



MySportTraining® Polar®

Palm OS® User's Guide



POLAR®

September 2006

This document applies to MySportTraining® Polar® version 1.0.8 and newer.

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 **VIDAONE**
HEALTH & FITNESS SOFTWARE

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Acknowledgements

Polar is a registered trademark of Polar Electro Oy.

Abbreviations

HRM Heart Rate Monitor

1 Introduction

1.1 What Is MySportTraining Polar?

Many active or sport-oriented people have discovered the benefit of using a Polar® heart rate monitor. Polar offers the most advanced and complete heart rate monitors suitable for all sorts of activities. MySportTraining Polar allows you to download data via infrared from the Polar heart rate monitor S series (models S610, S610i, S625X, S710, S720i, S725, S725X, S810 and S810i) right into your Palm OS handheld and to chart it in a snap.

Supported Palm OS 3.5 (and newer) devices are listed at http://www.vidaone.com/mstpolar_palm.htm

MySportTraining Polar seamlessly integrates into MySportTraining² and provides various charts from the data downloaded (see Figure 1). The regular features of MySportTraining remain unchanged and available.

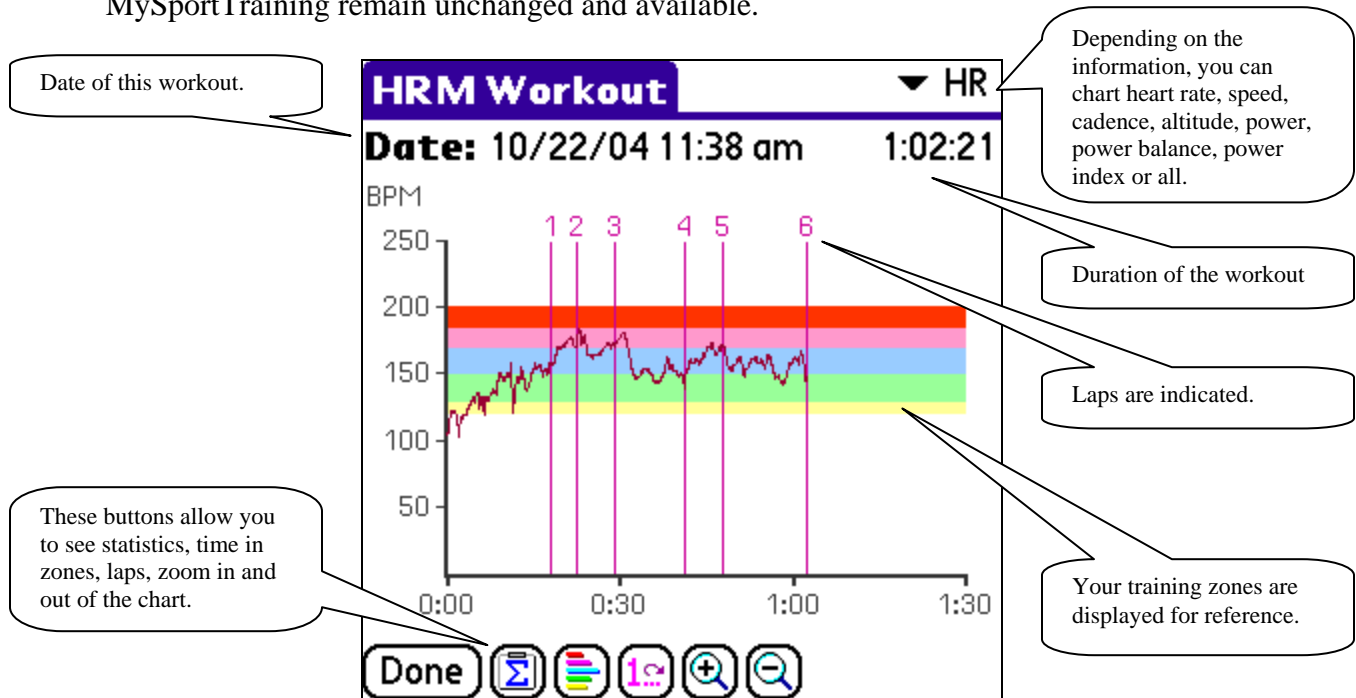


Figure 1: MySportTraining Polar allows you to download and chart heart rate data (and other data if available) right into MySportTraining.

MySportTraining Polar was designed with these considerations in mind:

- The download process is straight-forward and consists of a few steps that take no more than just a few seconds to download all the information.

