

# Personal Trainer

This application is for aiding you on your running training. It will help you while you run as well as after your run where you can view past exercises and also help you plan your next run, use audio cues that will be played when you are exercising and even music of your choice that will be used on your run! This guide will explain the functions of this application.

(Disclaimer: as of this build, all units are in SI style, i.e. metres, kilometres etc.)

The first thing you'll see is this screen, as of now you have two buttons, new run and use existing. New Run will send you to a screen showing a map and your current location, ready to start a new round. The Existing Run button will take you to a list with saved runs/routes.

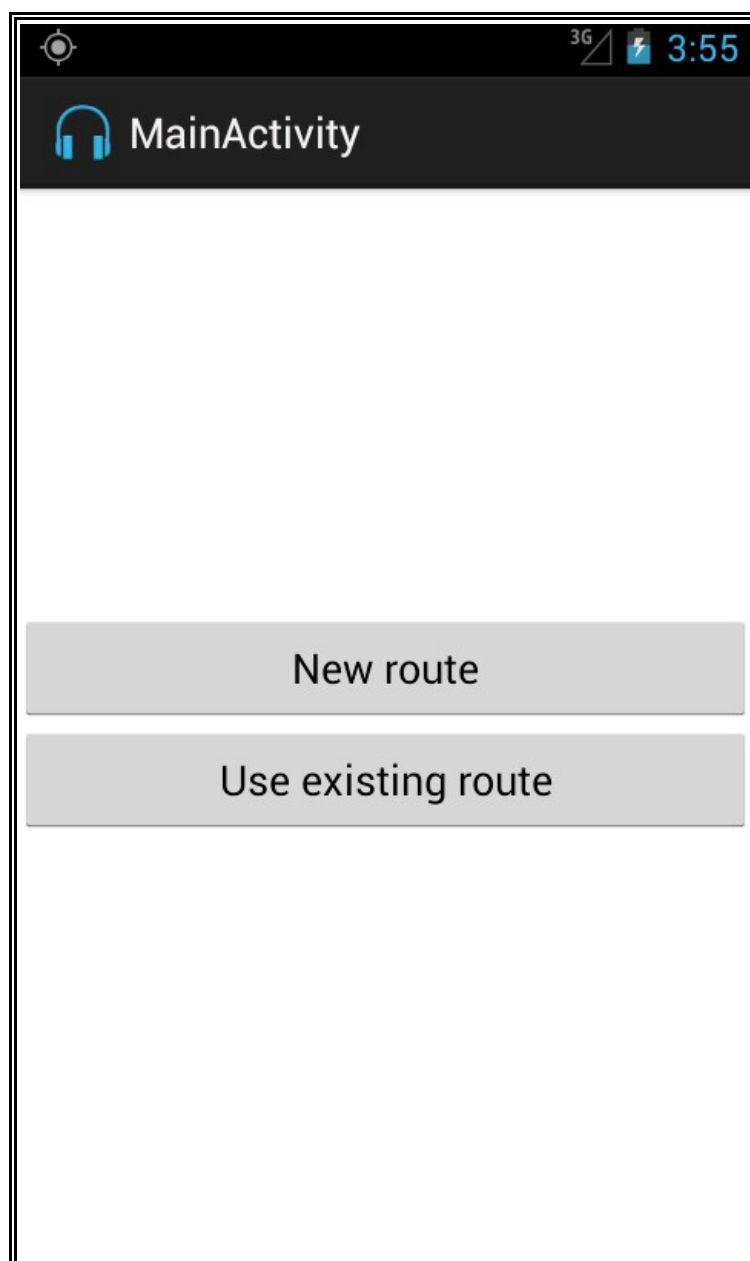


Fig 1. The Start Screen

When you press the button named New Route you'll go to the run view. This will present you with a map, your location marked by a dot and two buttons. The Start Run button is the key button in this view. It will start the timer and thus also start the measuring of your distance and your speed at the moment. A path will also be painted to display the path you've taken since you pressed the start button. On pressing this button, the start button will disappear to make way for a stop button instead (fig. 2).

