iSMARTtrain Reviewer's Guide

The purpose of this guide is to assist a product reviewer in covering key topics that are likely to be of interest.

For the screenshots shown in this document and press copy, please visit **ismarttrain.com/press/.**

Contents

What is iSMARTtrain?

iSMARTtrain is a desktop application for fitness enthusiasts and athletes to plan, record, analyse and review their training. Available for Mac OS X 10.11 & MacOS 10.12, the application allows users download from a number of the market-leading brands of heart rate monitors and cycle power meters or to enter their data manually. The data can be viewed, and the actual training compared with the planned sessions, allowing the user to view their progress and improvements in their fitness.

First developed by age-group triathlete Stuart Tevendale (**stuarttevendale.com**) in 2001 in response to the lack of Mac-based training software, Stuart soon joined forces leading sports scientist, coach and writer Joe Beer (**coachjoebeer.com**). Joe provides valuable input to the software, both from a scientific and coaching aspect. Future releases will continue to benefit from his wealth of knowledge and experience.

The data can be analysed in the number of ways including time in power & heart rate zones and the training load quantified using TRIMP.
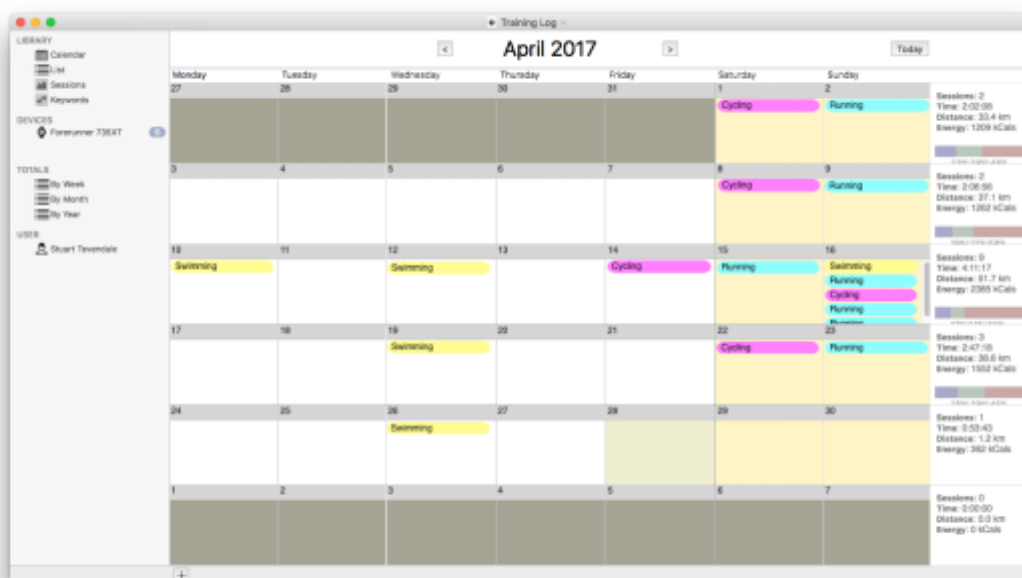
What's new in this release?
V4 is a complete rewrite of iSMARTtrain, allowing us to use some of Apple's latest technologies, such as Apple Maps and iCloud Drive and support for several new devices has been added including the latest Garmin models, the CycleOps Joule & Joule GPS and SRM Powercontrol VI & VII.

The latest release, V4.1, includes power analysis options for cyclists, improved swim graphs, support for the SRM PowerControl 8 and many bug fixes.

Who Uses iSMARTtrain?

The application is aimed at endurance athletes, such as triathletes, runners, cyclist and rowers of all levels, from beginners to focused racers

Many athletes and fitness enthusiasts are using heart rate monitors and other electronic devices to aid them with their training. iSMARTtrain lets them download their data onto a desktop application to plan and review their performance, motivating them for future performance.

Getting Started

The system requirements are as follows:

OS: Mac OS X 10.11 or MacOS 10.12

Additional Hardware Supported:
Garmin: Most Forerunner, Edge and Fenix Models
CycleOps: Cervo, Joule 1.0, Joule GPS, Joule 2.0 & 3.0
SRM: PowerControl V, VI, VII & PC8

File Formats:, .FIT, .TCX, .SRM, .GPX, .BIN, .CSV, .HRM

New versions of iSMARTtrain, supporting the latest hardware, are regularly released

Installing
Simply drag the application 'iSMARTtrain' to your 'Applications' folder.