² Requires version 3.2.5 and newer, available at http://www.vidaone.com/mst_palm.htm.

- You can save the data by creating workouts (no need to enter workout data manually anymore!)

1.2 Installation and Registration

Installation

Note

MySportTraining Polar requires **MySportTraining for Palm OS** (sold separately) version **3.2.5 or newer**. Please upgrade to the latest version of MySportTraining first.

To install MySportTraining Polar, follow these simple steps:

- Make sure your Palm OS is connected to your desktop or laptop.
- Download the software on your desktop from:
http://www.vidaone.com/download/MstPolar_PalmOS.zip.
- On your desktop, unzip **MstPolar_PalmOS.zip** and click on **MstPolar.prc** to install it on your Palm OS handheld at the next HotSync synchronization.

Note

MySportTraining Polar must be installed in **RAM**.
It will not work if installed on a memory card (such as SD card, Memory Stick, etc.)

Trial Mode

Until registered, MySportTraining Polar runs in trial mode for up to 10 days. All functions are enabled in trial mode, but the software periodically displays the following screen:



Figure 2: The About dialog box in trial mode.

Tap **Register Later** to close the window and use MySportTraining. After the 10-day trial mode, the software will no longer allow saving downloaded data. All the data you've entered is preserved.

Registration

A registration key must be purchased to continue using the software beyond the trial mode period. To purchase a registration key, visit the VidaOne's product page at http://www.vidaone.com/mstpolar_palm.htm. Shortly after purchasing the software, you will receive the registration key to unlock it.

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 might have to enter the registration key again.

Upgrades

You can download and install *maintenance* upgrades for free as they become available. 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 Polar prior to installing a newer version. You can always install a newer version of MySportTraining Polar and all the data you've already entered will still be available.

1.3 How about MySportTraining for Windows?

MySportTraining for Windows supports all Polar S-Series heart rate monitors with upload capabilities (including the models S510 and S520). It is available from http://www.vidaone.com/mst_win.htm.

The heart rate data downloaded via MySportTraining Polar can be synchronized and copied onto your desktop or laptop. Make sure you are using MySportTraining for Windows **version 1.65** or newer, which can be downloaded from http://www.vidaone.com/mst_win.htm.

1.4 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.
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San Diego, CA 92128

2 Using MySportTraining Polar

MySportTraining Polar provides two key functions: downloading and viewing data. These two features are described in the following sections.

2.1 Downloading Data

Prior to download, be sure to be acquainted with your heart rate monitor (see Figure 3). Refer to the user's manual that came with your heart rate monitor for more information.

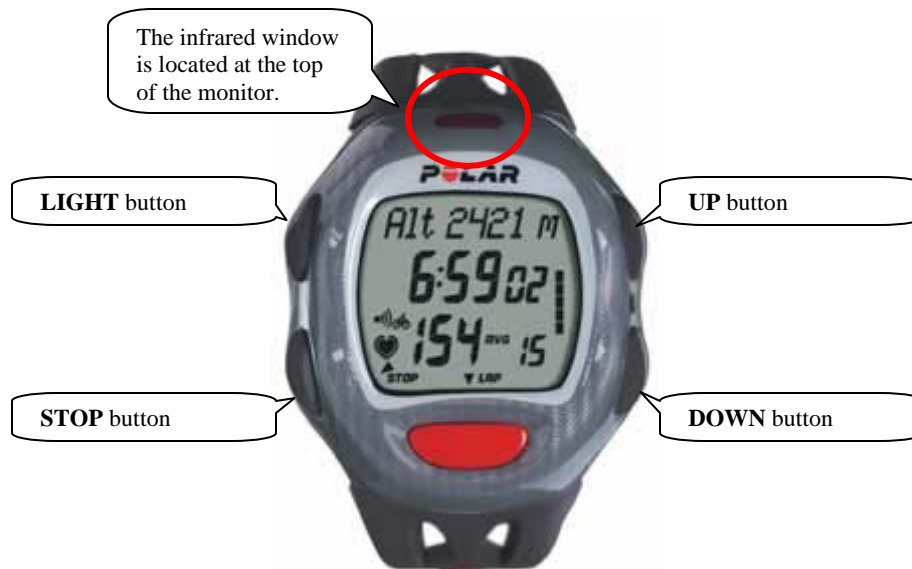


Figure 3: A Polar S heart rate monitor (model S710 shown).

