2020



Start guide

RUN MONITOR 2020 V0.12

THIS IS A BETA VERISON!

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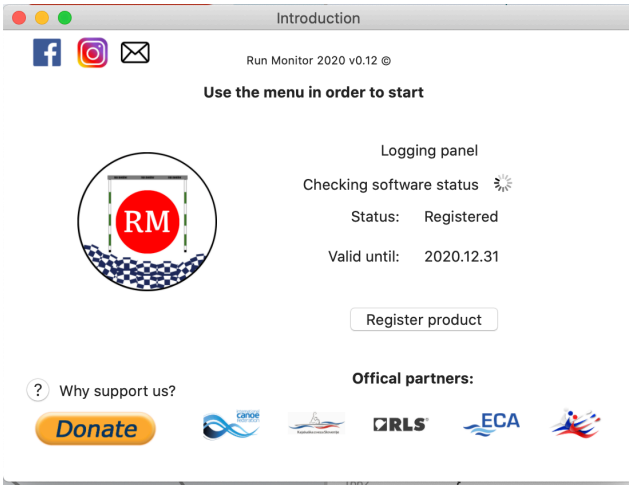
8 test 22

Sprint test 22

INTRODUCTION

BEFORE STARTTING

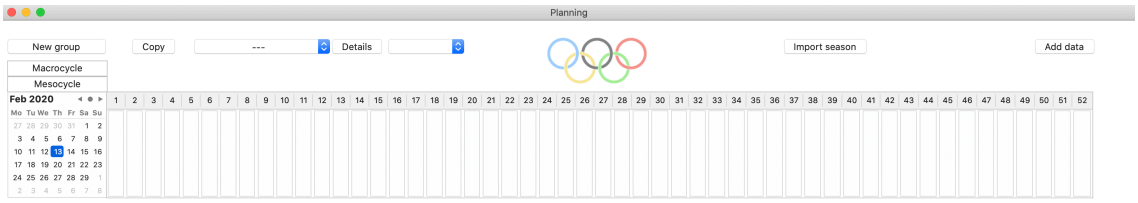
REGISTRATION



GENERAL TIPS

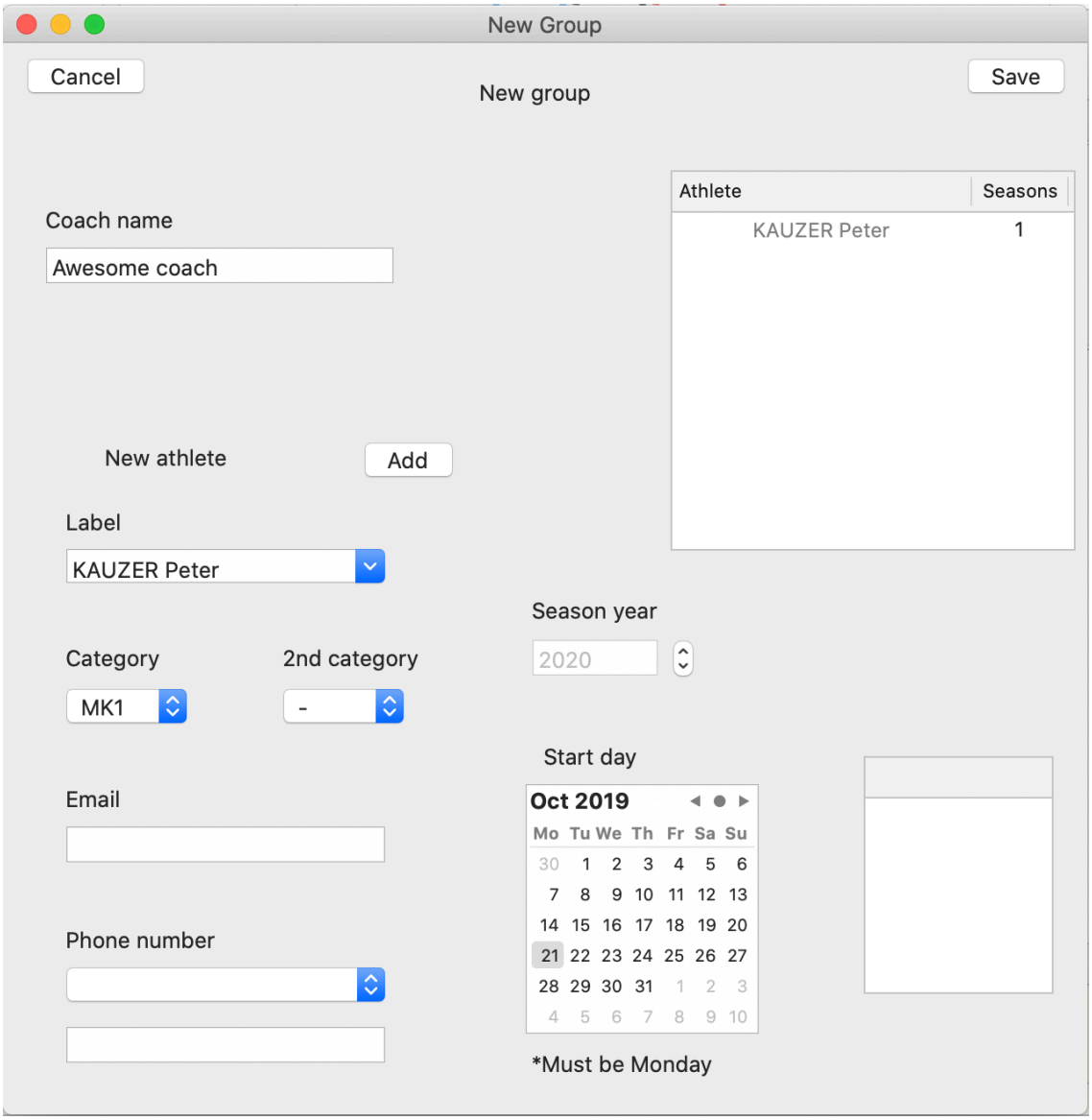
SEASON

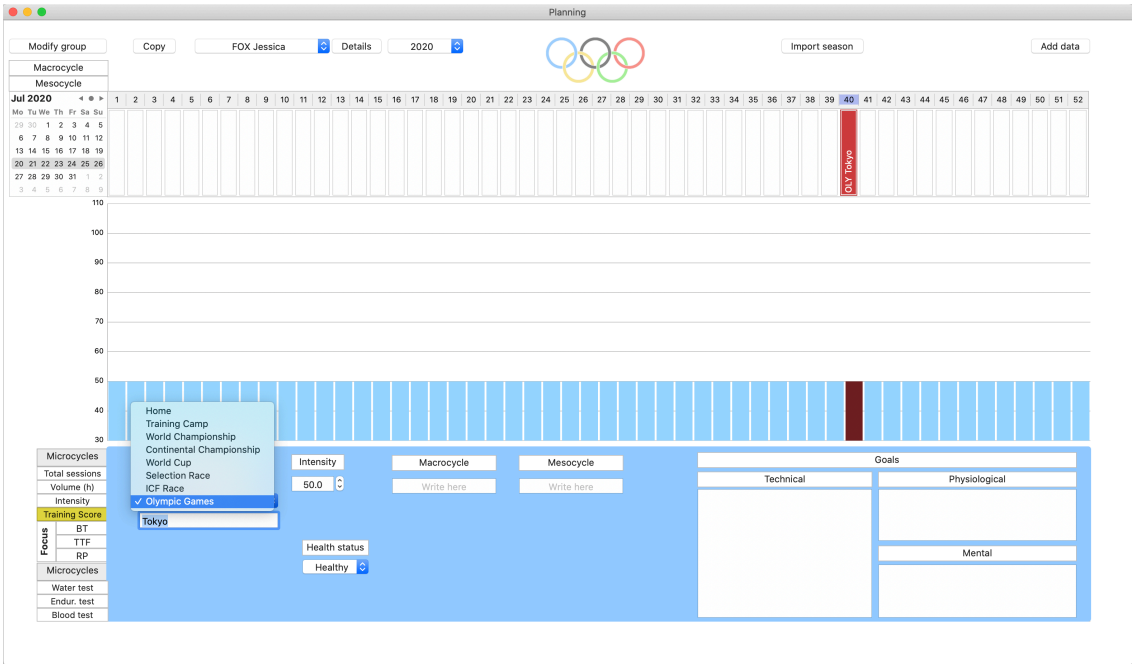
PLANNING

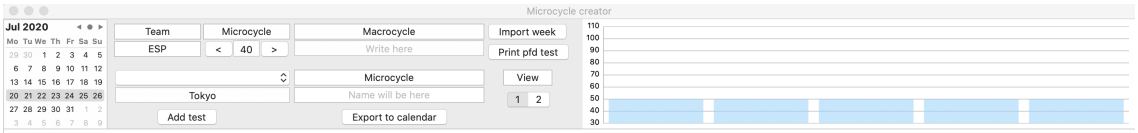


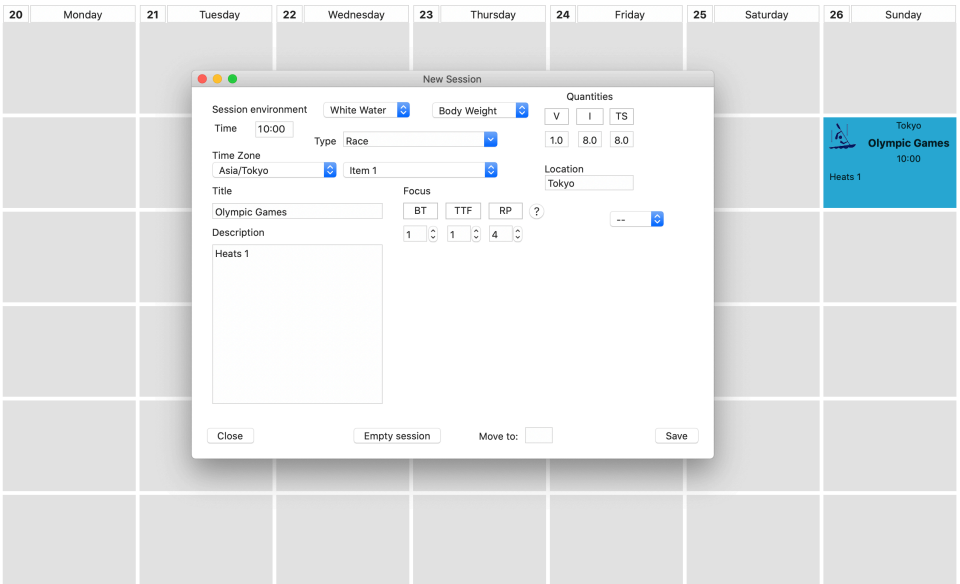
No chart data available.