Points of Interest

Downloads from Garmin, PowerTap, CycleOps and SRM Devices
- iSMARTtrain allows athletes to download their training data from a range of Garmin, PowerTap, CycleOps and SRM training devices.
- This data can be viewed as a graph and compared with data from other athletes or training data.
- Data from several different devices can be kept in one application.

Enter Training Session Data
- Details of a training session can also be entered manually, for those users without access to downloadable heart rate monitor or power meters.
- Manual entry can also be used for sessions where these devices are not used, such as swimming.
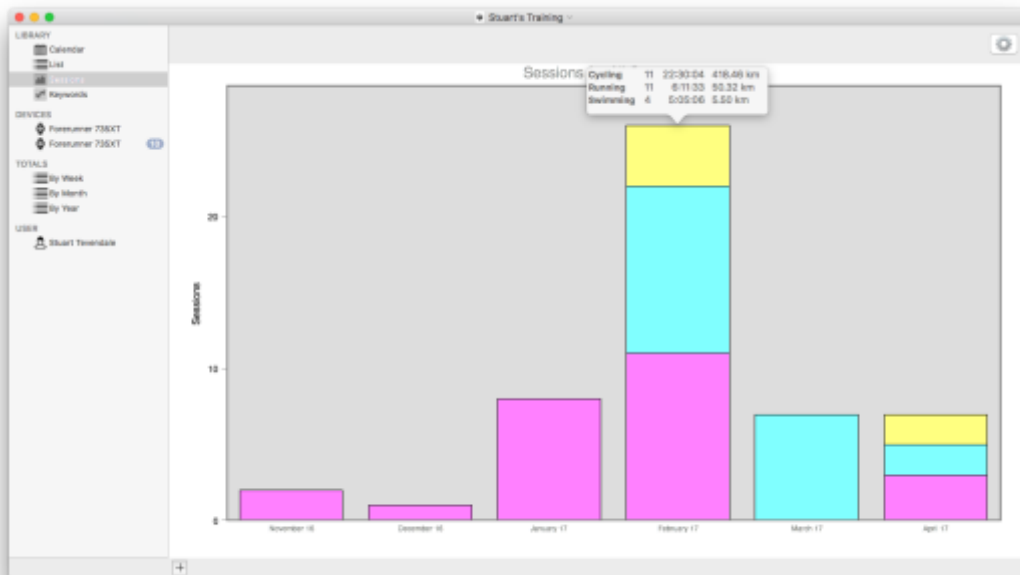- Fluid intake and Carbohydrate consumption can also be entered.

Review Session Data

- An athlete's data can be reviewed as a bar graph, showing the duration, distance, number of sessions and intensity (TRIMP) of the sessions for all or individual sports.
- The graph can be set to cover a period from 4 weeks up to 3 Years.

- The total training time, distance, sessions and average speed can be displayed, grouped by week, month or year.

Track Arbitrary data

- The software can also be used to track arbitrary data, such as weight, sleep, etc., using Keywords.
- These can be entered along with the session details, or they can be entered for each calendar day. In both cases, the data can be shown on a graph in a similar way to the session data.
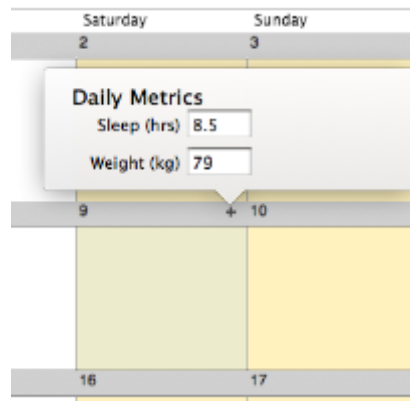

Measure exertion by TRIMP & HR Zones

- Each session that contains heart rate data is analysed to show the time spend in user-defined Heart Rate Zones.
- This data is then used to calculate the TRIMP (TRaining IMPulse) score for the session.
- The value is a measure of the intensity of the session and can be used to plan further training, so that the athlete has adequate recuperation.

