Release Plan - Training Control Center

| Sprint Deliverables | Date | Goals |
| --- | --- | --- |
| Sprint 1 | 04/25/23 | Login, upload activities, basic aggregate data, individual sport data |
| Sprint 2 | 05/09/23 | Set (sport or event specific) goals, manual data entry, activity filters |
| Sprint 3 | 05/23/23 | Cool data insights, activity cards, data visualization, goal tracking |
| Sprint 4 | 06/06/23 | Training plan creation and sport breakdown |

## User Stories

Listed by descending priority for each sprint. Complexity is ranked on a scale from 1 to 5 following each story item.

| **Sprint 1 (Upload activities, basic aggregate data, individual sport data)**   * 1.1 As a new user, I want to register account [5] - 10 hours * 1.2 As a returning user, I want to log in with my personal account [5] - 10 hours * 1.3 As a user, I want to access a home screen with basic training history [3] - 8 hours * 1.4 As a user, I want to update goals and starred workouts in settings [3] - 8 hours * 1.5 As a Strava user, I want to sync workouts from other platforms such as Strava to Training Control Center [4] - 14 hours * 1.6 As a user, I want a monthly breakdown of the time/distance/etc. spent doing some activity. (Ethan) [2] - 11 hours |
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| **Sprint 2 (Set (sport or event specific) goals, manual data entry, activity filters)**   * 2.1 - As a user, I want to see similar activities in list view by being able to filter based on traits including sport type, duration, date. (Fabrice) [3] - 14 hours * 2.2 - As a strength or recreational user, I want to manually enter my completed workouts. (distance, time, weight lifted, heart rate, pace) (Tung) [3] - 11 hours * 2.3 - As a manual entry user, I want to enter workout details including workout type, intervals and perceived exertion. [2] - 3 hours * 2.4 - As a user, I want to be able to create a weekly time/distance goal. (Daniel) [2] - 11 hours * 2.5 - As a goal driven user, I want to set time/distance goals for specific sports. [2] - 3 hours * 2.6 - As a competitive user, I want to be able to set a goal time for a workout, for example 17 minute 5k run. (Ethan) [3] - 11 hours |
| **Sprint 3 (Cool data insights, activity cards, data visualization, goal tracking)**   * 3.1 As a data driven user, I want to see starred activities with total value summaries (for example total running/week). [3] - 12 hours * 3.2 As a data driven user, I want to see general time and distance summaries and historic comparisons across all activity types. [2] - 10 hours * 3.3 As a data driven I want to see detailed information for every workout from either the workout filter or a graph showing a specific workout [3] - 10 hours * 3.4 As a visually inclined user, I want to see trends in quality graphs showing my general training volume. [4] - 15 hours * 3.5 As a visually inclined user, I want to see trends in quality graphs, curated for specific sports. [4] - 15 hours |
| **Sprint 4 (Training plan creation and sport breakdown)**   * 4.1 As a user, I want to quickly and easily make a weekly training plan where I add workouts to complete [5] - 20 hours * 4.2 As a user, I want to see the rough estimation for total time and distance given the plan I create. [3] 12 hours * 4.3 As a user, I want to see the sport breakdown of planned training weeks [4] - 10 hours * 4.4 As a user, I want to see the sport breakdown of completed activities [2] - 8 hours |

## Sanity Check

We have listed the items for each sprint based on descending priority where in some cases, the latter items may be omitted due to greater than expected complexity. However, these items are all ones that would then not cause dependency issues for higher priority items or items that have to be implemented in later sprints. Certain branches of the program that may be left out if complexity becomes prohibitive include the individual heat map, certain calendar planning features, the ability to handle a wide variety of input file types, and the number and complexity of different data graphs displayed.

## Product Backlog

* As a competitive user, I want to be able to get automatically updated goals based on how easily and often I complete them.
* As a manual entry strength user, I want to enter exercise types, sets, reps, weights.
* As an outdoor user, I want to be able to compare efforts on various segments.
* As an outdoor user, I want an individual heat map of your activities so you are able to graph your most traveled or least traveled routes.
* As a user I want to create custom filters for activity filtering in addition to the ones included in the standard release.