Microcycles	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Total sessions	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Volume (h)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Intensity	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Training Score	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Focus BT	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Focus TTF	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Focus RP	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Microcycles	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Water test																																																				
Endur. test																																																			
Blood test																																																			

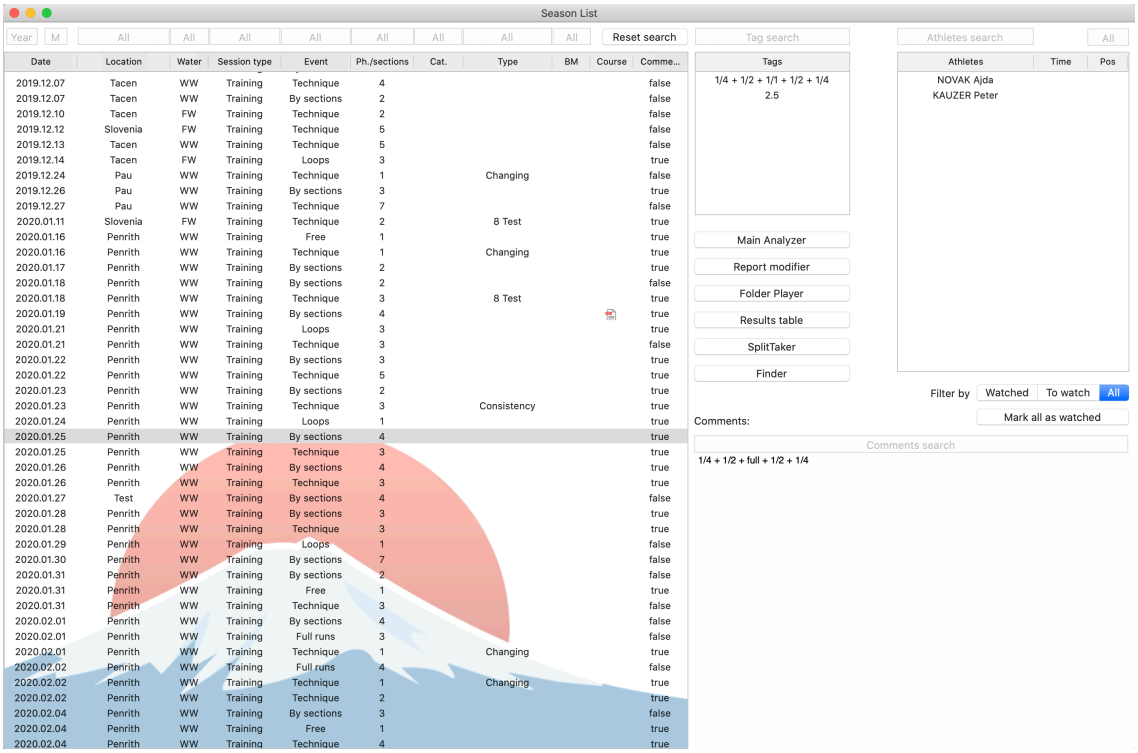

New Group
Cancel
New group
Save
Athlete
Seasons
KAUZER Peter
1
Coach name
Awesome coach
New athlete
Add
Label
KAUZER Peter
Season year
2020
Category
MK1
2nd category
-
Start day
Oct 2019
Mo Tu We Th Fr Sa Su
30 1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 29 30 31 1 2 3
4 5 6 7 8 9 10
Email
Phone number
*Must be Monday