Downloading data from your heart rate monitor into your Palm OS is as follows:

- In MySportTraining, tap the **New** button and choose **HRM Download**. This will display the **HRM Download** window (see Figure 4). Choose **Apply auto start/stop** to correct workouts duration and pace when the speed is recorded. This is useful on some Polar models (see section 3.2 for details).
- Make sure your heart rate monitor displays the time of day (if not, press the **STOP** button until the time is displayed). Then press the **DOWN** button once to put the watch in the connect mode, where the watch displays “CONNECT” at the top. Do **not** press the Start (red) button on your Polar.
- Position the heart rate monitor's infrared window directly in front on your Palm OS' infrared window, at a distance of about 1-3” (2-5 cm).
- Tap the **Download** button to start the download. This displays a small window that indicates the progression of the download (see Figure 5). Once the download is completed, the most recent workout is shown (see Figure 6).

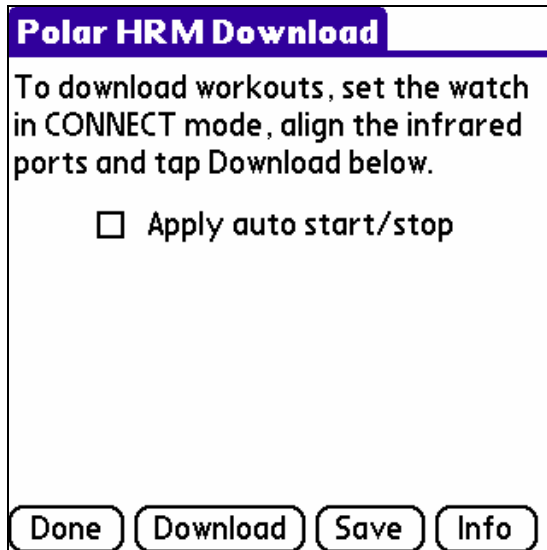


Figure 4: The HRM Download window.

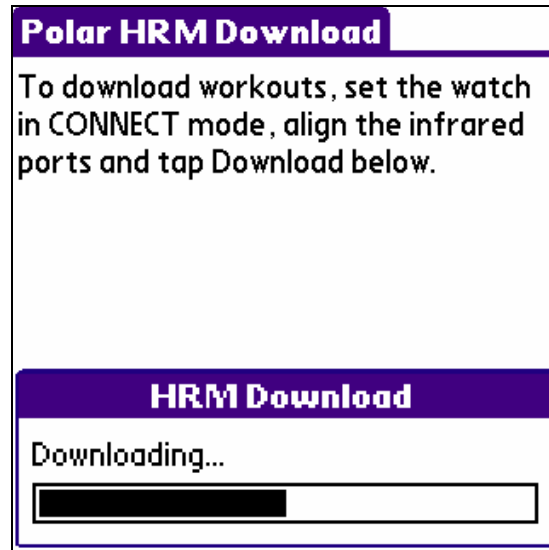
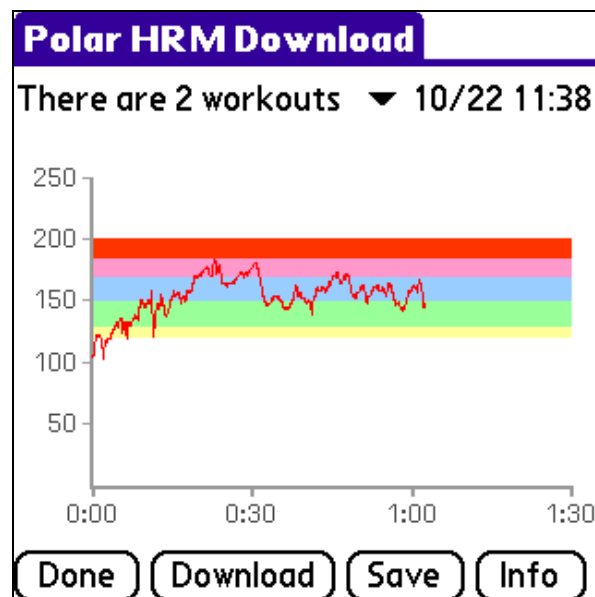


Figure 5: A progress bar is shown and update to indicate the progression of the download.



All downloaded workouts are available from this list.

Figure 6: Once the download is completed, the workouts are automatically displayed. Only the heart rate data is shown.


The **Polar HRM Download** window then allows you to browse the workouts that were downloaded:






- See another workout (if others are available) via the workout list.
- Choose the **Download** button to start another download.