Show Downloaded Data

- Data downloaded from heart monitors and power meters can be viewed as a graph, showing HR, Speed, Power, Altitude, etc.
- Each data type can be switched on or off in the graph preferences.
- The average value for the entire exercise can be shown.
- The average for each lap can also be shown.
- An area of the graph can be selected, and the data from that selection shown.
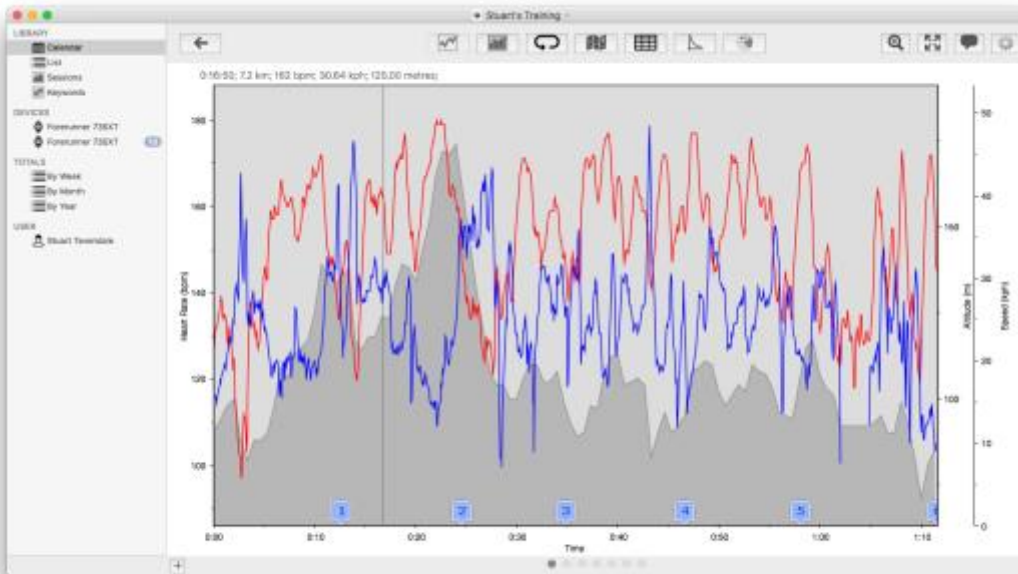
Show Data Distribution