Planning
Modify group
Copy
FOX Jessica
Details
2020
Import season
Add data
Macrocycle
Mesocycle
Jul 2020
OLY Tokyo
Home
Training Camp
World Championship
Continental Championship
World Cup
Selection Race
ICF Race
Olympic Games
Tokyo
Intensity
50.0
Macrocycle
Write here
Mesocycle
Write here
Goals
Technical
Physiological
Mental
Health status
Healthy
Microcycles
Total sessions
Volume (h)
Intensity
Training Score
Focus
BT
TTF
RP
Microcycles
Water test
Endur. test
Blood test


Microcycle creator
Jul 2020
Team
ESP
Microcycle
< 40 >
Macrocycle
Write here
Import week
Print pfd test
Microcycle
Tokyo
Name will be here
View
1 2
Add test
Export to calendar


20 Monday
21 Tuesday
22 Wednesday
23 Thursday
24 Friday
25 Saturday
26 Sunday
New Session
Session environment
White Water
Body Weight
Time
10:00
Type
Race
Time Zone
Asia/Tokyo
Item 1
Title
Olympic Games
Description
Heats 1
Focus
BT
TTF
RP
Quantities
V
I
TS
1.0
8.0
8.0
Location
Tokyo
Close
Empty session
Move to:
Save
Tokyo
Olympic Games
10:00
Heats 1

