrainingBook

Logout Area

News Trainings Workout Challenges Friends

Find your challenge!

Your Bests

Q compare with

| | | | |
|----------|----------|----------|-------|
| 1km | 00:00:45 | 00:00:42 | Owner |
| 3km | 00:02:34 | 00:02:30 | Owner |
| Marathon | 00:32:20 | 00:32:18 | Owner |
| 1h | 350m | 360m | Owner |
| 3h | 2.5km | 2.6km | Owner |
| 5h | 10km | 10.1km | Owner |

All Challenging me My challenges

currently

Live!

Friend challenging your 1km in 00:01:12
3 likes 3 comments

date/time

Follower challenged your 1km in 00:23:12
His time 00:23:16 not beating you yet
3 likes 3 comments

date/time

You challenged Name 10km in 00:12
Your time 00:23:10 You won the challenge!
3 likes 3 comments

click takes to detailed workout views

date/time

Name challenged you 5km in 00:23:12
His time 00:22:16 He won the challenge!
3 likes 3 comments

date/time

You challenged Name 10km in 00:12
Your time 00:23:10 not beating her yet
3 likes 3 comments

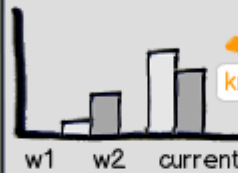
...



User Name

moto of an athlete

- ☐ Overall Time
☐ Distance
☐ Workouts



km, workouts, kcal

Goal: 10000km

Set new >

Personal Bests

| 1km | Results |
|---------------|---------|
| 3km | 3min |
| 20km | 2h |
| Half-Marathon | 3h |
| 3h | 1km |

Find your challenge section

- by default the system could suggest you some friend's bests to challenge giving their results and names.
- typing in friends name the results of him/her will appear

TrainingBook

Logout Area

NewsTrainingsWorkoutsChallengesFriends

+ Invite friends

search by name

Whom I followFollowing me

Ame Name

lastest activity: 10km run on 23.09

overall time distance workouts

Bame Name

lastest activity: 10km run today

overall time distance workouts

Came Name

lastest activity: 10km run on 23.09

overall time distance workouts

Dame Name

lastest activity: 10km run yesterday

overall time distance workouts

Eme Name

lastest activity: 10km run on 10.10

overall time distance workouts

Feme Name

lastest activity: 10km run on 10.10

overall time distance workouts

...

User Name

moto of an athlete

☐ Overall Time

☐ Distance

☐ Workouts

km, workouts,

w1 w2 current

Goal: 10000km

Set new >

Personal Bests

1km Results

3km 3min

20km 2h

Half-Marathon 3h

3h 1km

Nav

My Trainings

Workouts

Challenges

Friends

Heat map

heat map or specific data

≡ 1111

date/time

Goal for 10km

Swimming 3km

01:11:30

Goal was not yet achieved

Time improved compared last workout 12sec

Average speed

15km/h

Highest speed

20km/h

Pace

16000

Average pace

150/min

Average heartbeat

150/min

Calories burnt

10000

My comment on the whole experience right after I finished this workout

+ like

+ comment

3 like this

Friends Name

Comment on the whole thing

Another Friends Name

Comment on the whole thing

Your comment on the whole

Send

User Name

moto of an athlete

☐ Overall Time

☐ Distance

☐ Workouts

km, workouts,

w1

w2

current

Goal: 10000km

Set new >

Personal Bests

1km

Results

3km

3min

20km

2h

Half-Marathon


3h

3h

1km

32

News Trainings Workouts Challenges Friends



Friends Name
friends moto
☐ Overall Time
☐ Distance
☐ Workouts

Goal: 10000 kcal

His Bests
1km 45s
3km 2min 58s
Half-Marathon 2h
1h 2km
3h 3km
5h 2km

Your Bests
60s
3min
2h
-
2,9km
-

date/time

**Name started to run 2km**

Live!