- Choose the **Save** button to save the heart rate monitor data into a workout. You will be prompted to choose an activity; select one and tap **OK**. This will create a workout with the information below already entered:
 - Activity you chose
 - Date and duration
 - Average heart rate
 - Maximum heart rate
 - Recovery (minimum) heart rate
 - Training zone³
 - Percentage of time in that training zone
 - Calories (if available)
 - Distance (if available)
 - Pace (if available)
 - Ascent (if available)
- Tap the **Info** button to see information about the workout and the heart rate monitor.

When finished, choose the **Done** button to close the window and return into MySportTraining.

2.2 Browsing Workouts with HRM Data

In the Daily view, when a workout that contains HRM data is selected, the heart rate information is automatically shown (see Figure 7). Tap the  button to visualize the data previously downloaded (see Figure 8):

- You can select among the following charts, depending on the recording settings:
 - HR (Heart rate data)
 - Speed
 - Cadence
 - Altitude
 - Power⁴
 - Power Balance⁴
 - Power Index⁴
- Choose the **Statistics**  button to see various statistics about the workout (see Figure 9). The information being displayed depends on the features of your heart rate monitor model.
- Choose the **Time in Zones**  button to see how much time (and percentage) was spent in each training zone (see Figure 10)
- Choose the **Laps**  button to display lap information (see Figure 11). Note that on the main chart, each lap is indicated by a vertical bar. You can show or hide these bars by using the Options (described next).
- Choose the **Zoom In**  and/or **Zoom Out**  buttons to zoom in and out of the chart.

³ The training zone that is selected is the one that has the highest sample count in its range.

⁴ Requires the Polar Power Output Sensor™.

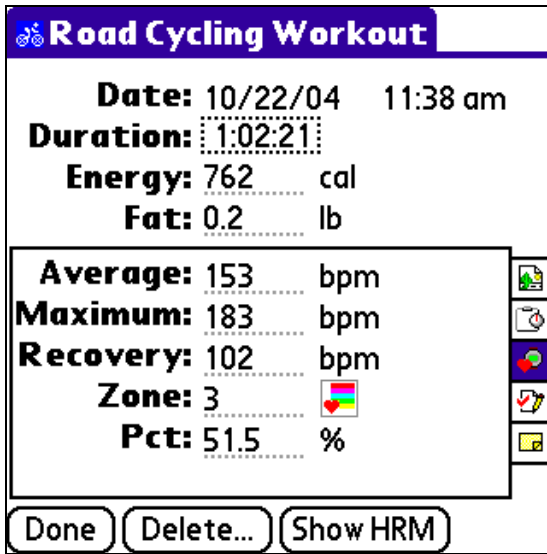


Figure 7: Heart rate data is automatically shown when selecting a workout that has HRM data.

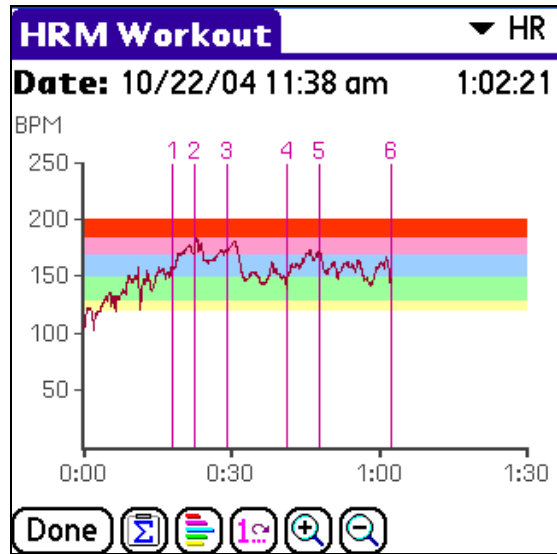


Figure 8: The HRM Viewer shows the data for a given workout. You can choose to see heart rate, speed, cadence, altitude and power data (depending on the available data).

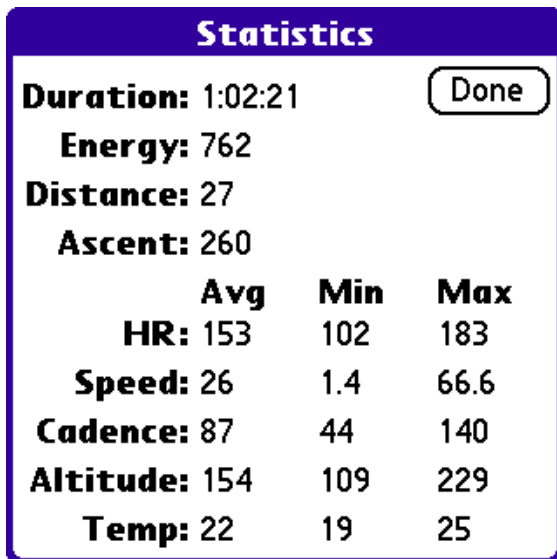


Figure 9: The Statistics window displays a summary of a given workout.