SEASON LIST



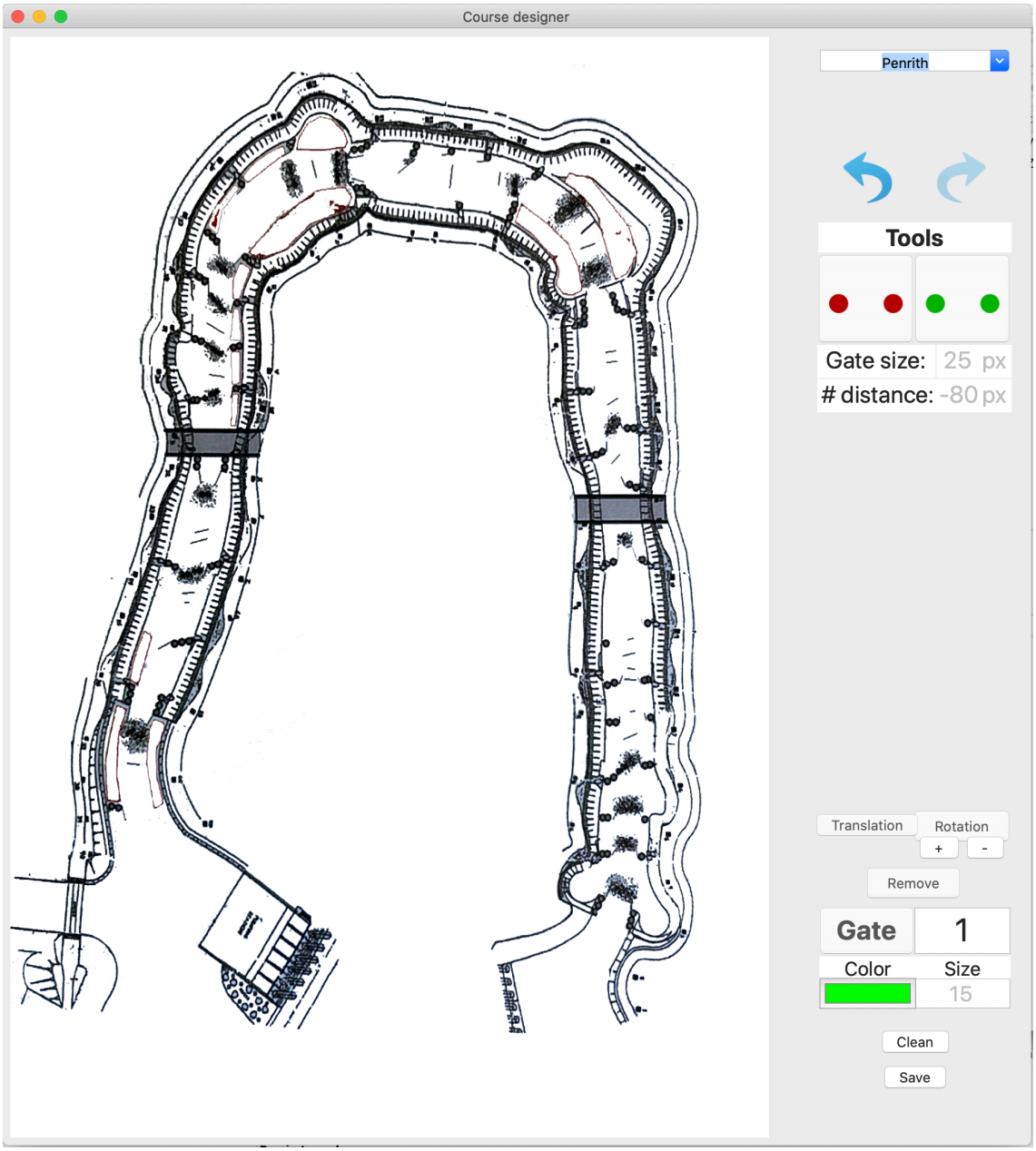
Date	Location	Water	Session type	Event	Ph./sections	Cat.	Type	BM	Course	Comme...
2019.12.07	Tacen	WW	Training	Technique	4					false
2019.12.07	Tacen	WW	Training	By sections	2					false
2019.12.10	Tacen	FW	Training	Technique	2					false
2019.12.12	Slovenia	FW	Training	Technique	5					false
2019.12.13	Tacen	WW	Training	Technique	5					false
2019.12.14	Tacen	FW	Training	Loops	3					true
2019.12.24	Pau	WW	Training	Technique	1		Changing			false
2019.12.26	Pau	WW	Training	By sections	3					true
2019.12.27	Pau	WW	Training	Technique	7					false
2020.01.11	Slovenia	FW	Training	Technique	2		8 Test			true
2020.01.16	Penrith	WW	Training	Free	1					true
2020.01.16	Penrith	WW	Training	Technique	1		Changing			true
2020.01.17	Penrith	WW	Training	By sections	2					true
2020.01.18	Penrith	WW	Training	By sections	2					false
2020.01.18	Penrith	WW	Training	Technique	3		8 Test			true
2020.01.19	Penrith	WW	Training	By sections	4					true
2020.01.21	Penrith	WW	Training	Loops	3					true
2020.01.21	Penrith	WW	Training	Technique	3					false
2020.01.22	Penrith	WW	Training	By sections	3					true
2020.01.22	Penrith	WW	Training	Technique	5					true
2020.01.23	Penrith	WW	Training	By sections	2					true
2020.01.23	Penrith	WW	Training	Technique	3		Consistency			true
2020.01.24	Penrith	WW	Training	Loops	1					true
2020.01.25	Penrith	WW	Training	By sections	4					true
2020.01.25	Penrith	WW	Training	Technique	3					true
2020.01.26	Penrith	WW	Training	By sections	4					true
2020.01.26	Penrith	WW	Training	Technique	3					true
2020.01.27	Test	WW	Training	By sections	4					false
2020.01.28	Penrith	WW	Training	By sections	3					true
2020.01.28	Penrith	WW	Training	Technique	3					true
2020.01.29	Penrith	WW	Training	Loops	1					false
2020.01.30	Penrith	WW	Training	By sections	7					false
2020.01.31	Penrith	WW	Training	By sections	2					false
2020.01.31	Penrith	WW	Training	Free	1					true
2020.01.31	Penrith	WW	Training	Technique	3					false
2020.02.01	Penrith	WW	Training	By sections	4					false
2020.02.01	Penrith	WW	Training	Full runs	3					false
2020.02.01	Penrith	WW	Training	Technique	1		Changing			true
2020.02.02	Penrith	WW	Training	Full runs	4					false
2020.02.02	Penrith	WW	Training	Technique	1		Changing			true
2020.02.02	Penrith	WW	Training	Technique	2					true
2020.02.04	Penrith	WW	Training	By sections	3					false
2020.02.04	Penrith	WW	Training	Free	1					true
2020.02.04	Penrith	WW	Training	Technique	4					true

