

PRESS RELEASE

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iSMARTtrain V4.0, Heart Rate & Power Meter Software for Mac

15th May 2015. Yellow Field Technologies announce the release of iSMARTtrain version 4.0, a major update to their Mac training journal application for endurance athletes. It allows users to download from GPS devices, heart rate monitors & power meters and for tracking & analysing sports training.

The latest release contains many new features & bug fixes including a completely new UI and support for more devices.

The software is designed to allow endurance athletes to download training data, such as heart rate, cadence, speed and power, from a variety of heart rate monitors & power meters and analyse it in graph, table and list formats. Information about training sessions, for example duration, distance and speed can also be similarly reviewed.

Any number of sports can be quickly and easily tracked, using either metric or imperial units for each sport. Commonly used routes and sessions can be stored and quickly recalled.

- Download from market-leading GPS, Heart Rate Monitors & Power Systems from Garmin, PowerTap, SRM & Polar
- Track and analyse training data
- Easy to understand visual graphs
- Analyse time in training zones for heart rate and power data
- Track equipment usage
- Add and track user-defined metrics such as weight and sleep
- Total times, distances and number of sessions can be viewed per week, month or year.

Development work on the software has been carried out in conjunction with leading sports scientist, coach and writer Joe Beer (<http://www.coachjoebeer.com>). Joe has provided 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.

iSMARTtrain is available from <http://ismarttrain.com> or the Mac App Store, priced at \$49.95

A demo version, limited to 20 entries can be downloaded from <http://www.ismarttrain.com>.

For more information, contact Stuart Tevendale, stuart@yellowfield.co.uk.

Note to Editors:

For press information, reviewer's guide & screenshots, visit <http://www.ismarttrain.com/press/>

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