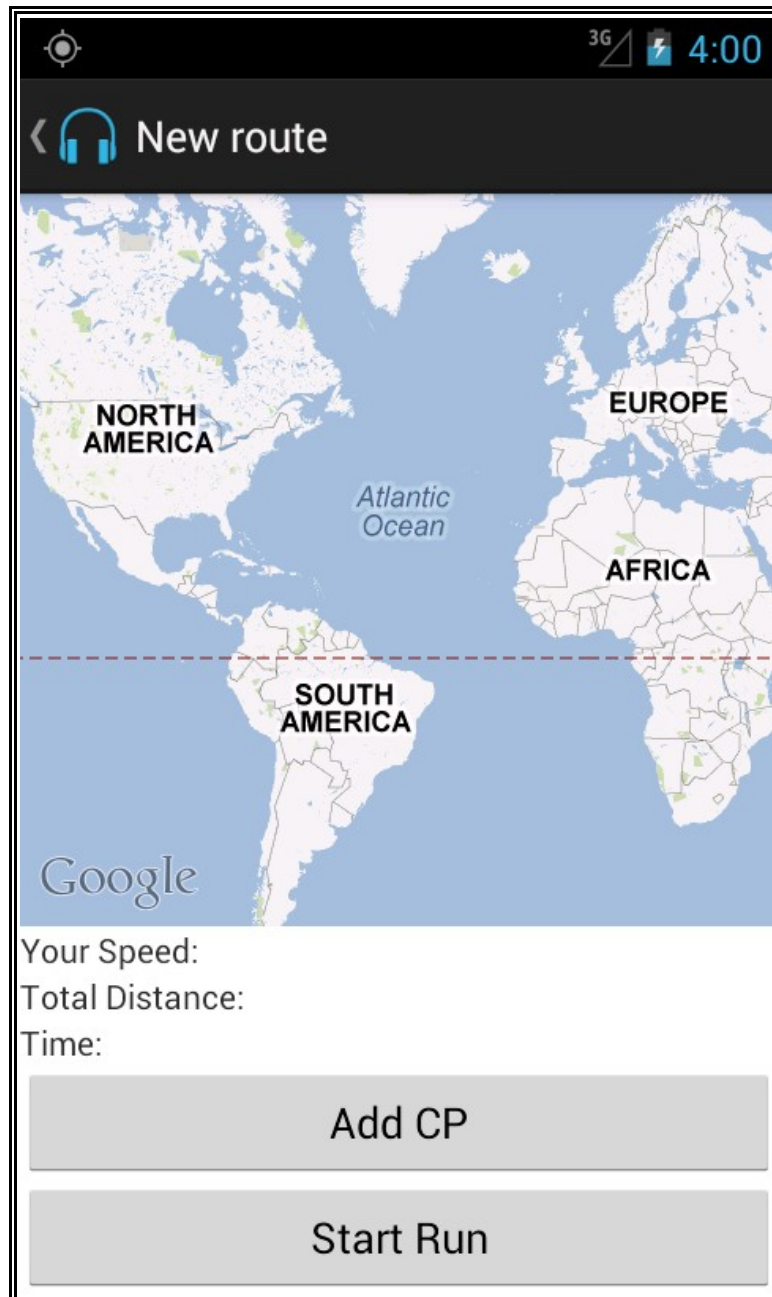


Fig 2. The Run view

Pressing the stop button will stop the run and ask you if you want to save this route, along with all saved data from this run; marked path, passed time, speed and checkpoints. Pressing the stop button will bring up a menu asking you if you want to save this route. If you discard this nothing gets saved and you go back to the start menu. If you do save the route it will be saved in the database and you can try it out again (fig. 3).

The screenshot shows a mobile application interface for saving a route. At the top, there is a status bar with a compass icon, 3G signal, battery level, and the time 4:36. The main title is "Save route" in blue. Below the title are three sections: "NAME" with a text input field, "DESCRIPTION" with a text input field, and "RESULTS" which displays "Time: 00:01", "Distance: 0 km", and "Speed: 0.0 km/h". Below the results is a "Save results" label with a checked checkbox. At the bottom are two buttons: "Discard" and "Save".