- The downloaded data can also be shown as a distribution graph. This graph can show the amount of time spent in heart rate and power zones, as well as data distribution, showing the amount of time spent between two limits (i.e. the time spent at a speed between 10 km/hr and 20 km/hr).
- Heart rate, speed, cadence and power data can be shown on the graph.
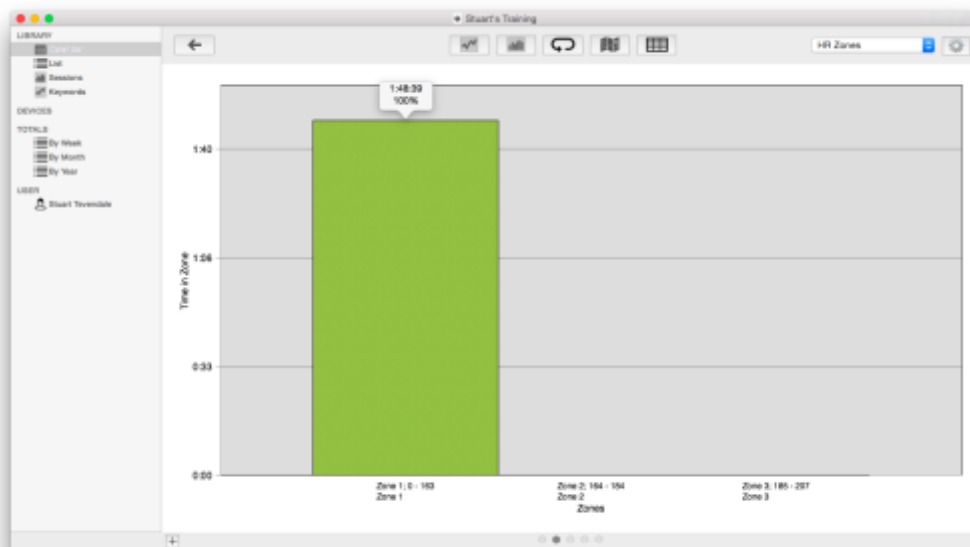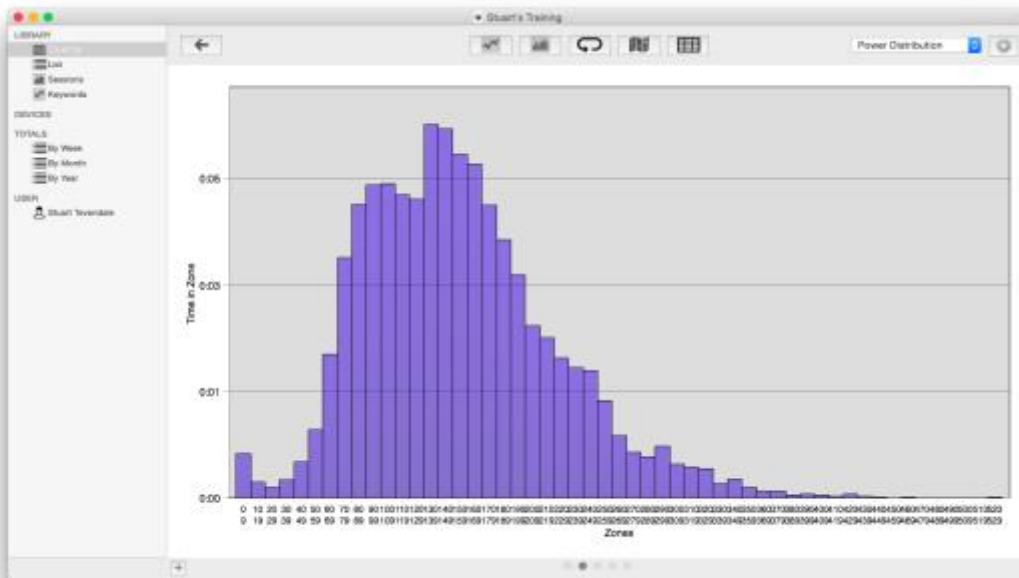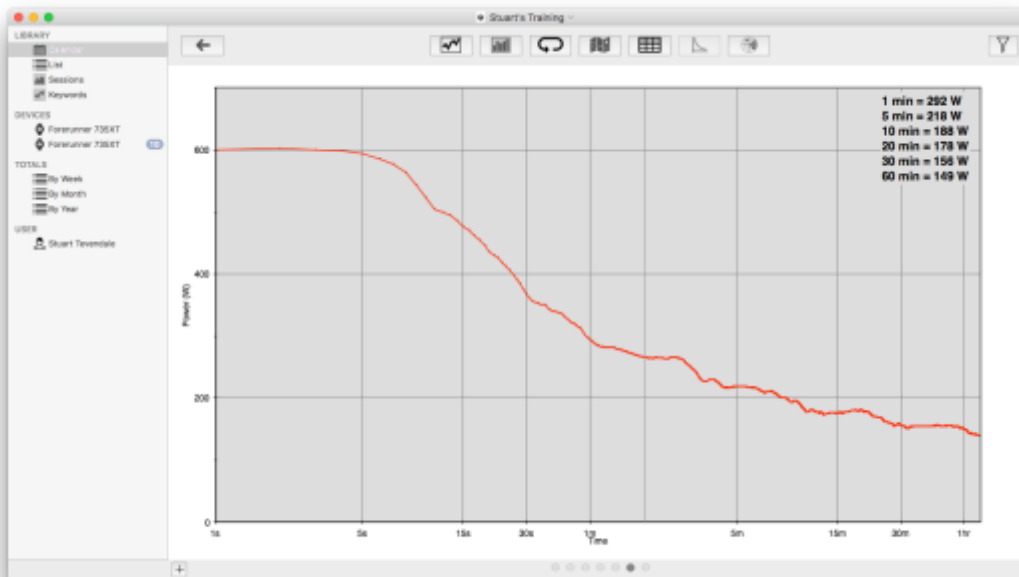
Power Analysis for Cyclists

V4.1 introduces two new analysis graphs for cyclists using power measurement devices.

Power-Duration Graph shows the maximum average power for each duration from one second up the duration of the session.

Force-RPM Graph shows the force on the pedals and rotation speed of the cranks for each data point recorded. The graph has four quadrants:

- The top right is high cadence and high force. Sprint efforts are in this area.
- The top left is low cadence and high force. Accelerations from stopped in a big gear are in here.
- The bottom left is low cadence and low force. Recovery rides and easy spinning are mainly in this area.
- The bottom right is high cadence and low force. A time-trial effort generally be this area.
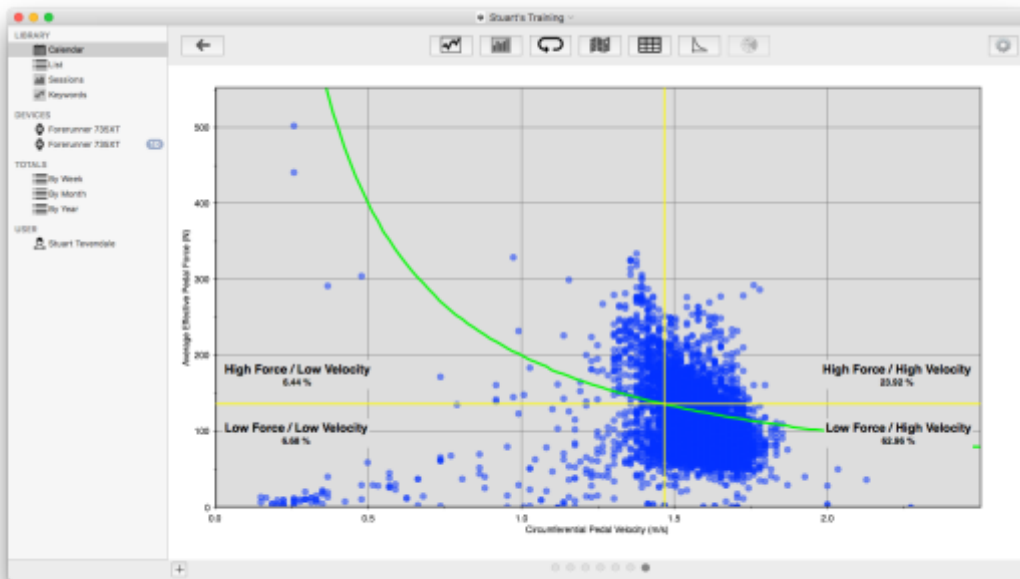
Plan Training

