



MySportTraining

Windows Mobile Smartphone User's Guide



April 2009

This document applies to MySportTraining® version 6.2.0 and newer
for Windows Mobile Smartphone

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Abbreviations

Smartphone	A device running Microsoft ® Windows Mobile that is designed without a touchscreen and intended to be operated with one hand.
Pocket PC	A device running Microsoft ® Windows Mobile that is designed with a touchscreen and intended to be operated with a stylus
Action key	The center key on the smartphone’s 5-way navigation pad
Soft key	One of the two (left, right) keys under the smartphone’s screen, associated with a command or a menu.

1. Introduction

1.1. What is MySportTraining?

MySportTraining® is the premier fitness program designed to help you track and improve your fitness. Simple and inexpensive, it allows you to keep a detailed daily log of your workouts and your health, and to review your performance and physical condition, whether to keep track of the activities you're passionate about and are committed to, to track your progress toward a race or a distance goal, or simply to keep yourself in great fitness shape.

MySportTraining supports both **cardio-vascular** (aerobic) and **strength training** types of workouts, such as those listed below, and you can also create your own activities if they're not already supported.

- Weight lifting (free weight and/or machine)
- Cycling (road, mountain, stationary)
- Running
- Walking
- Swimming
- Soccer
- Triathlon
- Stretching
- Skating (ice and in-line)
- Skiing (cross-country, downhill)
- Golf
- Stair machine
- Treadmill
- Elliptical stairs
- Stepper
- Gymnastics
- Basketball
- Football
- Volleyball
- Martial arts
- Surfing
- Horseback riding
- Equestrian
- Shooting
- Fencing
- Kayaking
- Canoeing
- Rowing
- Etc.

The information you enter is specific to each type of workout (as shown in the following table) in order to provide you with the best feedback.

1.2. Windows Mobile Compatibility



MySportTraining for Windows Mobile Smartphone is designed and certified¹ for Windows Mobile 5.0 for Smartphone and Windows Mobile 6 Standard, in portrait and landscape, in regular or high-resolution, as shown in Figure 1.

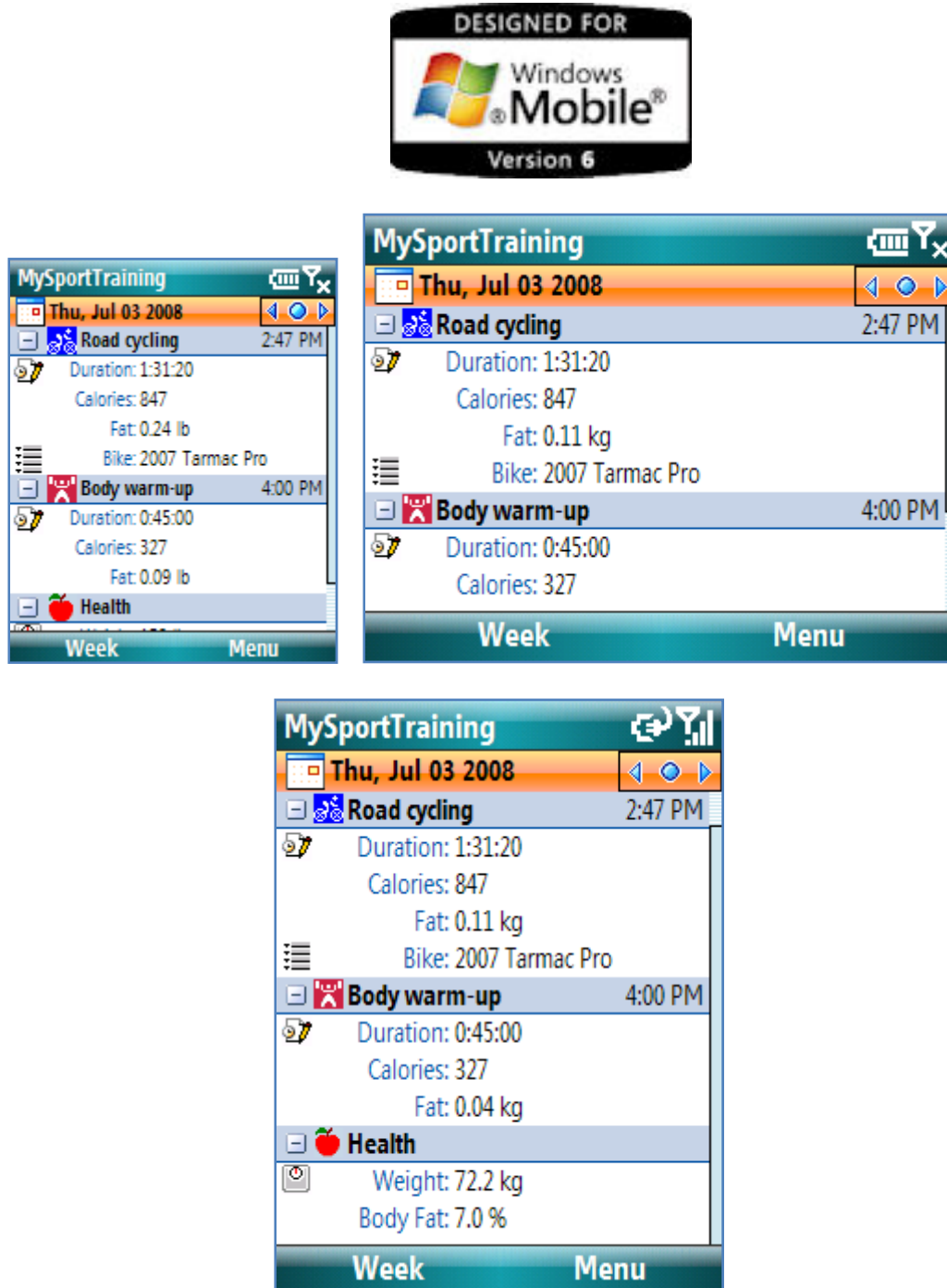


Figure 1: MySportTraining runs at ease in portrait and landscape, at either normal or high resolutions, on smartphones running Windows Mobile 5.0 to Windows Mobile 6 Standard.

¹ Mobile2Market Windows Mobile Certification by Microsoft®

1.3. How About Food and Dieting?



Exercising goes hand in hand with food and diet tracking. For this reason, VidaOne also offers **MyPersonalDiet** (see Figure 2), the most comprehensive diet software for Windows Mobile Smartphone.



Figure 2: MyPersonalDiet is the premier diet application for your Windows Mobile device and works hand in hand with MySportTraining.

MyPersonalDiet offers a variety of features that complement MySportTraining:

- You can establish a complete and realistic diet plan (ideal if you are on The Zone™, Atkins™, etc.)
- It provides comprehensive data entry by giving you access to the food database containing more than 7500 items (specifically, the USDA food database), and you can add your own food (and nutrients).
- It uses the health and workouts information you enter from MySportTraining.
- It features quick and easy monitoring and tracking of your diet, by displaying a very useful Today screen plug-in, a variety of charts, simple guidelines to reach your goal, a feature-rich monthly view that immediately allow you to see how well you are doing with your diet.
- It is essential for people with food restrictions. Simply enter daily limits on specific nutrients and MyPersonalDiet immediately shows you how much you have consumed of them vs. how much you are still allow (or not) to consume.
- Just like MySportTraining, it is a friendly application that takes advantage of the great features of your Windows Mobile device.

Find more about MyPersonalDiet, including a user's guide, by visiting our web site at http://www.VidaOne.com/mpd_sp.htm.

Also, MySportTraining has the ability to retrieve calorie (or kilojoules) intake from **MyPersonalDiet**. As you enter meals in MyPersonalDiet, MySportTraining automatically displays the calories/kilojoules in the Day view (if any).



← Calories from meals entered with MyPersonalDiet. Select it to open MyPersonalDiet.



1.4. Integration with Pocket Outlook (Calendar)

MySportTraining transparently integrates with the Calendar application on your Smartphone: workouts can be scheduled from MySportTraining (exactly like an appointment) and later added via the Calendar application. Your planned workouts are also shown in MySportTraining's Month view. You can find out more in section **Scheduling a Workout** on page 22.

1.5. MySportTraining Exercise Series

Additional exercise series with a specific focus are available. These series add more exercises (with colored images) right into MySportTraining and provide various exercises to add variety to your existing workouts. You can see a sample of each series by visiting <http://www.vidaone.com/mstpixseries.htm>.

1.6. VidaOne Diet & Fitness for Windows Vista and XP

MySportTraining is fully compatible with VidaOne Diet & Fitness for Windows Vista and Windows XP (see Figure 3). It not only provides the same features than MySportTraining, but also allows you to add custom data fields, enter all the food you consume (using a database of more than 7000 food items, which you can customize), follow a diet of any type, download Polar® heart rate monitor information, view a variety of reports and graphs (all printable), use multiple profiles (users), and more.



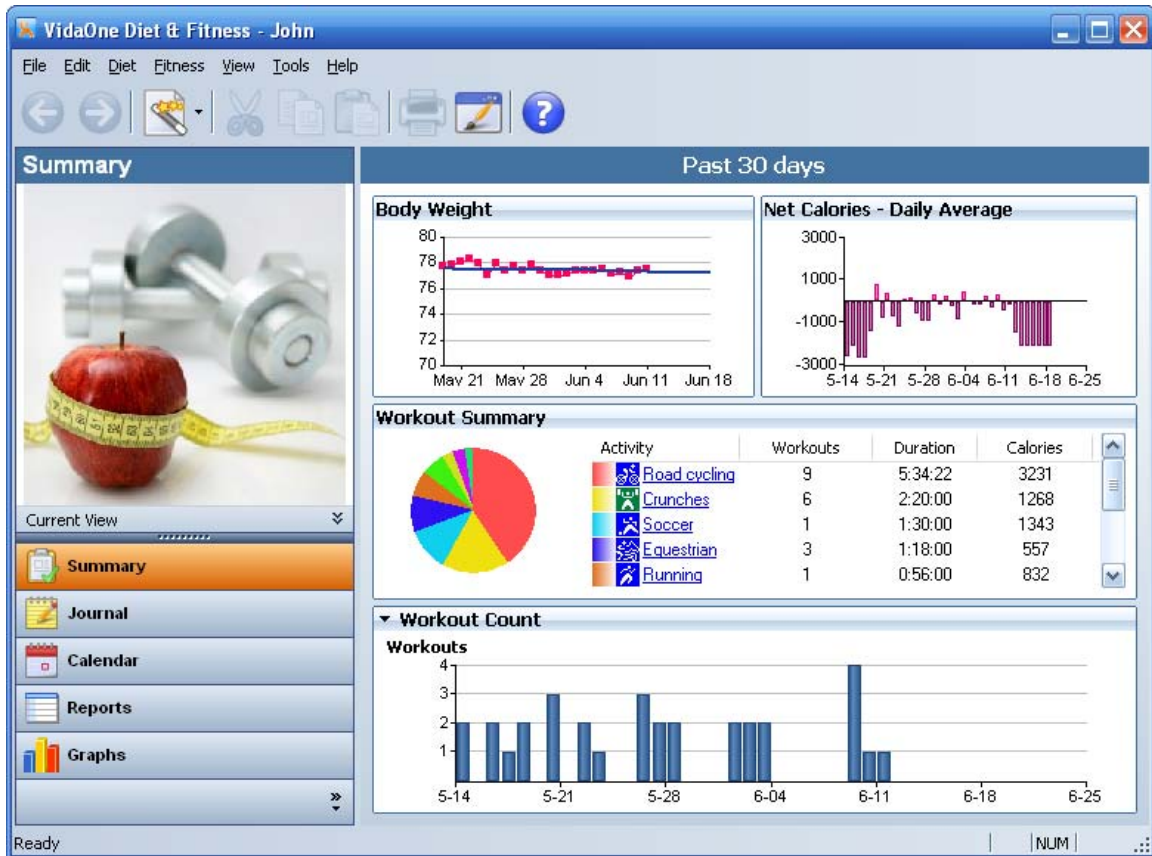


Figure 3: VidaOne Diet & Fitness for Windows provides the same features than MySportTraining and much more, and the data is synchronized via ActiveSync or Windows Mobile Device Center.