NAME

DESCRIPTION

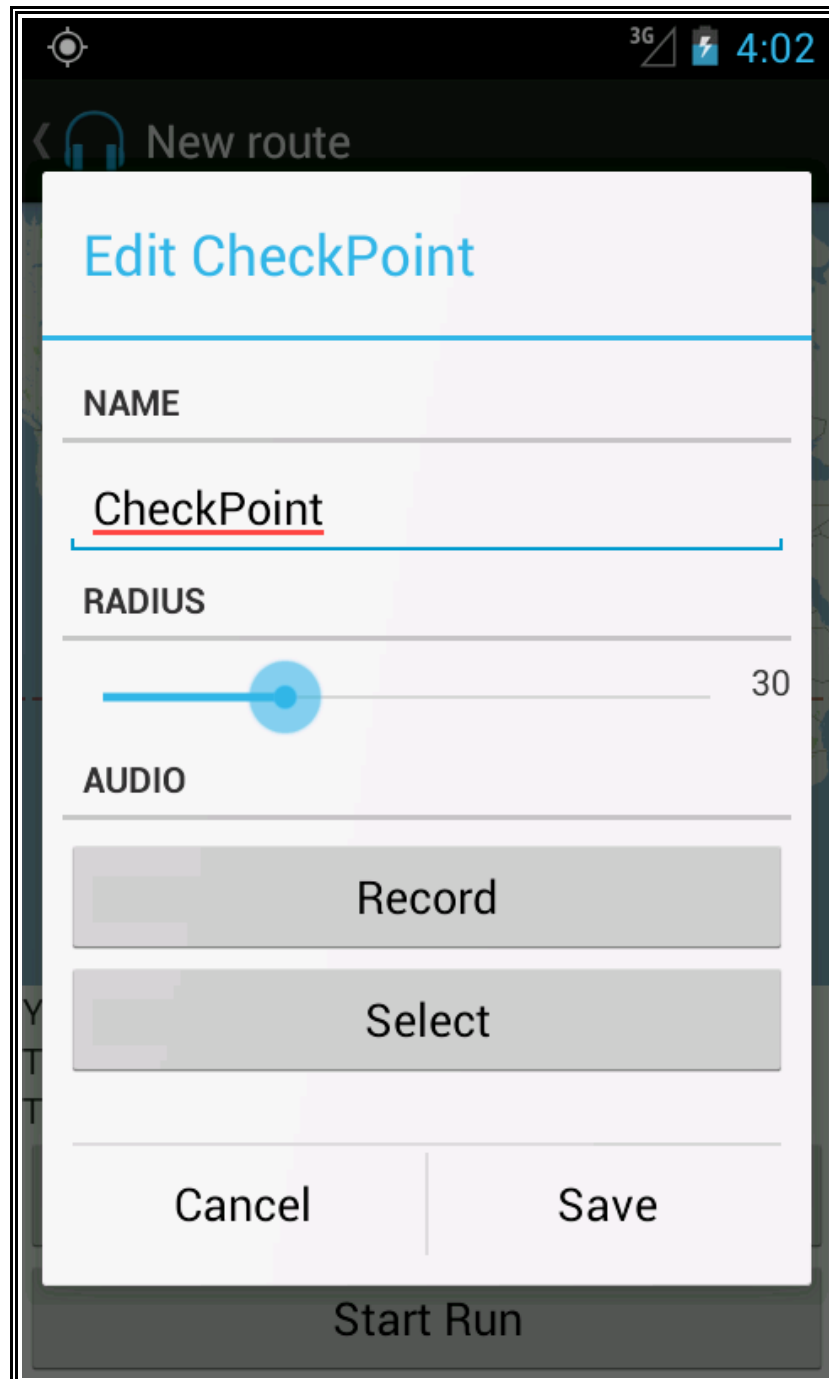
RESULTS
Time: 00:01
Distance: 0 km
Speed: 0.0 km/h
Save results <input checked="" type="checkbox"/>

Discard	Save
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Fig. 3 Saving a route

The Checkpoint button will put a checkpoint right on your current location, this can also be done by tapping the screen once. A checkpoint is a point on the map where you want to trigger something. When you place a checkpoint in any of the two ways, you'll get a menu asking what you want to trigger; you can record your own voice that you want to hear when you reach that place on your run. You decide what you want to say. This is a great way to tell you if you're

keeping the desired pace without looking at the screen while you're out running. You can also choose music from your local library that you want to play. This menu will also let you decide the radius of the checkpoint, this affects how far you need to be from the placed checkpoint in order for it to trigger (Fig. 4 Show checkpoint saving in action).