- Users of the software can plan their future training by entering planned sessions.
- These show in the calendar with a different background and have a calendar icon in the calendar view.
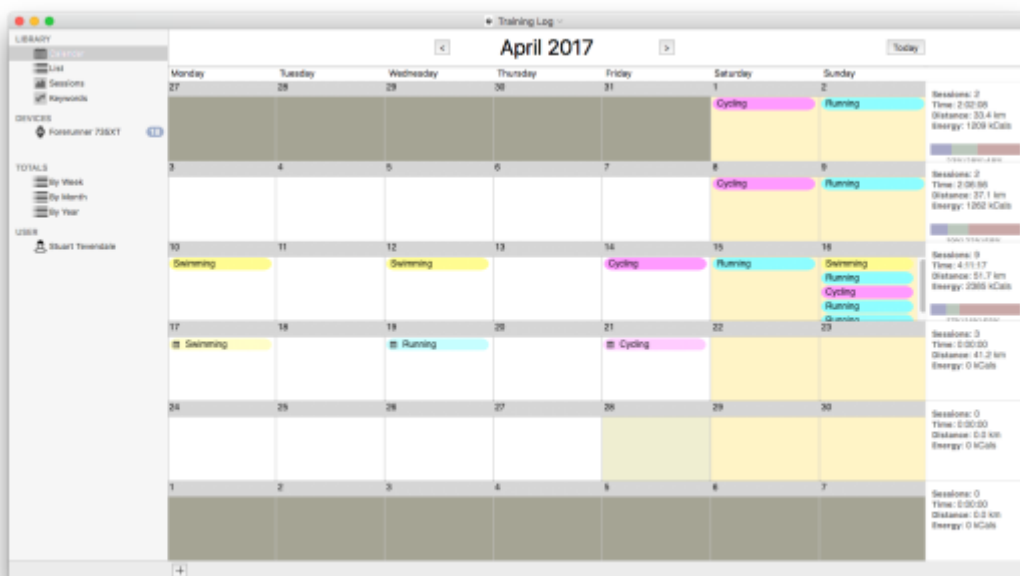
Keep data from different devices in one place

The software allows uses to gather their data from several different training devices and review these in one application, instead of having a different application for each device. A typical scenario is where a triathlete may use a Garmin Forerunner 620 for run training, an SRM system for cycling training, and perhaps a PowerTap system for mountain biking. iSMARTtrain allows them to have all their data in one place and to be able to compare data from different devices.

About Yellow Field Technologies Ltd

Yellow Field Technologies was formed in 2009 to provide software and IT services to the Sports industry. Based near Aberdeen in Scotland, the company has developed a number of sports orientated products, both of a commercial nature and for a number of clients.

Pricing and Availability

iSMARTtrain costs $49.99 (£32.99, €44.99) and is available from **ismarttrain.com** or the Mac App Store.

A demo version is available from **ismarttrain.com**. This version is fully functional, but has a limit of 20 session entries.

More Questions?

If you have any more questions about iSMARTtrain please contact Stuart Tevendale, founder of Yellow Field Technologies - stuart@yellowfield.co.uk.

A review copy of iSMARTtrain is also available upon request.

Useful Links

iSMARTtrain V4 Direct Download
http://ismarttrain.com/download.php

iSMARTtrain V4 Mac App Store
https://itunes.apple.com/us/app/ismarttrain/id409794501?mt=12

iSMARTtrain Website
http://www.ismarttrain.com/

iSMARTtrain on Twitter
http://twitter.com/ismarttrain

iSMARTtrain on Vimeo
http://vimeo.com/ismarttrain