MySportTraining and VidaOne Diet & Fitness use Microsoft® Windows Mobile Device Center (on Windows Vista) or ActiveSync (on Windows XP) to synchronize with the data entered on your Pocket PC and desktop, in exactly the same way your appointments, contacts, etc. are synchronized. This allows you to use either version to enter data and make sure they always remain in sync.

More information about VidaOne Diet & Fitness, including a user's guide such as this one, is available at www.VidaOne.com/vodf_win.htm.

1.7. Installation and Registration

Installation

- Make sure your Smartphone is connected to your PC (desktop or laptop).
- Download the software on your desktop from http://www.vidaone.com/download/MstSetup_SP.exe and open the file. This initiates the installation.

You can also download a CAB file directly onto your device from <http://www.vidaone.com/download/MST.SP.CAB>. Using File Explorer on your device, open the file to initiate the installation.

- Simply follow the instructions on your device to complete the installation. You may see some of the following messages:

The program is from an unknown publisher. You should install it only if you trust its publisher. Do you want to continue? Choose Yes to continue.

Please disconnect your Windows Mobile device from your PC to continue. In order to properly install MySportTraining, make sure to disconnect your device from your PC.

The previous version of VidaOne MySportTraining will be removed before the new one is installed. Select OK to continue or Cancel to quit. This is shown when re-installing/upgrading and uninstalling MySportTraining. Choose OK to continue (you will not lose any data at this time).

Do you want to upgrade MySportTraining? To upgrade choose Yes. To uninstall, choose No. This is shown following the message above. Choose Yes when upgrading, or No when uninstalling. If you choose No, the data you entered in MySportTraining will be removed.

- To make sure that MySportTraining synchronizes with VidaOne Diet & Fitness, perform the following steps when your device is connected to your PC:
 - Disconnect and reconnect your Windows Mobile device to your PC; this will reload the new synchronization module.
 - On **Windows XP**, open ActiveSync, click Tools > Options, select the entries Extras, Health, Meals and Workouts, and click OK.
 - On **Windows Vista**, open Windows Mobile Device Center, click Mobile Device Settings > Change content sync settings, select the entries Extras, Health, Meals and Workouts, and click Save.

Running MySportTraining

To run MySportTraining, choose **Start > MySportTraining**. The first time it runs, the Welcome Wizard guides you to enter key information, such as your profile.

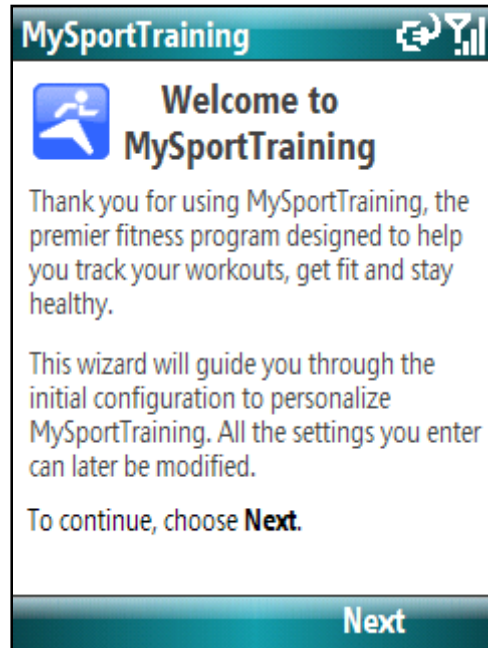


Figure 4: The Welcome Wizard makes it easy to get started with MySportTraining.

Trial Mode

Until registered, MySportTraining runs in trial mode for up to 10 days. All functions are enabled in trial mode. Once expired, you will be required to enter a registration key in order to continue to add data.

Registration

A registration key must be purchased to continue using the software beyond the trial mode period. To purchase a registration key, visit <http://www.vidaone.com/products.htm>. Shortly after purchasing the software, you will receive an email with the registration key. Enter the registration key to re-activate the software.

Note

Write down the registration key and keep it in a safe location. Should your device's memory content be accidentally erased (due to battery drain, for instance), you must install MySportTraining and enter the registration key again.

Note that you don't have to re-install the software prior to entering the registration key. What's more, once the registration key is entered, all the data you've already entered will be available and updatable.

Upgrades

Visit www.VidaOne.com on a regular basis and when a new version is available, download and install it over the registered version already installed on your device.

You don't have to uninstall MySportTraining prior to installing a newer version. You can always install a newer version of MySportTraining and all the data you've already entered will still be available.

1.8. Technical Support

You can obtain more information about our products, updates, etc. by visiting our Frequently-Asked Questions (FAQ) page at: <http://www.VidaOne.com/faqs.htm>. If you have a question, want to provide some feedback, or want to report a bug, please send us an email at support@VidaOne.com. You can also contact us by mail at the following address:

VidaOne, Inc.
7101 W. Highway 71
Suite 220
Austin, TX 78735

2. Views

MySportTraining is based on views, pretty much like the popular Microsoft Calendar application provided on Smartphone.

There are five views, all explained in the following sections: Day, Week, Month, Report and Graphs. Use your Pocket PC the left soft key to switch views. Pressing the left soft key shows the View Chooser (Figure 5) which allows you to select a view. You can configure the left soft key to instead switch to the next view (as in the standard Calendar application), via the options (see section 5.1).

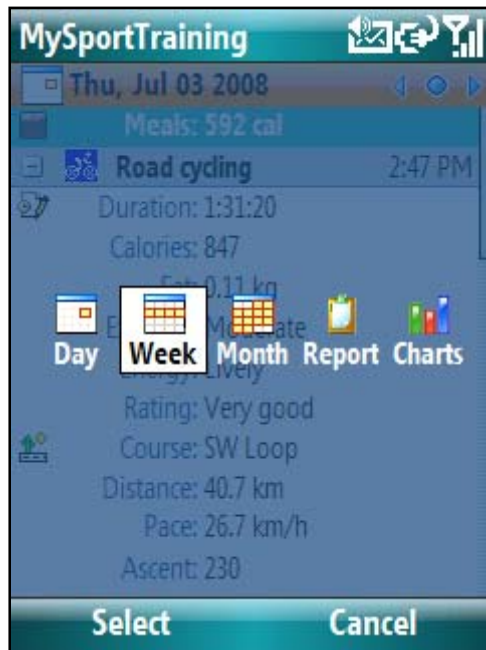


Figure 5: The Day view, showing a strength – weight lifting – workout (Upper body).

2.1. The Day View

The Day view shows you all the workouts and health data for any given day (see Figure 6). You can access the Day view by using the left soft key

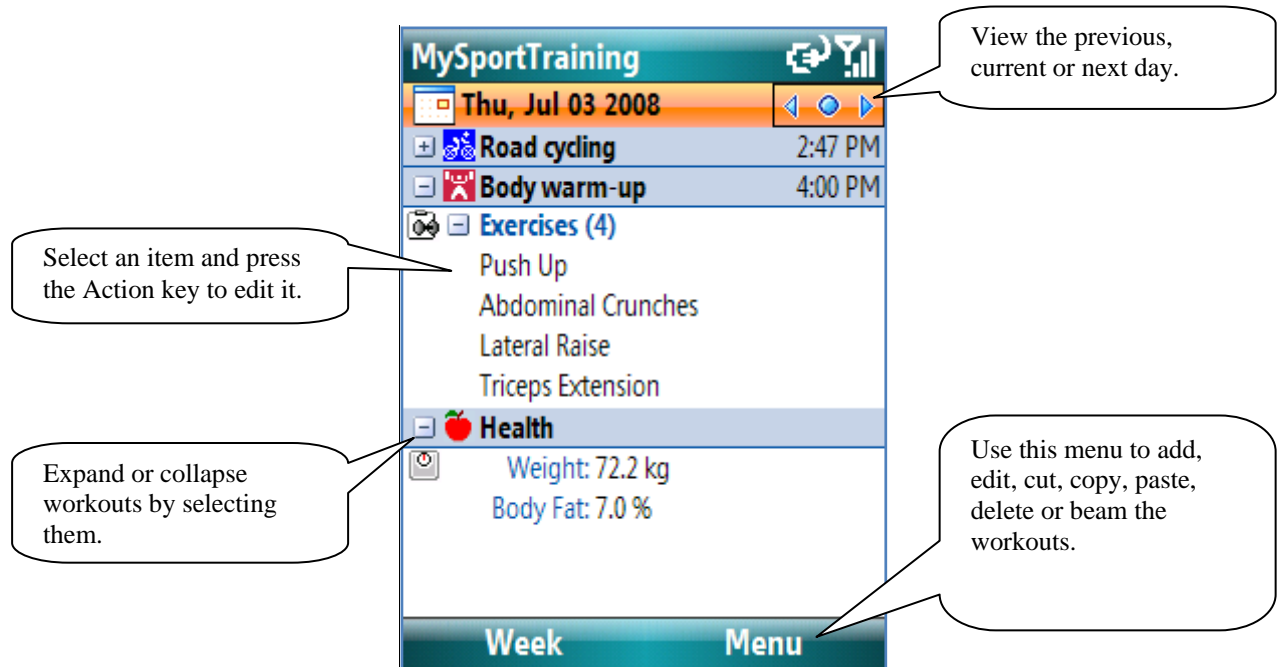


Figure 6: The Day view, showing a strength – weight lifting – workout (Upper body).

You can choose what information to display per workout and health (see Day View options in section 5.5 for details). This is especially useful if you frequently exercise more than once per day, or if you track a lot of information, in order to reduce the volume of information being displayed. Figure 7 shows the same day than Figure 6, only with fewer workouts details (no route, heart rate information nor personal ratings).

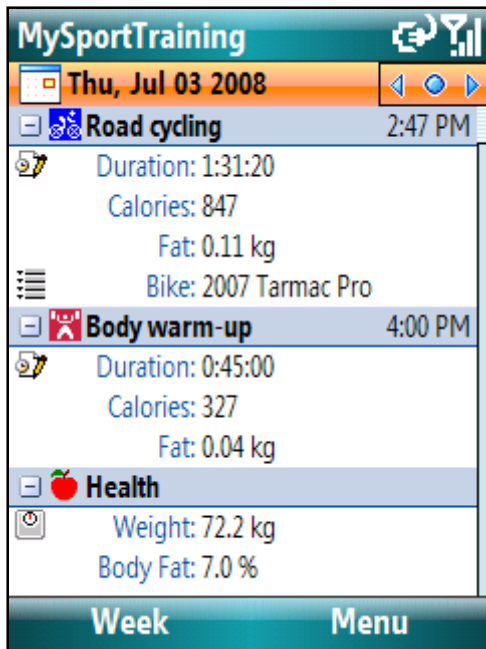


Figure 7: Options allow you to customize what information is shown (compared this to Figure 6).

Chose the Menu key (see Figure 8) to edit, cut, copy, paste, delete or beam the workout (more on this in section 3.1). You can also select an entry and press the Action key to edit an item

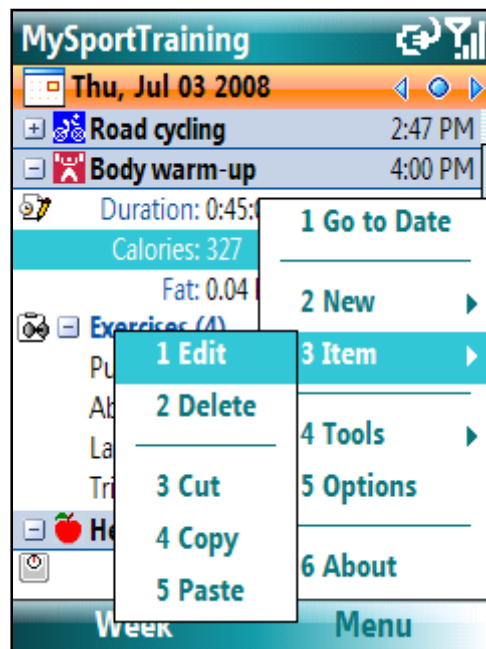


Figure 8: A popup menu shows up when you tap-and-hold an entry.