The screenshot shows a mobile application interface for editing a checkpoint. At the top, the status bar displays a compass icon, 3G signal, battery level, and the time 4:02. Below the status bar, a navigation bar shows a back arrow and the text 'New route'. The main content area is titled 'Edit CheckPoint' in blue. It contains three sections: 'NAME' with a text input field containing 'CheckPoint' (underlined in red), 'RADIUS' with a slider set to 30, and 'AUDIO' with a button labeled 'Record'. Below these are two more buttons: 'Select' and 'Cancel'. At the bottom of the screen is a large 'Start Run' button.

3G 4:02

< New route

### Edit CheckPoint

NAME

CheckPoint

RADIUS

30

AUDIO

Record

Select

Cancel Save

Start Run

Fig 4. Menu when placing a checkpoint

If you choose Existing route from the start menu (Fig. 1) instead you'll get a list with all the saved routes. This list displays some information about the route, like results and the name you chose for it. By clicking it you'll bring up the route saved in the database on your phone (Fig 5).

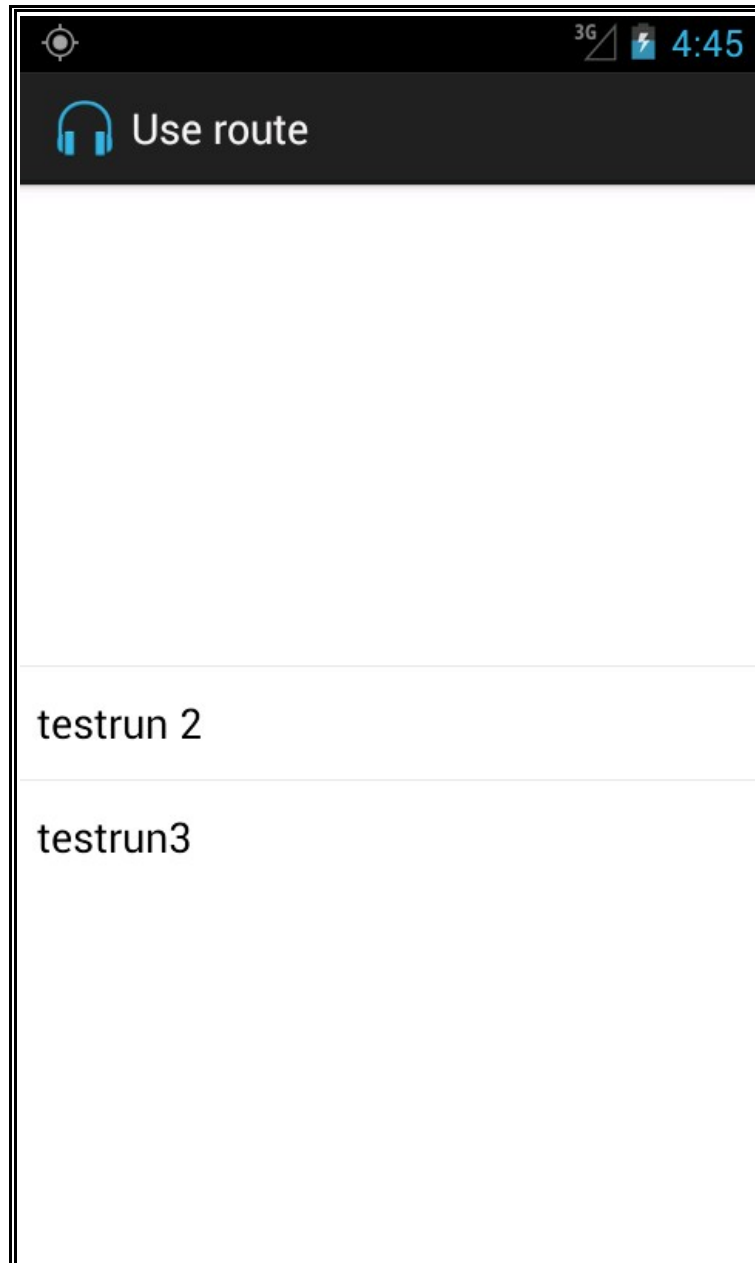


Fig 5. List of saved routes

When you choose a route you'll come to a screen that looks like the new run screen except for a couple of differences. You'll notice that a path has already been drawn. That was your path when you saved it the first time. Your new run will be shown in a different colour (Fig 6). This is great for when you want to compete against yourself. By pressing the start button you can

then go again. The result button will bring up all the previous results from this route. This is a great way to see how you have improved by comparing the run time and speed. You'll notice that you can't put a new checkpoint on the map but you instead use the ones already placed.