STATISTICS

Soon

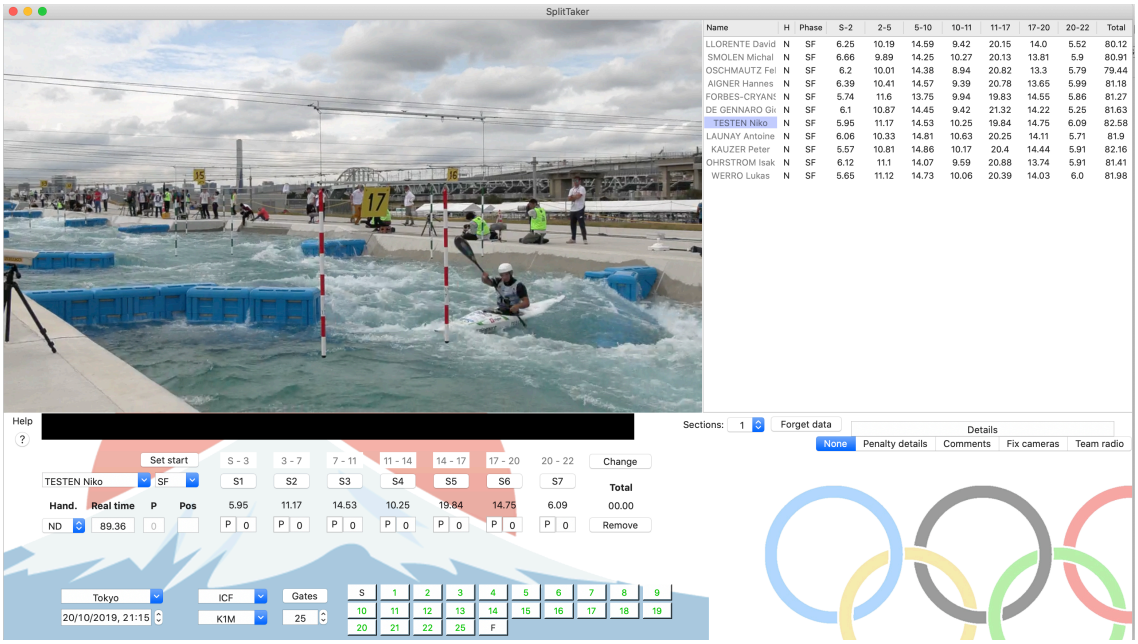
COURSE DESIGNER

Old prototype. There is a better one in the iOS app.