2.2. The Week View

The Week view shows workout information for each day of the week, along a brief weekly summary. You can access the Week view by using the left soft key.



Figure 9: The weekly view shows daily and summary information. Consecutive days can be displayed horizontally (left) or vertically (right).

Consecutive days are displayed either horizontally or vertically, based on a mode accessible via the right soft key menu.

You can navigate to any day using the navigation keys. When a day is selected, press the Action key to display that day in the Day view.

2.3. The Month View

The Month view shows a calendar, allowing you to quickly identify on which days you trained (see Figure 10). Some call it their training-at-a-glance view. You can access the Month view by using the left soft key.

Each day you exercised is shown with the exercise's icon and the duration of the workout. If the effort coloring option is on, each day is drawn using a color related to the training zone or the exertion (see section 5.3 regarding the display options).

For multi-workout days, the number of workouts is shown on the top right corner (in white in a small blue circle), as on June 3rd, for example. The icon represents the hardest or longest workout, and the time being displayed is either the total for that day or the duration of the hardest or longest workout (see Options, in section 5.3).

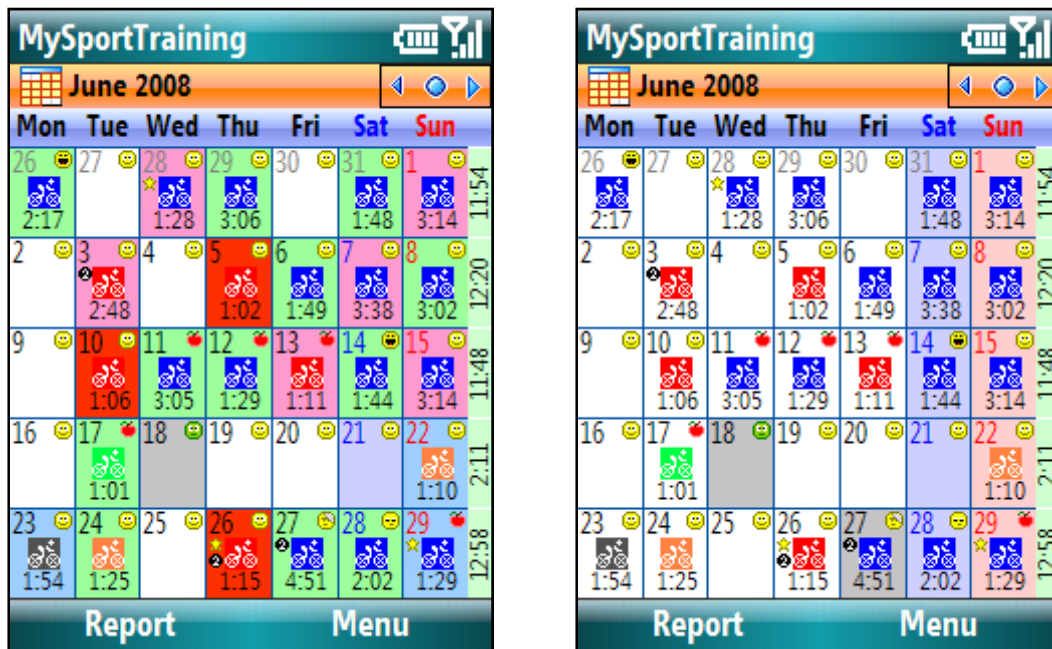


Figure 10: The Month view, with the effort coloring option on (left) and off (right).



Scheduled workouts are shown using grayed icons, allowing you to quickly see what your training is like for the following days. Scheduled workouts are displayed for future dates only. See section **Planning and Entering a Workout Schedule** on page 31 for more details about planning future workouts.

2.4. The Report View

The Report view allows you to see a list of workouts for a specific period of time (see Figure 11). Additionally, the total number of workouts, time exercised (i.e., duration) and optionally, calories burnt and distance are shown. You can access the Report view by using the left soft key



Figure 11: The Report view.

To see a list of workouts, choose **Menu > Period** to display a list of pre-defined periods, as well as **Other....** There are several pre-defined periods to choose from:

- Today
- This week
- This month
- This year
- Last week
- Last month
- Last year
- Past 7 days
- Past 30 days
- Past 30 days (by week). This graph shows one entry per week, along with the number of workouts for each entry.
- Past 3 months (by week). As above, this graph shows one entry per week, along with the number of workouts for each entry.
- Past 6 months (by week). As above, this graph shows one entry per week, along with the number of workouts for each entry.
- Past 12 months

Choosing **Other...** shows the following dialog box (Figure 12), which allows you to enter any starting and ending date for a period of time. Upon closing the dialog, the list is automatically refreshed.

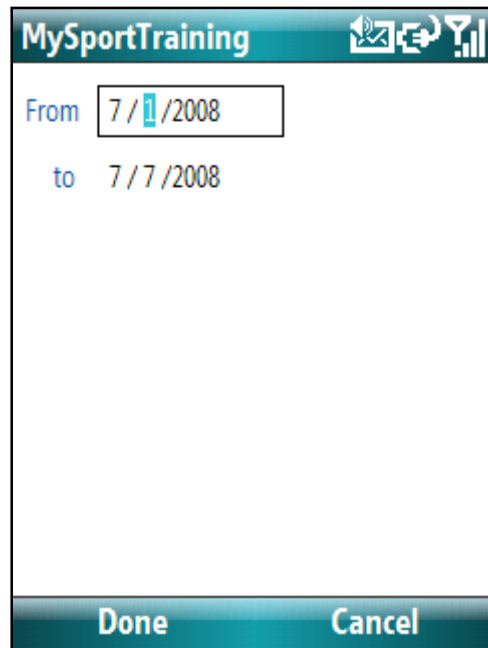


Figure 12: The Other Period dialog box.

Once a period is chosen, the report is generated (as shown in Figure 11). Each line shows a single workout, and the last line shows the **total (summary)** of workouts, time, calories and distance. Changing the period again automatically updates the report.

You can select the order by which the workouts are listed via **Menu**:

- Choose **Most Recent First** to list the workouts from the newest to the oldest;
- Choose **Most Recent Last** to list the workouts from the oldest to the newest.

In addition, you can customize which columns are shown via **Menu**; you can show/hide the following columns:

- Calories
- Distance
- Intervals (for cardio workouts)
- Exercises (for strength workouts).



Finally, also via **Menu**, you can:

- Choose **Auto Size** to enlarge the columns to make all values visible. Although the list width may exceed the screen width, you can scroll the list horizontally as needed.
- Choose **Size To Fit** to shrink the columns to make them fit within the screen.

2.5. The Charts View

The Charts view shows various graphs of your workouts and health over any period of time (Figure 13). The charts provide a snapshot of your performance and condition, allowing you to appreciate your efforts, but also to make changes in your daily routines if needed. You can access the Charts view via the left soft key.

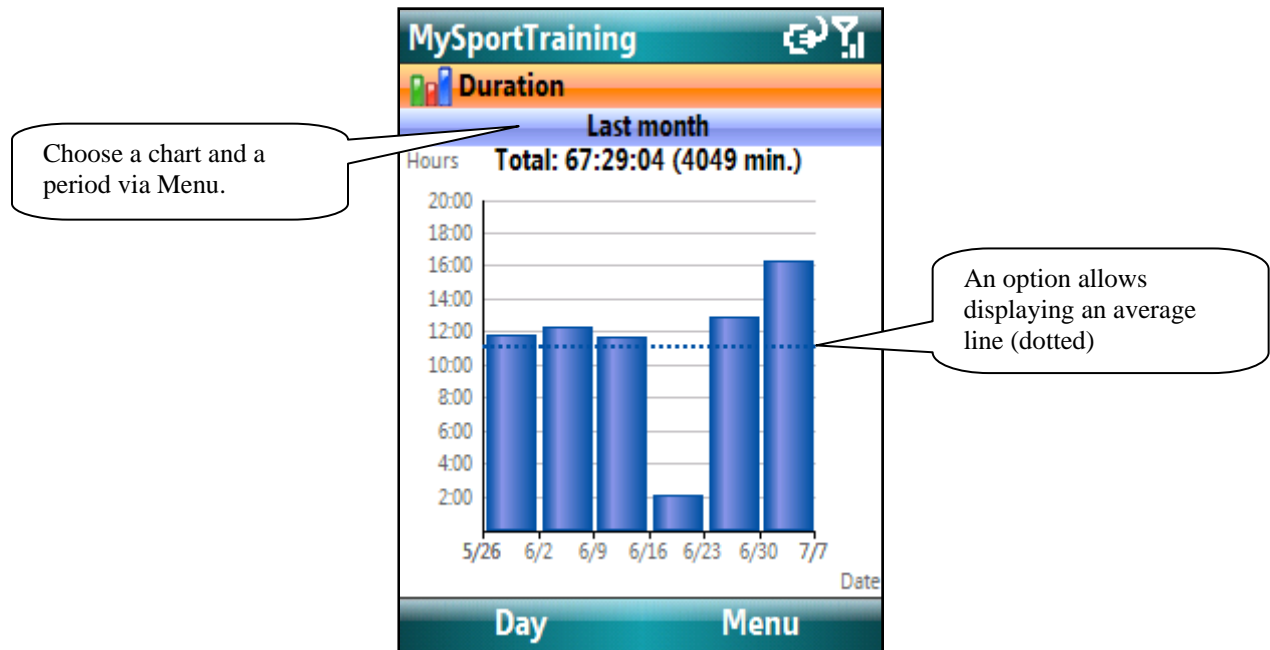



Figure 13: The Graph view, showing the hours per date for the month of March 2001.

To display a graph, choose the type of graph you wish to see via **Menu > Chart**. There are 16 charts to choose from:



Calendar

- **Actual vs. Planned Workouts**, which shows the duration of the workouts that you have entered vs. the workouts that have been scheduled.
- **Duration**, based on the Duration workout field.
- **Duration by Activity**
- **Distance**, based on the Distance workout field (for cardio workouts only).
- **Distance by Activity**
- **Pace** (for cardio workouts only). When selected, the Preference button  is shown, allowing you to choose what activity and pace unit to use for the chart (the default is to use all workouts using their respective pace).
- **Ascent**, based on the Ascent workout field (for cardio workouts only)
- **Volume** (blue) **and Intensity** (red)
- **Intensity** (red) **and Exertion** (blue), based on the Zone and Exertion workout fields.
- **Training Heart Rate**, based on the Average Heart Rate workout field.
- **Weight lifted** (for strength workouts only).

- **Calories (or Kilojoules)** to display **energy intake** (orange) and **expenditure** (blue), based on the Calories/kJ workout and health fields and optionally, your Basal Metabolic Rate (see section 5.4 regarding use of the Basal Metabolic Rate).
- **Body Weight**, based on the Weight health field.
- **Body Fat**, based on the Body Fat health field.
- **Sleep Hours**, based on the Hours health field
- **Blood Pressure**, based on the Blood Pressure health field.
- **Resting Heart Rate**, based on the Resting Heart Rate health field.

By default, the graph will display the data for the past 7 days. You can choose another period via **Menu > Period**.

You can also customize the appearance of the graphs (more on this in section 5.3).

3. Entering Workouts and Health Data

You can enter one or more workouts for the day, as well as health data, for each day.

3.1. Entering Workouts

You can enter a workout by either adding a new workout or pasting a copy of a previous workout.