Name's comment on the whole experience

+ like + comment

date/time

**Name Name ran 10km in 5:34**

Name's comment on the whole experience

+ like + comment

date/time

**Name**

Name's comment on the photo

+ like + comment

3 like this

Friends Name

Comment on the whole thing

Another Friends Name

Comment on the whole thing

Your comment on the whole

Send


date/time

**Name**

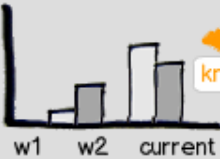
Name's note on whatever is notable at the moment

+ like + comment

...



User Name
moto of an athlete
☐ Overall Time
☐ Distance
☐ Workouts


w1 w2 current

Goal: 10000km


Set new >

Personal Bests

| | Results |
|---------------|---------|
| 1km | |
| 3km | 3min |
| 20km | 2h |
| Half-Marathon | 3h |
| 3h | 1km |

newsfeed of this friend

- News
- Trainings
- Workouts
- Challenges
- Friends

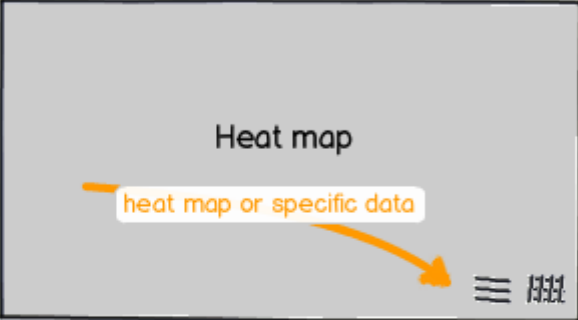


Friends Name

date/time Challenging your 5km best

Heat map

heat map or specific data



Running 5km

01:11:30

Not beating your time yet

Time improved compared last workout 12sec

Average speed15km/h

Highest speed20km/h

Pace16000

Average pace150/min

Average heartbeat150/min

Calories burnt10000

His comment on the whole experience right after I finished this workout

+ like + comment

3 like this

My Name

Comment on the whole thing

Another Friends Name

Comment on the whole thing

Your comment on the whole

Send



User Name

moto of an athlete

Overall Time

Distance

Workouts



km, workouts,

w1w2current

Goal: 10000km

Set new >

Personal Bests

1kmResults

3km3min

20km2h

Half-Marathon3h

3h1km

Registered User - Adding workout, photo, note

| | | |
|---------------|-----------|----------|
| + Add Workout | Add Photo | Add Note |
|---------------|-----------|----------|

| | | |
|-----------------------------------|-------------|--|
| Add Workout | Add Photo | Add Note |
| <input type="text" value="Note"/> | | |
| <input type="checkbox"/> Private | (F) (T) (G) | <input type="button" value="Publish"/> |

| | | |
|---|-------------|--|
| Add Workout | Add Photo | Add Note |
| <input type="text" value="C:\Location\Location\Location..."/> | | <input type="button" value="Browse"/> |
| <input type="text" value="Comment"/> | | |
| <input type="checkbox"/> Private | (F) (T) (G) | <input type="button" value="Publish"/> |

| | | |
|--|---|--|
| Add Workout | Add Photo | Add Note |
| <input type="text" value="Sport type"/> | <input type="text" value="Workout"/> | |
| <input type="text" value="Where?"/> | <input type="button" value="select route"/> | <input type="button" value="map it"/> |
| <input type="text" value="Distance"/> | <input type="text" value="Value"/> | <input type="text" value="units"/> |
| <input type="text" value="Time"/> | <input type="text" value="hh"/> | <input type="text" value="mm"/> |
| <input type="text" value="ss"/> | | |
| + add parameter (calories, pace etc) | | |
| <input type="text" value="+ add sport type for multisport entry"/> | | |
| <input type="text" value="Comment"/> | | |
| <input type="checkbox"/> Private | (F) (T) (G) | <input type="button" value="Publish"/> |

Registered User - Planning workout

+ Plan your workout

Plan workout

Warm-up Cool-down

+ add interval

☐ Private

☐ F ☐ T ☐ G

Save