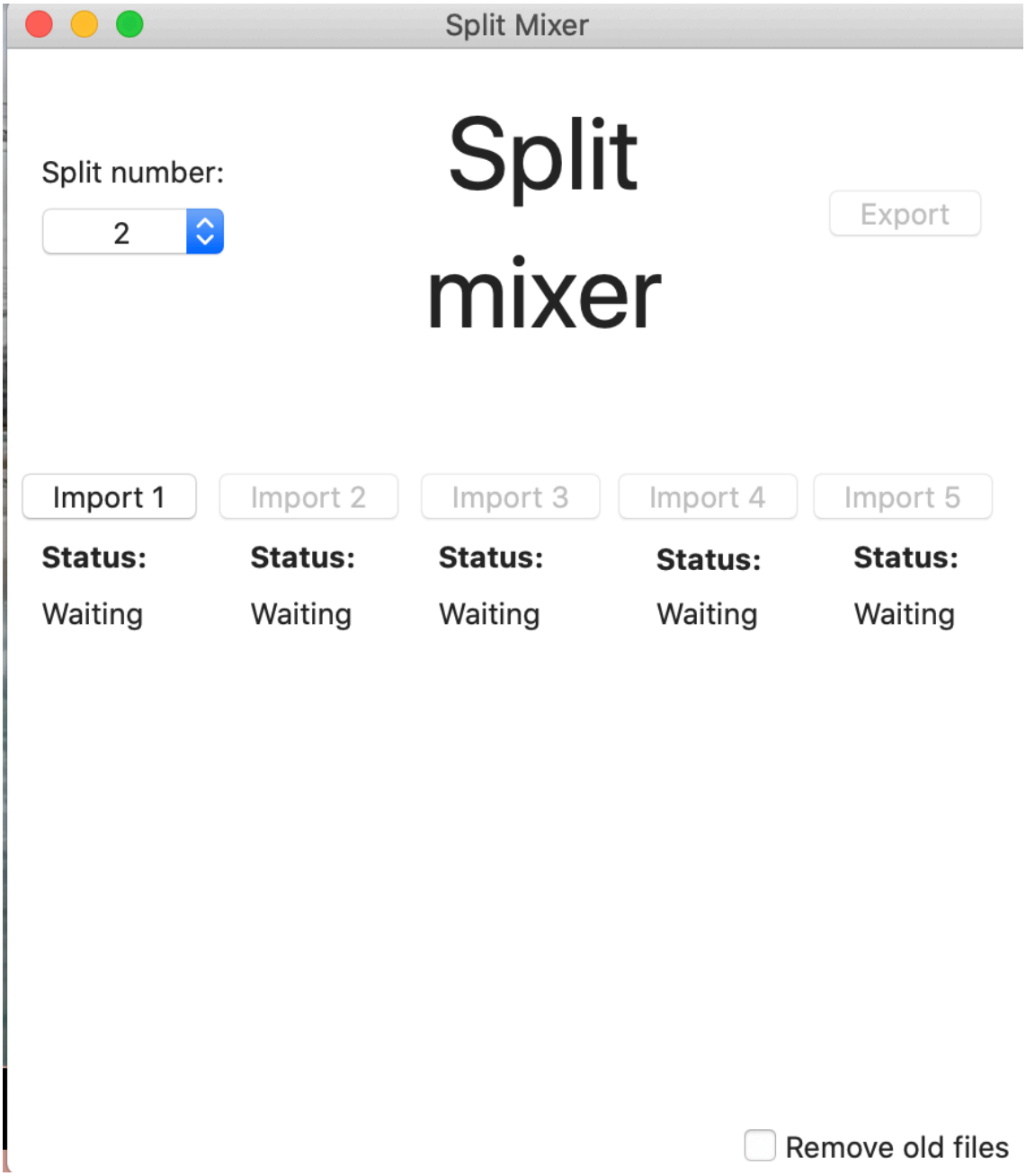

Course designer
Penrith
Tools
Gate size: 25 px
distance: -80 px
Translation
Rotation
+
-
Remove
Gate
1
Color
Size
15
Clean
Save