Adding a Workout

To add a workout, proceed as follows:

- Choose **Menu > New > Workout**. This shows the New Workout screen (see Figure 14).
- Choose an activity from the list shown in the Choose Activity screen. If desired, choose **Menu > Apply filter** to display only the activities you have filtered (see section 4.2 about filtering activities).
- Enter the date.
- Specify when the workout occurs. See section **Scheduling a Workout** on page 22 for details.
- Enter the time.
- You can add, edit and delete your own activities via **Menu** in the Choose Activity screen.

Choose Next to create a workout for that activity. You can then enter information about the workout (more on this shortly).

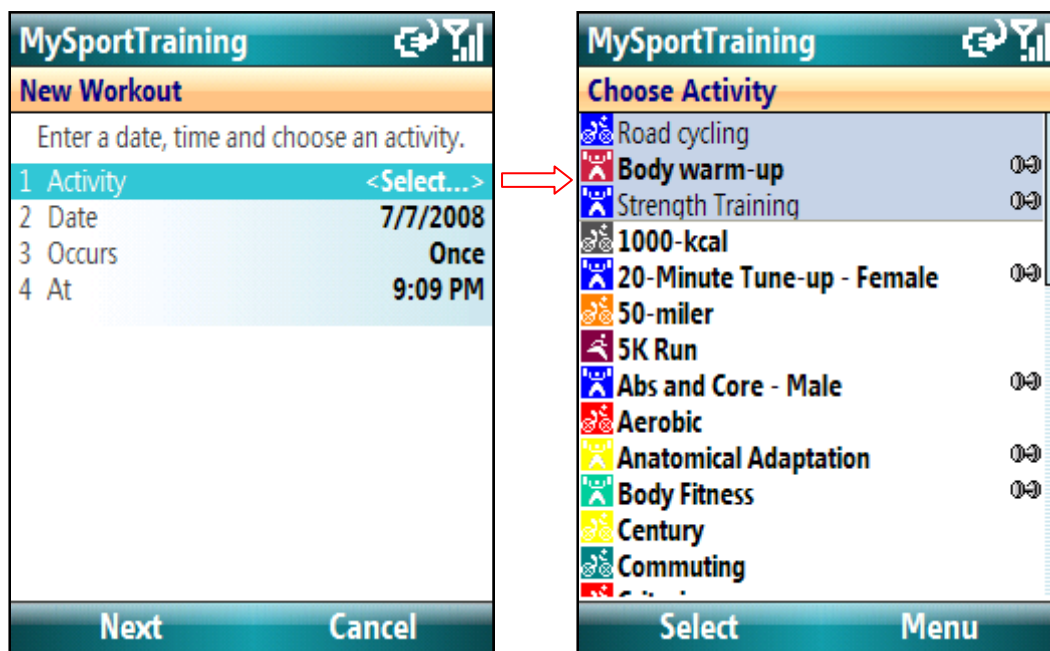


Figure 14: Adding a workout (left) and selecting an activity (right).

Scheduling a Workout



Calendar

The New Workout screen allows you to schedule and plan future workouts.

The list next to “Occurs” allows you to select a pre-defined recurrence pattern (exactly like entering an appointment in the Calendar application) e.g. “Every Monday”, “Day 7 of every month”, etc.

If the workout occurs in the future, or if there is a recurrence pattern, a *workout appointment* will be added in the Calendar application. You will be prompted to enter more information about the appointment(s) as shown in Figure 15: duration (the default is one hour), whether to use a reminder (the default is the user setting in the Calendar application’s Options dialog box), a location and a note. This will create an appointment in the Calendar application, as shown in Figure 16.

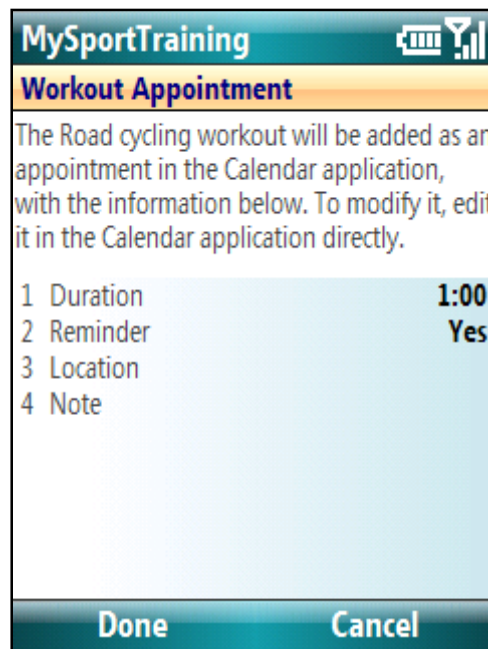


Figure 15: Entering workout appointment information.

When you enter a recurring workout via **Enter Workout** that is not scheduled for *the current day*, you will be prompted to enter it or not for the current day.

In the Calendar application, select the appointment, and choose **Menu > Enter Workout** to add it into MySportTraining (see in Figure 16).

To edit or delete a workout appointment, use the Calendar application. However, do not modify the subject nor the category otherwise the appointment will not be recognized as a workout. The appointment’s note can be edited, and it will appear “as is” in the added workout. All other information will be ignore by MySportTraining upon entering the workout.

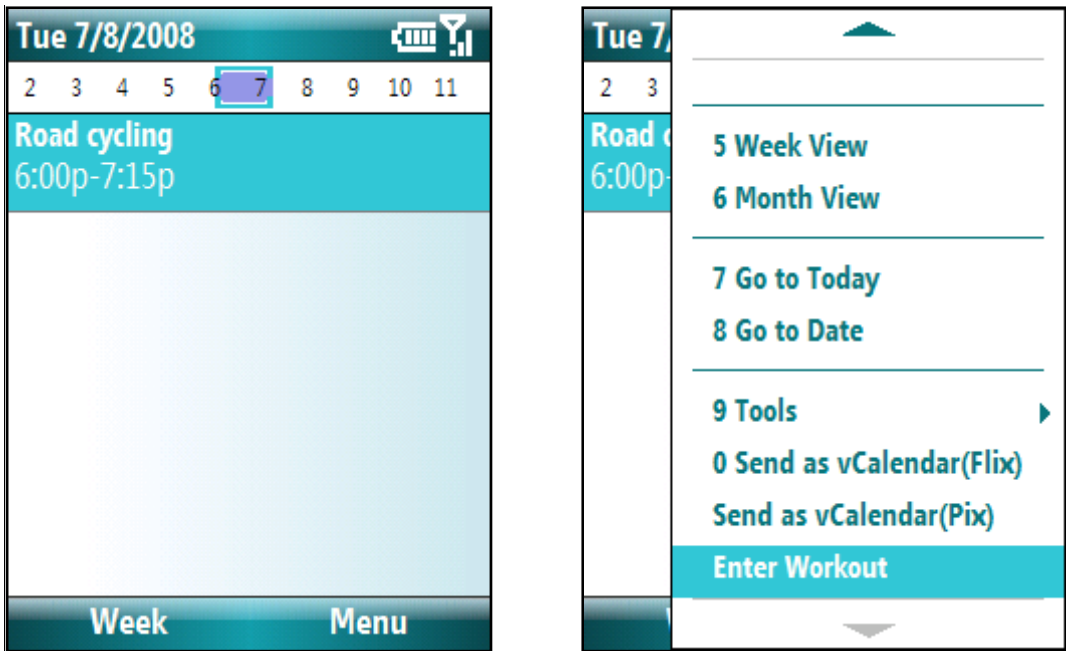


Figure 16: Scheduled workouts are shown as appointments in the Calendar application and can be directly added into MySportTraining.

Entering Workout Data

Although cardio and strength training have different fields, entering data is done the same way.

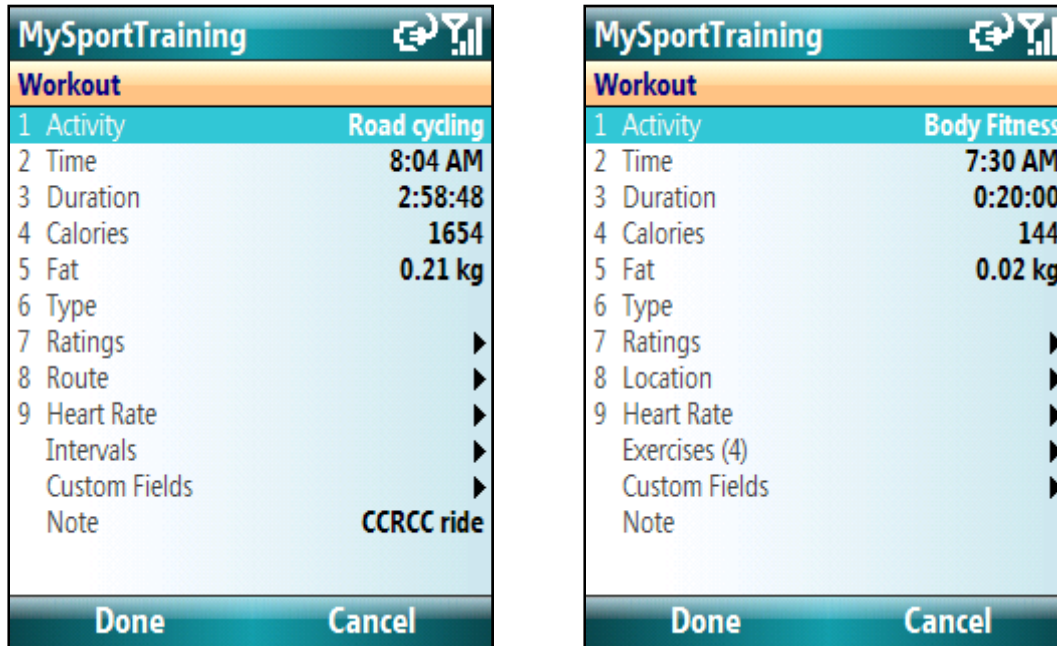



Figure 17: Workout data entry (aerobic on the left, strength training on the right).

- Enter the duration. The format may or not include seconds, depending on the workout duration setting (see section 5.3 about the workout duration setting).

The energy (Calories or Kilojoules) and fat fields are automatically updated based on the duration you enter and exertion you choose. You can also change those values. If you do change them, MySportTraining no longer updates them. However, if you enter a value of 0, MySportTraining will recalculate them the next time the activity, duration and/or exertion is changed.

- Choose the type of workout, if desired, among time-based, distance-based, HR-based, Warm-Up, Cooldown, Fat Burn
- Choose the Ratings entry to enter your perceived exertion, overall rating, and energy level. **Note that changing the exertion may change the Calories and Fat fields.**
- *Cardio workout only:* choose the Route entry to enter route information: course, distance, pace, ascent, weather, temperature, wind and humidity. When editing the Route field, choose the Course entry to browse, add, edit or delete courses. Note that upon choosing a course, the distance and pace will reflect the course's default distance and pace.

- *Strength workout only*: choose the Location entry to enter the location at which the training took place. You can also enter the duration (in minutes) of any warm-up and cool-down periods.
 - Choose the Heart Rate Monitor entry to enter the average training heart rate, the target zone, and the time spent (in percentage) in the target zone (when entering this value, choose Calculate to determine the percentage based on the time spent in the zone vs. the total workout duration)..
 - *Cardio workout only*: choose the Intervals/Laps entry to enter interval training or lap data (see the section following, for more information about intervals and laps).
 - Strength workout only: choose the Exercises entry to enter strength training exercises (see section Entering Strength Training Exercises on page 26 for more information about exercises).
 - Choose the Gear entry to select gear (e.g. running shoes, bicycles, etc.) that you used for the workout. Refer to section 4.5 for more details about gear tracking.
- 
- If you also use **VidaOne Diet & Fitness for Windows**, choose the Custom Fields entry to enter up to four (4) custom fields.
 - Choose the Note entry to enter a note about this workout (weather, etc.)