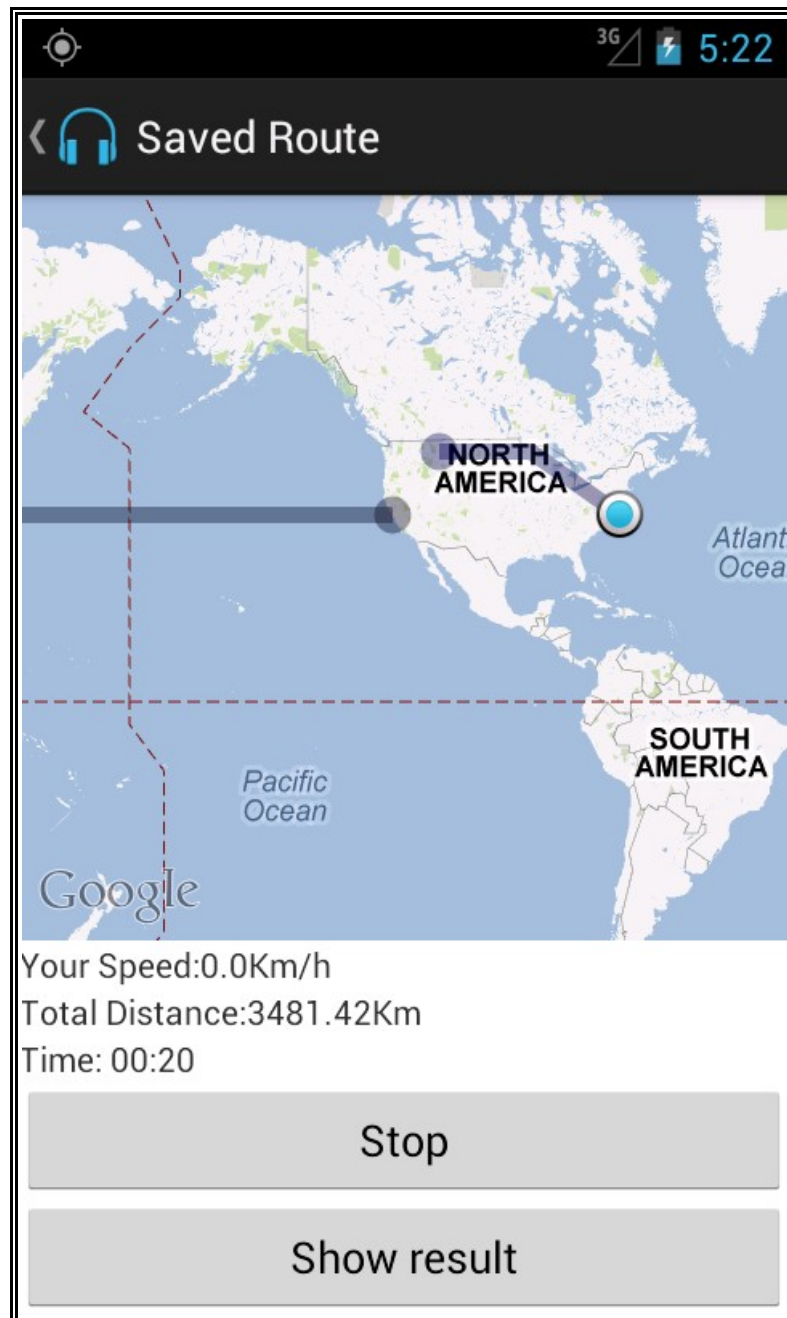


Fig. 6 See your old route along with your present one

Please note that this is a build in progress and if time given will allow us to make a better integration of all functions and a more user friendly interface.