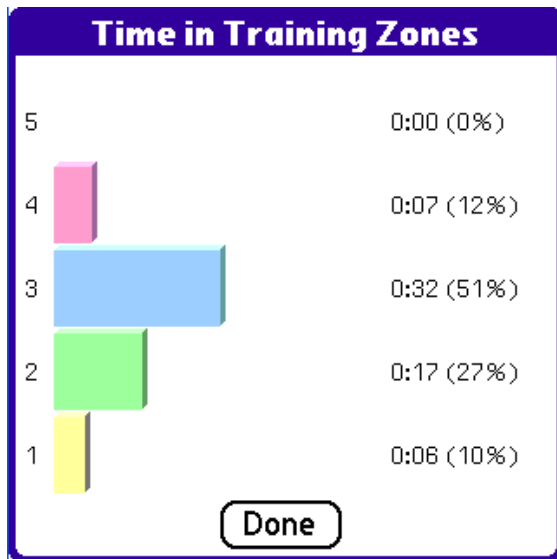


Figure 10: The Time in Zones window shows the time spent in each training zone.

| Laps | | | |
|------|-----------|------------|-----|
| # | Lap Time | Split Time | HR |
| 1 | 0:18:09.0 | 0:18:09.0 | 137 |
| 2 | 0:04:24.8 | 0:22:33.0 | 169 |
| 3 | 0:06:25.7 | 0:28:59.0 | 169 |
| 4 | 0:12:07.8 | 0:41:07.0 | 156 |
| 5 | 0:06:38.5 | 0:47:45.0 | 162 |
| 6 | 0:14:35.3 | 1:02:21.0 | 156 |

More lap information can be shown using these buttons.

Done

Figure 11: The HRM Laps window displays a summary of a given workout's laps.

2.3 Heart Rate Monitor Settings

In order to obtain the most information out of your heart rate monitor, make sure to enable the following settings. Please refer to your Polar monitor's user guide to adjust the setting if needed.

- Make sure to enable the **OwnCal** function is ON, which provides calorie information to MySportTraining Polar.
- For all models excepts the S610 and S610i:
 - Make sure the **Altitude** function is ON.
 - Make the **Cadence** function is on in the bike setting(s).

If you use the Polar Power Output Sensor™, make sure the **Power** function is on in the bike settings.



3 Tips

3.1 Download

To ensure a successful workout download, follow these recommendations:

- Make sure to know the exact location of your Palm OS infrared window. It's usually a small black or dark red window located on the top edge. On some devices, it's not visible. If you are unsure, please refer to your Palm OS user's guide.
- Position your Polar monitor's infrared window facing towards your Palm OS' infrared window. Both infrared windows must be directly facing each other, at a distance of about 2" or 5 cm (see Figure 12).



Figure 12: Downloading workouts from a Polar S720i into a Tungsten T3.

- Make sure your Polar monitor is in CONNECT mode (press the lower right button on the watch until CONNECT is shown on the monitor's display).
- Place your Palm OS and Polar monitor on a flat surface to prevent either from moving during the transfer. Any movement, even minimal, may prevent or interrupt the download.
- Ambient light may result in incorrect transmission. If you still experience transmission problems, try in a different location.

3.2 About Auto Start/Stop

The Polar monitors S625X, S725 and S725X do not implement an auto start/stop feature, as found on the S710, S710i and S720i. As a result, the duration of the workout takes into account the time when you not moving (such as waiting at a red light). The average speed as calculated by MySportTraining (distance divided by duration) will hence be lower than that average speed if the duration reflected the time you were moving.

If the option “Apply auto start/stop” feature is selected prior to downloading workouts, MySportTraining applies a correction that simulates an auto start/stop feature on the S625X, S725 and S725X (as found on the S710, S710i and S720i). As a result, the duration and pace properly reflect the workout.

Note that if the auto start/stop option was directly enabled on a S710, S710i or S720i monitor, the “Apply auto start/stop” option will have no effect, since the workouts reported by those monitors will already have corrected the data.

Thank you for using MySportTraining Polar!

The VidaOne team