Entering Intervals

You can enter interval training with cardio workouts:

- Select a cardio workout and choose the Intervals (or Laps) entry. This shows the Laps/Intervals screen. Make sure to select Intervals near the top of the screen.
- Choose **Menu > Add** to add an interval (see Figure 18).
- Choose the Interval entry to select, browse, add, or delete intervals.
- Enter the number of sets.
- Enter the duration of a set, using the specified format. If the duration varies from one set to another, use the **Note** field to enter more information if desired.
- Enter the recovery period that follows an interval.
- Enter the maximum heart rate reached during the interval (usually at the end of the interval).
- Enter the recovery heart rate after the recovery (at some point after the interval e.g. 30 seconds).

- Enter a note if desired.

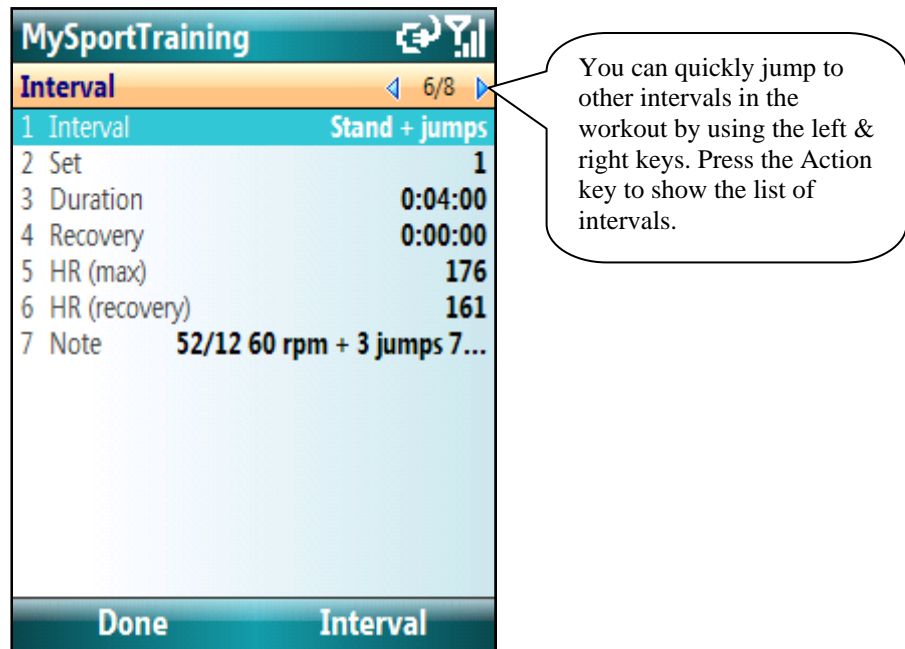


Figure 18: The Interval data entry window.

When adding a new cardio workout, an option allows you to carry over a previous similar workout's intervals (see section 5.3 for more details).

Entering Laps

You can enter laps with cardio workouts:

- Select a cardio workout and choose the Intervals (or Laps) entry. This shows the Laps/Intervals screen. Select Laps near the top of the screen.
- Choose **Menu > Add** to add a lap. This shows the Lap screen where you can enter the lap time, average heart rate and a note.

Entering Strength Training Exercises

You can enter exercises for strength workouts:

- Select a strength workout and choose the Exercises entry. This shows the Browse Exercises screen (a list of exercises). Choose **Menu** to add, edit or delete custom exercises. Custom exercises are shown in bold in the list.



If you have installed some exercise series², the exercises series they are from is shown on the right. Choose **Menu > Series** to show a screen that allows you to show/hide the various series, making it easier to browse exercises.

- To add an exercise, choose **Menu > Add**, which shows the Exercise screen (see Figure 19).
- Select an exercise from the list, or press the Action key to browse, add, edit or delete your own exercises.
- Upon choosing an exercise, the **Weight Unit** entry reflects the exercise's default unit, and an image depicting how to execute the exercise will be shown (for predefined exercises only).

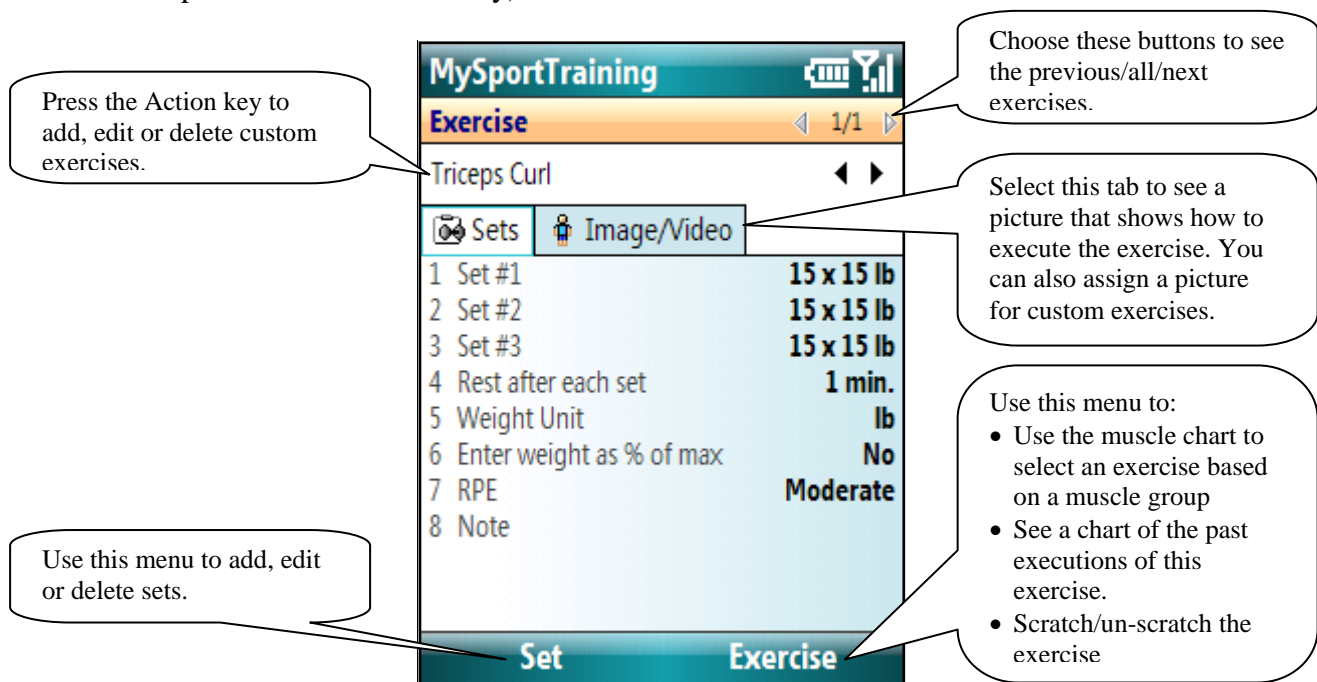


Figure 19: The Exercise data entry window.

- To select an exercise for specific muscle group, choose **Menu > Muscle Chart** to display the muscle chart (see Figure 20). Select a muscle group, then choose **Next** to display a list of related exercises. If no exercises are found, the message “There is no exercise found for this muscle group” is displayed.

² Visit www.vidaone.com/mstpixseries.htm to add exercise series into MySportTraining.

- Enter sets via **Set > Add**. The number of sets is limited to five (5). If you do more sets, add the same exercise again in the exercise list. You can also select an existing set, and choose **Set > Add Copy** to add a copy of that set.

When entering a set, enter the repetition and weight values. MySportTraining internally records the maximum weight you enter for each workout. When you enter a new maximum, MySportTraining displays a message stating that you did reach this new maximum. Once a maximum has been entered, an entry called **“Enter weight as % of max”** will be displayed on the screen. You can then select it to enter the weight as a percentage of your recorded maximum.

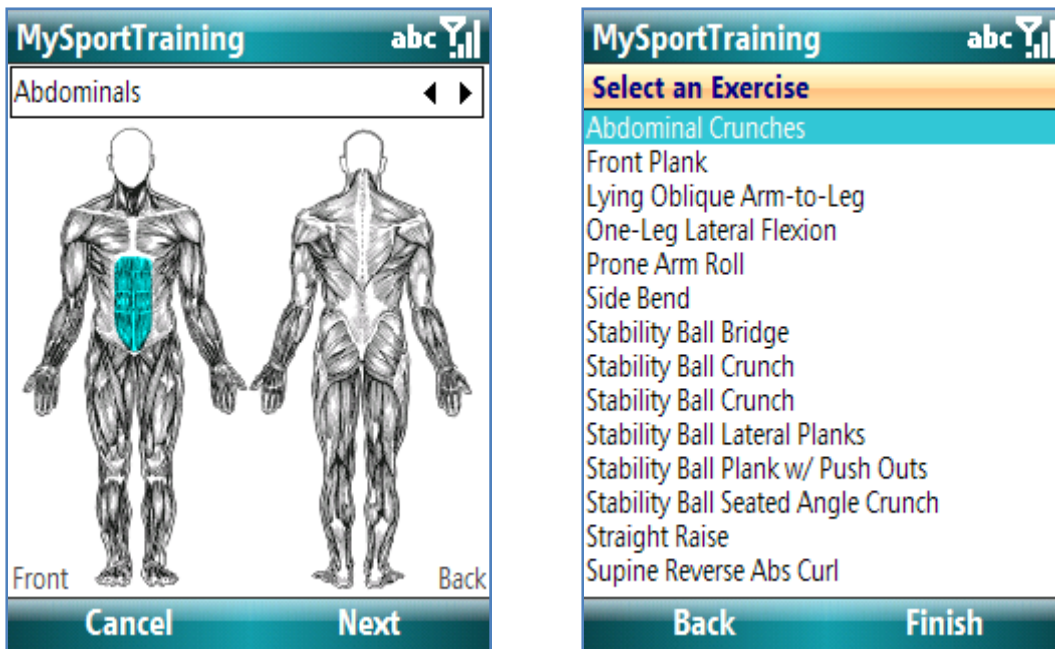



Figure 20: The muscle chart can be used to see a list of exercises for a particular muscle group. In this figure, the Abdominals muscle group is selected, and a list of related pre-defined and custom exercises is displayed.

- Enter the units. Simply remember to use the same unit when entering other instances of that exercise. If the weight varies from one set to another, use the Note field to enter more information if desired.
- If you have previously entered that exercise with a weight, you can select **Enter weight as % of max** to enter the weights not as the absolute weight (e.g. 35 lb), but as a percentage of the maximum weight for the exercise (e.g. 50%). You can find out the maximum weight you lifted by editing the workout.
- Choose the Rate of Perceived Exertion (RPE), which is based on the standard Borg CR10 scale.
- Enter the rest period. You can choose “None!” for supersets (i.e. when starting the next exercise without taking any rest after the current). Superset exercises will be displayed with the superset icon  in the exercise list (in the “rest” column”).

- Enter an optional note if needed.
- Choose **Set > Done** to close the window.

When adding a new strength workout, an option allows you to carry over the previous similar workout's exercises (see the description of workout options in section 5.3).

More About Exercises and Intervals



When looking at the list of exercises of intervals, the **Menu** soft key allows you to perform various operations:

- Edit, delete, cut, copy and paste the exercise /interval (see below for more information).
- Show the picture or video associated with the exercise /interval (if any).
- See a report of the most recent occurrences of exercise /interval.
- Chart up to the last 10 most recent occurrences of that exercise /interval (see below for more information).
- Scratch/un-scratch exercise /interval. This is useful if you skip an exercise/interval but want to keep an entry for it regardless.
- Move the exercise /interval up in the list.
- Move the exercise /interval down in the list.

Editing a Workout

To edit a workout, simply select the workout to edit in the Day view, and choose **Menu > Item > Edit**. Directly modify any values you want to change, as you would when entering workout data.

Charting Intervals and Exercises

Exercise and interval charts show up to the last 10 occurrences and allow you to see your progression. Note that those charts are not accessible from the Graph view, but from the list exercises/intervals while editing a workout.

To see such a chart, select an exercise or interval, and choose **Menu > Show > Chart**:

- Exercises are shown using either the weight itself or the total weight (set x rep x weight), depending on the selected setting on the screen. In either case, if the weight is zero (e.g., for crunches or push-ups), repetitions are used. Also, for reduced sets, the maximum value is used.
- Intervals are shown with duration in red and recovery in blue. The actual duration is either the total duration (set x time) or the duration itself, depending on the selected setting on the screen.

Copying and Pasting a Workout



You can cut, copy, or paste any workout. For instance, you can copy and paste a past workout in order to add a similar workout, or you can cut and paste a workout to move it from one date to another.

- Select the past workout in the Day view
- Choose **Menu > Item > Copy**.
- Select the day to which to add the similar workout.
- Choose **Menu > Item > Paste**.
- Choose Paste. This creates a new workout based on the past workout (i.e., a copy). You can then edit the new workout as needed.

Deleting a Workout

Deleting a workout permanently erases the workout data.

- Select the past workout in the Day view
- Choose **Menu > Item > Delete**.
- Choose Yes to permanently delete the workout, or No to keep the workout.



Planning and Entering a Workout Schedule

You can combine multiple features of MySportTraining (explained in the previous sections) to plan a schedule consisting of a variety of workouts. Say for instance you want to plan three workouts per week, each one with a specific focus:

- Monday: upper body (chest, back, arms and shoulders)
- Wednesday: lower body (legs)
- Friday: stationary bicycle

Here's how to proceed to plan such a workout schedule:

- On Monday, add a workout and create a strength training activity called **Upper Body**. Make sure to specify *Every Monday* next to Occurs in the New Workout screen. Then add the exercises as you execute them.
- On Wednesday, create another strength training workout, this time called **Lower Body**. Similarly, make sure to specify *Every Wednesday* next to Occurs in the New Workout screen. Then, add the exercises as you execute them.
- On Friday, add a bicycling workout, again specifying *Every Friday* next to Occurs in the New Workout window.
- The following Monday, enter the **Upper Body** workout. All the exercises from the previous **Upper Body** workout will *automatically* be carried over, so that you do not have to re-enter them all again.

Note that this is controlled by the option **Use previous exercises/intervals when adding a workout** (via **Tools > Options > Workouts**); this option must be selected for the exercises to automatically be copied from the previous workout.

You can then edit all exercises as you execute them. If you choose not to execute one, select it in the exercise and choose **Menu > Scratch**. This will display a “scratch line” on it, only to remind you that you did not conduct that exercise.

- On Wednesday, enter a **Lower Body** workout and again, all exercises from the previous **Upper Body** workout will be copied. Edit them as you execute them.
- Finally, on Friday, enter the **Bicycling** workout. Intervals (if any), will be copied from the previous **Bicycling** workout.

The result is that you have three workouts planned on every week, and entering them automatically brings in the previous exercises, saving you the time and trouble of re-entering them.

Since you can create as many activities as you need, you can easily enter (and plan) new workouts that have a different focus.

3.2. Browsing Exercises and Intervals

You can browse, add, or delete custom exercises and intervals when adding an exercise or interval.

To add a custom exercise, add a strength training workout (**Menu > New > Workout**) and add an exercise in that workout (choose the Exercises entry, then **Menu > Add**). In the Exercise screen, choose **Exercise > Browse > Menu > Add**. This shows the Edit Exercise screen, where you can enter the following

- The name of the exercise
- A default weight unit in order to ensure consistency when adding instances of that exercise and when charting the weight progression)
- Enter or edit the maximum weight even recorded or previously entered.

Specify the muscle group(s) emphasized by the exercise. This in return allows you to identify exercises by muscle group (see section

- Entering Strength Training Exercises in section 3.1 for details).
- A note

When browsing the exercises (in the Browse Exercise screen), the Menu soft key also allows you edit or delete custom exercises.

For intervals, the procedure is essentially the same, only it must be done from a cardio workout.

3.3. Browsing Courses and Locations

When you select a course (Browse Course screen) or a location (Browse Location screen), the Menu soft key allows you to add, edit or delete custom items.

You can enter a name and a note, and for a course, you can also enter a default distance, distance unit, and a default pace. Those values are automatically entered when selecting the course for a given workout.

3.4. Entering Health Data

To enter a health record, choose **Menu > New > Health**, enter information about:

- Weight and body fat (%).
- Vital signs: sleep quality and duration, mood, blood pressure and resting heart rate.
- Body measurements
- Any other information you want to log (in the Note field).



If you use **VidaOne Diet & Fitness for Windows** and have defined custom fields, you can enter up to four (4) of them.

It is best to enter this information on a daily basis to provide accurate graphs (described in section 2.5). At a minimum, you should enter your resting heart rate and weight on a weekly basis, in order to review your performance over time. You can set a reminder to help you to do so (see section 4.7 for setting a reminder).

4. Features

4.1. Filter

You can filter activities to show only the activities that are of interest to you, resulting in improved clarity. For instance, when adding a workout (as described in Adding a Workout in section 3.2), only filtered activities will be shown.

To filter activities:

- Choose **Menu > Tools > Filter Activities**. The Filter Activities window is shown (see Figure 21).
- Check activities to be displayed and uncheck those to be filtered out (hidden).
- To record the selected activity as your preferred filter, choose **Menu > Save as custom filter**. You can later recall that filter via **Menu > Select My Filter**.
- Choose **Menu > Select All** or **Menu > Clear All** to check all or clear all checkboxes, respectively.

Filtered activities (those that are not checked) are no longer displayed in the views. In order to see them again, you must check them in Filter Activities again.

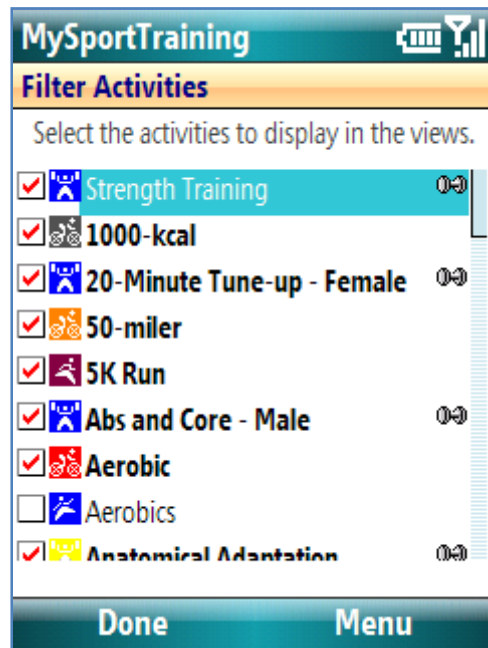


Figure 21: The Filter Activities window.

4.2. Find

You can search the workout and health records notes to find a specific word. Choose **Menu > Tools > Find**, enter the word or expression and then choose the **Find** button. The matching records, if any, will then be listed. Select any to view the details.

For instance, Figure 22 shows the matching entries for the word “flat”. By entering relevant notes for workouts and health records, this function makes it easy to find past information.

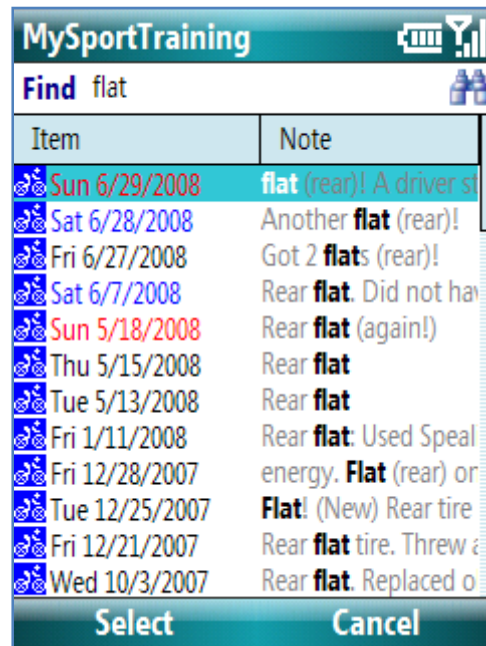


Figure 22: The Find window allows you to search workouts and health records notes for a specific word. Tap on any listed entry to edit it.

4.3. Goal

The Goal window allows you to quickly find out if you've met specific goals, such as exercising a certain amount of time for a given period. Choose **Menu > Tools > Goal**, and enter the type of the goal (weight loss, weight gain, duration or distance) and the goal values. Then choose **Next**: a chart depicting the goal and the actual values will be shown.

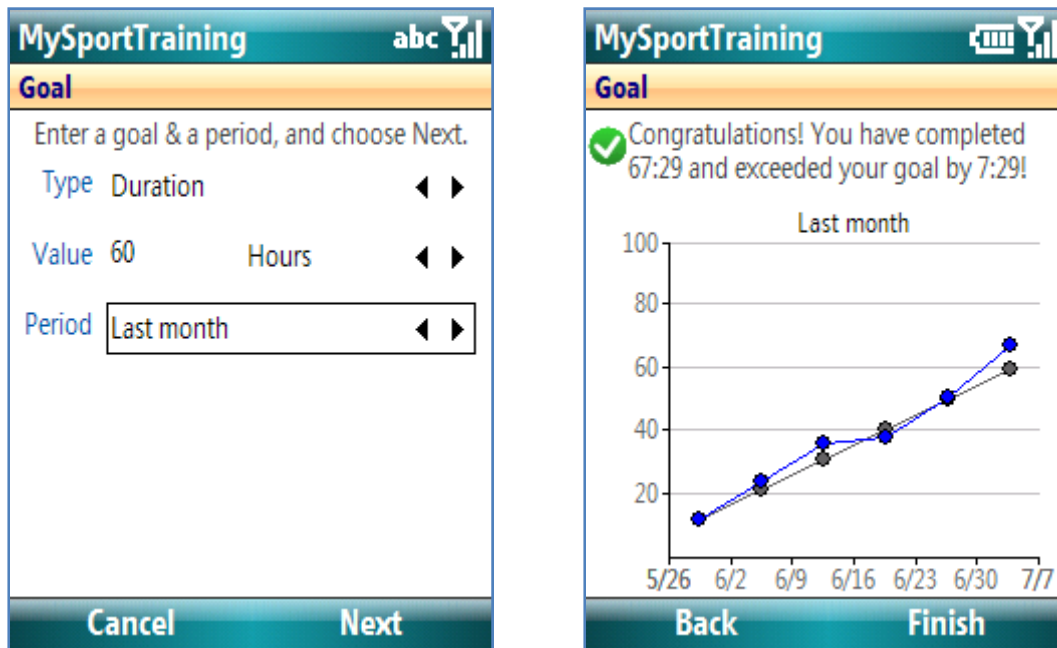


Figure 23: The Goal window allows you to set and determine if you have reached some personal goals.

4.4. Personal Best

You can see a list of your 'personal best' workouts (those are the workouts whose rating is set to 'Personal Best') by choosing **Menu > Tools > Personal Best**. You can sort the list using different orders via the Menu soft key. All workouts (regardless of their date) whose rating is Personal Best will be listed.

4.5. Trackable Gear

You can track the gear you use for your workout by either distance or duration. This is very helpful regarding their maintenance and replacement. For example, you can track the following:

- Running shoes (by distance), to determine when to replace them;
- Bicycle and equipment, such as chain, tires, wheels (by distance), to maintain them as needed;
- Heart rate monitors and other electronic devices (by duration), to determine when to replace their battery

To add, edit or delete gear, choose **Menu > Tools > Trackable Gear**, and choose the **Menu** entries. When editing a workout, select the Gear entry to enter the gear you used in

a workout, and MySportTraining will automatically calculate their usage. You can also add, edit and delete gear when entering a workout.

4.6. Training Zones

Training zones are essential for heart-based monitoring training. MySportTraining helps you identifying your training zone if you use a heart rate monitor:

- Choose **Menu > Tools > Training Zones**. The Training Zones window is shown (see Figure 24). Colors are used if the effort coloring option is on (see section 5.3 for display options).
- Enter your maximum heart rate. The default is set to 220 minus your age, provided you entered your birth year in the profile. Note that this formula is just an estimate, and your actual maximum heart rate may vary by as much as + or - 20.
- The training zones are automatically calculated and each training zone is defined as a range expressed as a percentage (%) of your maximum heart rate (HR). The exact calculation is detailed on the next page in Table 1.
- To show the heart rate ranges in percentage, check off **Show values as %**.
- If your heart rate monitor only allows you to enter your target zone's minimum and maximum as multiples of 5, check the **Use 5-beat increments** option to round up values as multiples of 5.

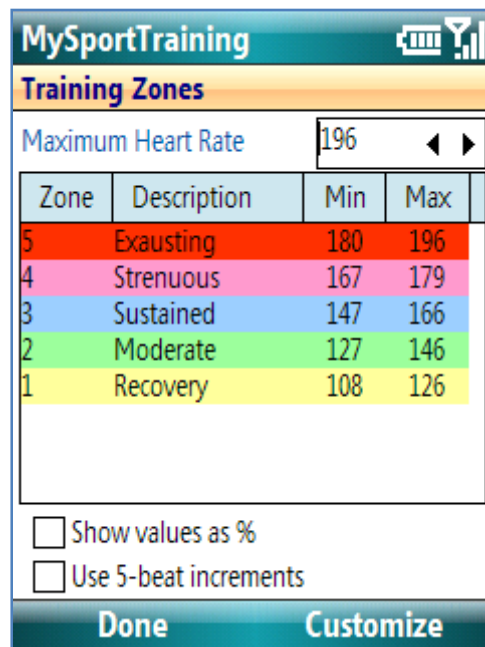


Figure 24: The Training Zones window with the effort coloring option.

You can customize your training zones by choosing **Customize**. You can for instance base the calculation on the Anaerobic Threshold, and increase (or reduce) the number of training zones. Any customization you make becomes effective when the next workout is entered.

Zone	Minimum	Maximum	Intensity	Description
5	92.5	100	Exhausting	Anaerobic
4	85	92.5	Strenuous	Lactate threshold training
3	75	85	Sustained	Aerobic
2	65	75	Moderate	Endurance
1	60	65	Effortless	Recovery

Table 1: Default training zones.

4.7. Workout Transfer

You can transfer workouts between Windows Mobile devices (both Pocket PC and Smartphone) running MySportTraining via their infrared ports, Bluetooth or a file. This is very useful if you use a second device while exercising, in addition to your primary device. When a workout is transferred, its associated HRB file (from VidaOne Polar) and GPB file (from VidaOne GPS) are automatically transferred as well.

The sending/receiving workouts feature must first be enabled in the Workouts options (see section 5.3).

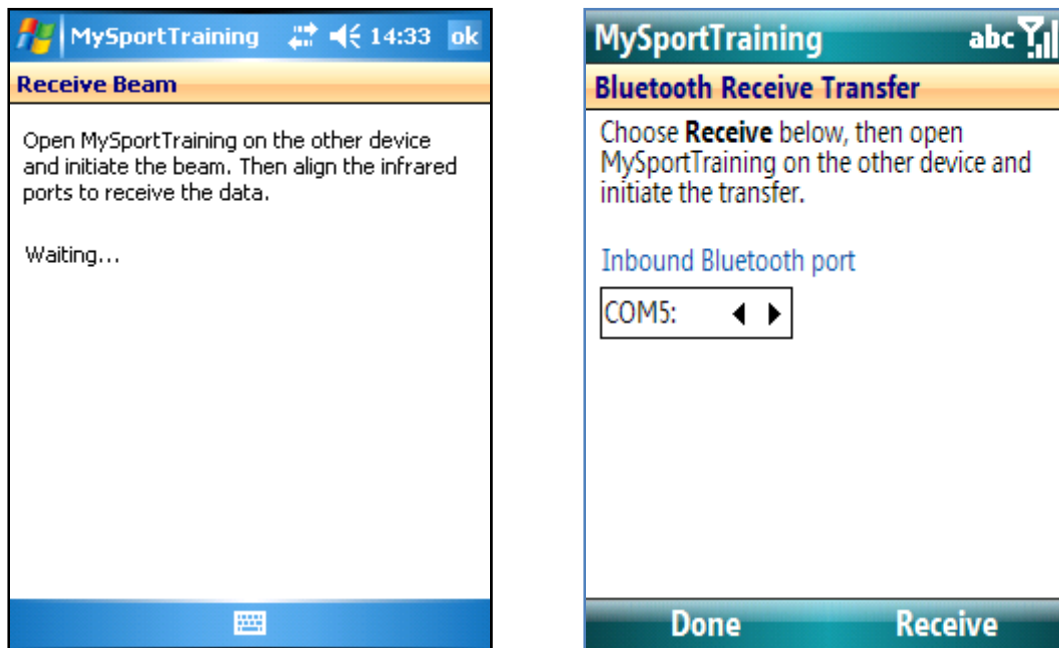


Figure 25: You can easily workouts from one Windows Mobile device to another via infrared beaming and Bluetooth. Workouts can also be transferred via files.

Infrared Transfer

To transfer via infrared (beam), open MySportTraining on the receiving Windows Mobile device (Pocket PC or Smartphone) and choose **Menu > Tools > Receive > Beam**. On the sending Smartphone, select the workout in the Day view, and choose **Menu > Item > Send > Beam** to initiate the transfer. Simply align the infrared ports and the workout will automatically be transferred.

Infrared transfer is the easiest workout transfer method. However, if one or both devices do not have an infrared port, alternate transfer methods are required, as described below.

Bluetooth Transfer

To transfer via Bluetooth, you must first establish a Bluetooth partnership (pairing) between the other Windows Mobile device and your Smartphone and then assign a communication (outgoing) port on your Smartphone toward the receiving device. Please refer to the manufacturer's manual to do so.

Note that it might not be possible to establish this connectivity – even if both devices support Bluetooth! – due to each device's Bluetooth configuration.

Open MySportTraining on the receiving Windows Mobile device and choose **Menu > Tools > Receive > Beam**. Select the inbound Bluetooth port (please refer to the manufacturer's user manual to identify that port) and choose **Receive**.

On the sending Smartphone, select the workout in the Day view, and choose **Menu > Item > Send > Bluetooth**, select the outbound Bluetooth port (please refer to the manufacturer's user manual to identify that port) and choose **Transfer**. The workout will then be transferred.

File Transfer

In the case where neither an infrared nor Bluetooth workout transfer can be done, you can still send (write) a workout to file, transfer the file to the other Windows Mobile device (either via Bluetooth's file Transfer capability – if available – or by using storage card), and receive (read) it back.

On your Smartphone, select a workout in the Day view, and choose **Menu > Item > Send > File**, select a file name and choose OK. Transfer the file and on the other Windows Mobile device, open MySportTraining, choose **Menu > Tools > Receive > File**, and select the file. The workout will be added.

4.8. Backup and Restore

You can backup the workouts and health information into a file that you can keep in your Pocket PC's main memory or on a card (e.g. SD card). If you are using MySportTraining Food, the meal information will also be saved.

To make a backup, choose **Menu > Tools > File > Backup**, enter a file name (one is provided by default, which includes the current date, but you can specify another) and choose **Save**. The resulting backup file can then reused for a restore within MySportTraining, if need be.

To restore a backup file, choose **Menu > Tools > File > Restore** and select a file created by a previous MySportTraining backup. If you choose any other file, a message will be displayed but the data will remain intact. The restore operation **will erase the existing data** and replace it with the backup data.

Please note that **the profile is not part of the backup**. If you conduct a ROM upgrade or a hard reset and then restore a previous backup, you will still have to re-enter your profile, preferences, etc.

4.9. Export

You can export workouts and/or health records in a CSV file, which can be read by Microsoft® Excel® on your PC. Choose **Menu > Tools > File > Export**, enter a file name (make sure that it has the *csv* extension), enter the date period to include the data from, select whether workouts, workout sets (exercises, intervals and laps) and health records should be included, and choose **Export**. You can then copy the file onto your PC and open it using Microsoft® Excel®.

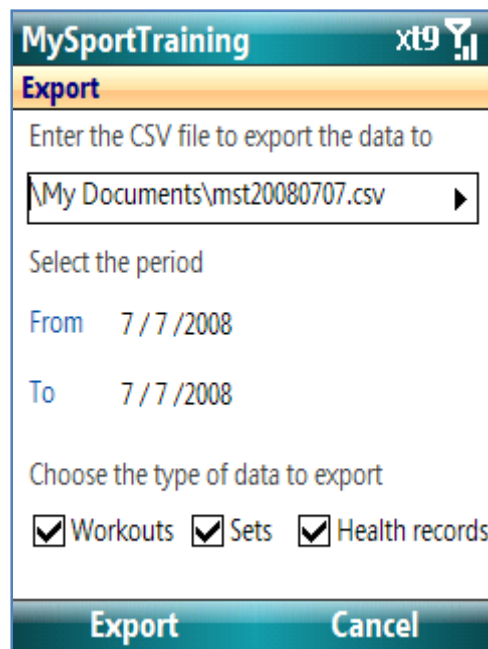


Figure 26: The Export window allows you to export workouts and/or health records into a CSV file.

4.10. Purge Data

To reduce and save storage space, you can delete past workout and health data that you no longer need via **Menu > Tools > File > Purge Data**. Purging data erases information that cannot be recovered from MySportTraining. The data that is erased is workout and health information. Custom names such as activity names, exercises, intervals, etc. are not erased.



If you are using **VidaOne Diet & Fitness for Windows**, records that are deleted on the Smartphone will also be deleted on the desktop after synchronizing. However, if you want to keep all the data in VidaOne Diet & Fitness and only erase data on your Smartphone, do not use this operation. Use instead the synchronization period option in VidaOne Diet & Fitness, via **Tools | Options | My Profile**.

To purge data, choose how many months of data you want to keep. For instance, Figure 27 shows that the past 12 months of data will be saved, and all data older than 12 months will be erased. Then choose **Purge**. You will then be prompted to confirm the operation; choose **Yes** to remove the records, **No** to cancel.



It is recommend to perform a backup (via **Menu > Tools > Backup**) prior to use this function.

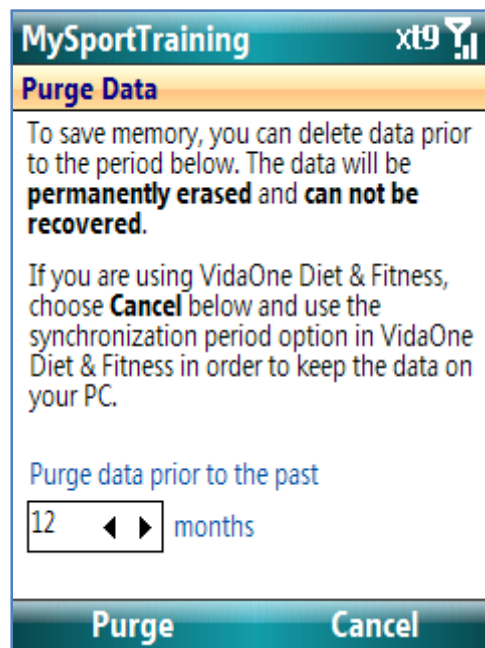


Figure 27: The Purge Data window.

4.11. Regional Settings

MySportTraining automatically uses the regional settings stored in your Smartphone. You can modify these settings as follows:

- Choose **Start > Settings > Regional Settings**
- Select the settings of your choice.
- Once you're done, tap OK. MySportTraining will automatically start using the new settings.

5. Options

MySportTraining has various options to personalize and customize the program.

5.1. General

The following settings allow you to set some preferences:

- Choose **Menu > Options > General**.
- Choose the default measurement **units**, either English (lb, mi, in, °F) or metric (kg, km, cm, °C). Also choose the **energy** units between calories and kilojoules. You can change these units at any time, and MySportTraining will automatically convert the data as needed.
- Select **Use the View Choose** for the left soft key to allow you to select a view to display. Otherwise, the next view is shown, in that order: Day → Week → Month → Report → Chart → Day, etc.
- Choose the first day (**Saturday, Sunday or Monday**) of your training weeks. All views take this setting into account when displaying workouts. For instance, choosing **This Week** in the Report view results in the list of workouts for the week, starting on the specified day.
- Choose a theme color which is applied throughout the application. You can choose among predefined themes or apply your own colors:

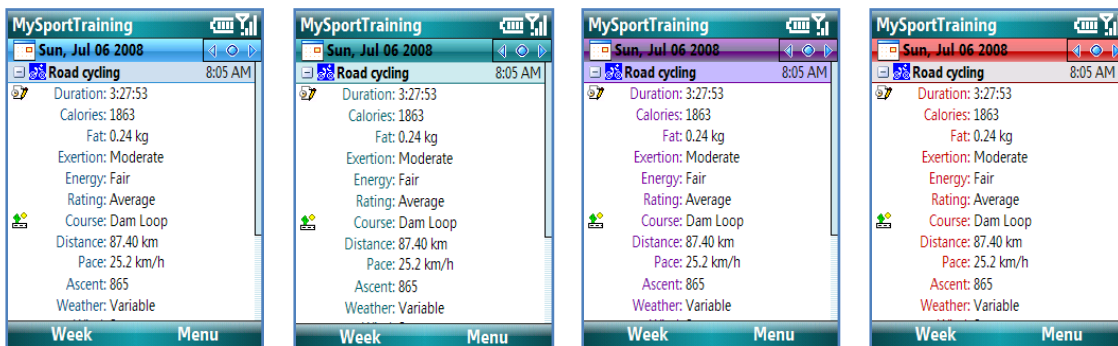


Figure 28: You can easily customize the appearance of MySportTraining.

5.2. Profile

The profile consists of personal data to enable the program to calculate the number of calories you burn when exercising and to establish your initial training zones.

- Choose **Menu > Options > Profile**.
- Enter personal information:
 - Your gender.
 - Your birth year.
 - Your height, either as inches or centimeters, based on the measurement unit setting.
- Select **Use 1 decimal for body weight** to allow using one decimal with your body weight (e.g., 135.4 lbs or 58,3 kg), rather than whole numbers (e.g., 135 lbs or 58 kg).

5.3. Workouts

Various workout options are available regarding your workout:

- Choose **Menu > Options > Workouts**.
- Select **Use previous workout sets upon adding a workout** in order to automatically carry over the most recent workout sets (interval or strength sets) when adding a workout.
- Select **Use 2 decimals with distance (e.g., 1.75 mi, 2.25 km)** if you want to enter distance values using two decimals (the default is one decimal).
- Select **Use seconds with workout duration** if you want to specify seconds when entering your workouts' durations (seconds are not allowed by default).
- Select **Auto-update exercise max weight** for MySportTraining to automatically record the max weight for each exercise.
- Select **Show heart rate percentage** to display the heart rate in percentage relative to the maximum heart rate in the Journal and workout heart rate page.
- Select **Enable sending/receiving workouts** to transfer workouts between your Smartphone and another Windows Mobile device. This adds a **Send** entry to the Day View's menu (when a workout is selected), a **Receive** menu item to the **Tools** menu.

5.4. Health

The Health page displays your basal metabolic rate (BMR), which is calculated using the Harris-Benedict formula. If you change your weight or height in the Profile page, tap the Refresh button to recalculate your BMR.

- Choose **Menu > Options > Workouts**.
- Select your **level of activity** among Light, Moderate, Active and Intense to provide an accurate BMR.
- Enter your **BMR** (you can also have it calculated).
- Select **Add the BMR to the Calories/Kilojoules chart** in order to add your BMR to the calories you burn in your workouts.

5.5. Day View

You can customize the information shown in the day view:

- Choose **Menu > Options > Day View**.

For workouts:

- Select Yes for **Calories & fat** to display calories and fat
- Select Yes for **Duration** to display the duration,
- Select Yes for **Route/Location** to display the course, distance, pace and ascent (for cardio workouts) or the location, warm-up and cool-down periods (for strength training workouts).
- Select Yes for **Heart Rate** to display heart rate information
- Select Yes for **Rating** to display the exertion, energy and personal rating

- Select Yes for **Weather** to display the weather, temperature, wind and humidity.
- Select Yes for **Workout Notes** to display the notes.
- Select Yes for **Laps/Intervals/Exercises** to display a summary of laps, intervals or exercises.

For health records:

- Select Yes for **Weight and body fat** to display the weight and body fat
- Select Yes for **Body Measurements** to list body measurements entered
- Select Yes for **Vital signs** to display the mood, sleep quality and duration, resting heart rate, blood pressure.
- Select Yes for **Health Notes** to display the notes.

5.6. Month View

These options affect how views are displayed.



- Choose **Menu > Options > Views**.
- Select Yes for **Show total time on multiple-workout days** to display the total workout time for multi-workout days on the Month view. If this is unchecked, the longest workout's duration is shown.
- Select Yes for **Show distance when available** to display the distance (instead of the duration) of the workouts.
- Select Yes for **Show Weekly Summary** to display the total weekly duration
- Select if intensity colors should be used in the view. The intensity is determined by the training zone or, if training zone is not specified, by exertion (where *Effortless* is considered training zone 1 and *Exhausted*, training zone 5). No color is used if neither a training zone nor an exertion is available.

If there are several workouts for a given day, you can select which workout's intensity will be used, either the longest workout or hardest workout, by choosing **Using longest workouts** or **Using hardest workouts**, respectively.

The colors are the same as defined by the training zones.

5.7. Charts

These options affect how charts are displayed.

- Choose **Menu > Options > Charts**.
- Select Yes for **Enhance graphics** to apply a brightness effect when displaying graphs. Note that some graphs do not use 3D effects.
- Select Yes for **Zoom charts** to narrow the range of the graphs' vertical axis. If unchecked, the range starts at zero.
- Select Yes for **Show average when applicable** to display an average line in the Graph view. The line is shown when there are at least two columns/points.

- For the pace chart, choose which activity and unit to use via **Activity for Pace chart** and **Unit for Pace chart**. This allows you for instance to see the pace of a given activity (instead of all, which may not be meaningful).

5.8. Other

The following options are general to the application:

- You can choose to display an image or not by using the option **Show this picture on start-up**. When on, select a file name (BMP, GIF and JPG files are supported), or leave the file name blank to use the default image.
- Some information messages have the option not to be shown again when they are displayed. To make sure all messages are displayed (even those which were turned off), choose **Show All**.

6. Using MySportTraining

Whereas the previous sections have explained MySportTraining features, this section presents how to apply them not only to make MySportTraining easier to use, but also to monitor (and adjust) your workouts to achieve your fitness goals.

6.1. Data Entry Tips

Here are a few tips to take advantage of what MySportTraining offers:



- To enter a workout schedule with various workouts, each with a specific focus, make sure to read section Planning and Entering a Workout Schedule on page 31.
- Enter workout information right after completing each workout. This only takes a few seconds and is key to providing maximum feedback. Similarly, enter health information upon waking up, at least once a week.
- Adding a workout via copy and paste is very fast and convenient (see section 3.1 for details). Use the monthly and report views to quickly locate a past workout.
- Make sure the option **Workouts > Use previous sets with new workout** is set to **Yes** (section 5.3) as this copies all the exercises, intervals or laps of the previous occurrence of the workout you are adding.
- If you heavily are into a single sport, you can define new activities to categorize your training and obtain a rich feedback of how you exercise for that sport. For instance, if you are into cycling, you can add activities such as: “Road intervals”, “MTB intervals”, “50-miler”, “Century”, “Time trial”, etc.
- To speed up data entry, define courses and exercises (see section 3.2 and 3.3 for details). Upon selecting a course, the distance and pace information is automatically displayed (provided that you’ve entered the workout duration). Likewise, enter a default weight unit when defining exercises (to provide better accuracy and consistency with lifted weight graphs) and specify the emphasized muscle groups if you know them (to be able to add exercises by muscle groups, see page 26 for details).
- Use a heart rate monitor to accurately and objectively determine your average heart rate when exercising, which results in more precise graphs. Alternatively, you may rely solely on the workouts’ perceived exertion, although this is less precise than your actual effort.
- Use the Note fields to add information that may have influenced your workout (such overall stress level, road conditions, etc.) For instance, by reviewing your workouts, you may notice that stress has a negative impact on your workouts, preventing you from exercising with the same intensity as on other days. As a result, you may decide to exercise at a lower intensity or even take some days off during stressful periods without any “guilt” from not exercising enough.

- Keep track of specific events or special conditions in the Note fields, which you can later review using the Find function (see section 4.8). For instance, you can enter the word “race” in each race workout’s note, so that you can easily list them all using the Find function.

6.2. Reviewing Your Performance

The Day view provides you with the right workout information. Regularly review your past workouts – especially those for when you felt very strong – and identify the conditions that led to better results. For instance, if you find out that your best workouts were achieved when waking up with a low heart rate, you may want to back off when you wake up with an elevated one.

Take a look at the Month view to assess how consistent you have been regarding your training (consistency is key in any fitness program). If there are long periods of inactivity, you might want to try to find out how you could include one or two workouts to maintain your fitness.

Use the report view to determine whether you’ve reached your goals (number of workouts, total duration, etc.) for a given period of time by looking at the totals line at the bottom of the list. This is very useful for comparing your actual training against a long term training plan.

Frequently review the graphs to obtain precise feedback:

- The **Duration, Distance and Weight lifted** graphs show you the volume of your workouts (i.e., how much you exercise). With the Report view, it’s also the easiest way to measure your progress towards long term goals. For instance, if you set a personal goal of exercising at least 20 hours per month, MySportTraining’s duration chart will allow you to accurately track your monthly progress by showing you how much time you spent exercising. You will be able to make corrections by adding more workouts if need be, or simply maintain the same volume if you are well on your way to reaching your objective. Either way, the charts will tell you where you stand with respect to your goal(s).
- The **pace and training heart rate** graphs are excellent tools for helping you to identify your overall fitness (the heart rate graph can be substituted by the **intensity and exertion** graph). For instance, for a given course and average heart rate (or exertion), your pace will likely increase over several weeks as your fitness improves (you will be able to cover more distance in less time for the same effort). Similarly, for a given course and pace, your heart rate will likely decrease over time, given your body’s improved ability to sustain a certain level of effort.
- The **resting heart rate** is also a useful graph for identifying which past workouts put stress on your body. For instance, if you increase the volume of your workouts over a few weeks (i.e., exercising several hours more than usual), and

the chart shows a gradual elevation of your resting heart rate, you may have become overtrained. It could be best to reduce volume and intensity for the next days in order to recuperate.

- For those carefully tracking their weight, use the **calorie burning and intake**, **body weight**, and **body fat** charts to track your progress. For example, if you are new to exercising, your weight and body fat will decrease as a result of burning fat (your body uses fat among other nutrients for “fuel” when exercising). If one of your goals is to achieve a specific weight or to maintain one, the charts will instantly let you know how you are progressing, allowing you to make sure your weight is not “going off the chart” (literally!)

Thank you for using MySportTraining!

The MySportTraining team