SPLITS

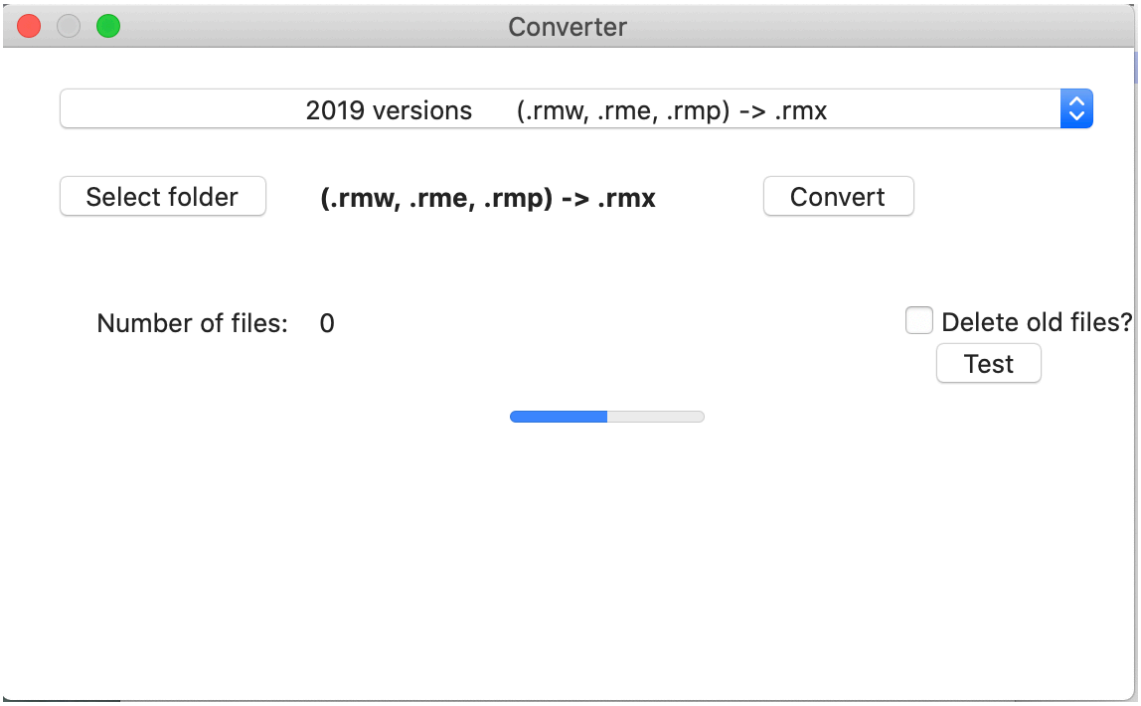
SPLITTAKER



SPLIT MIXER

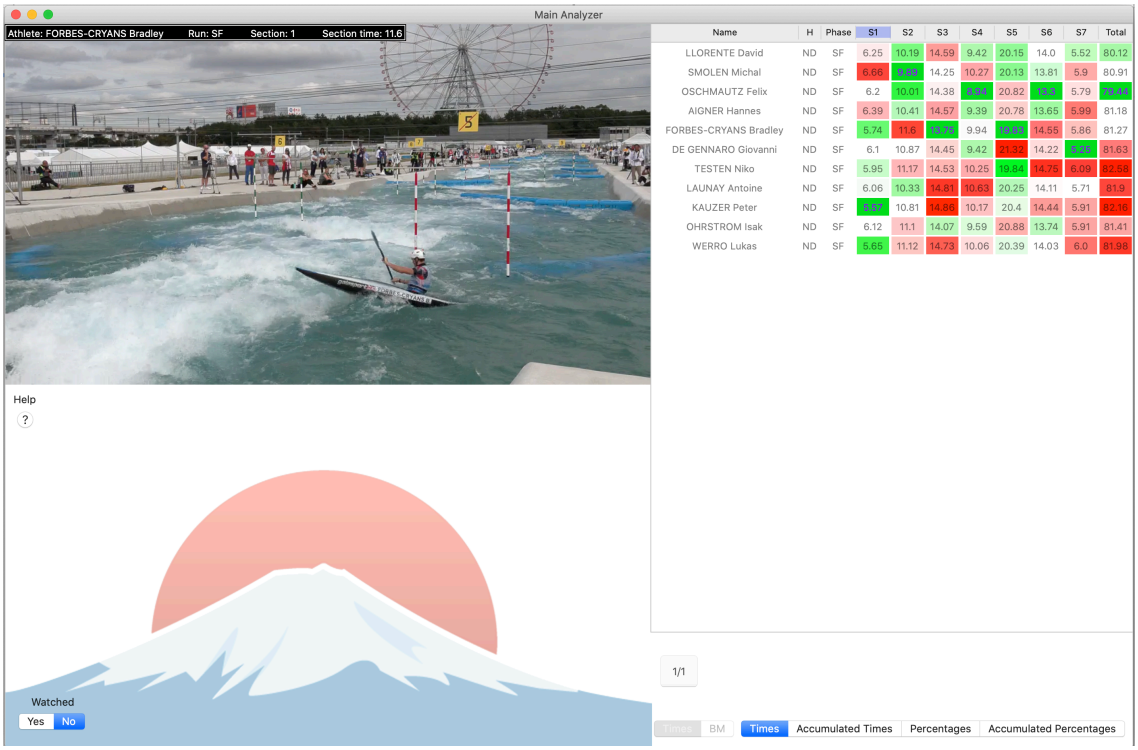


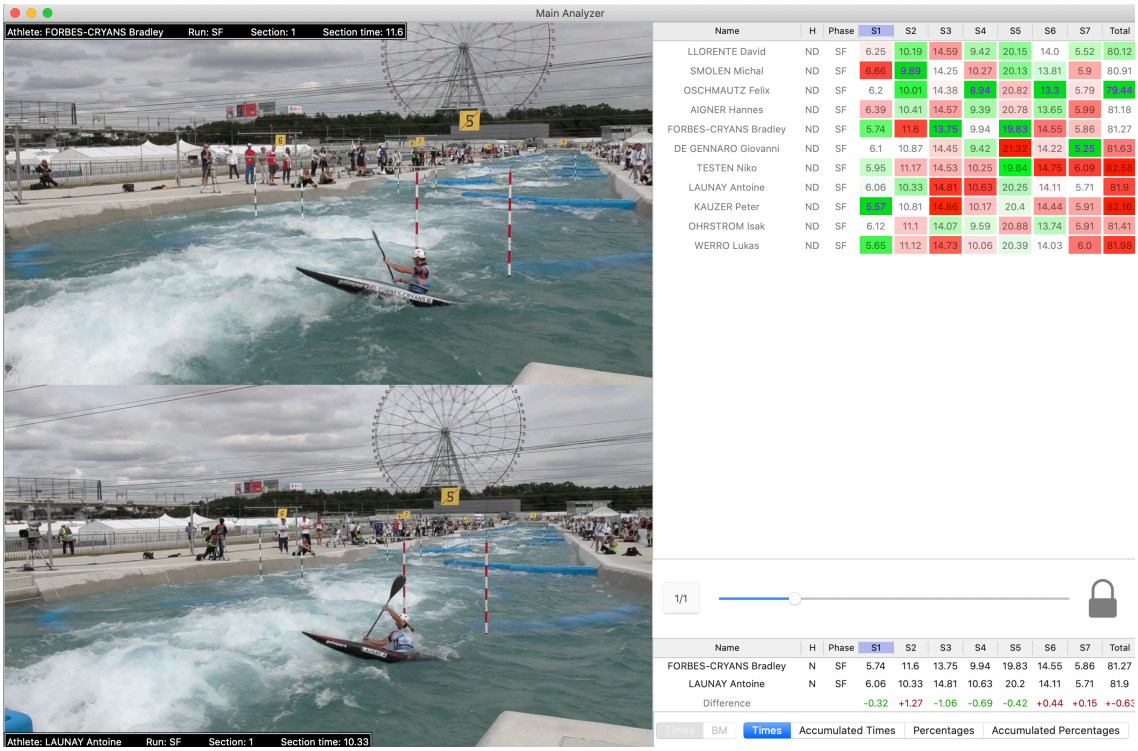
CONVERSIONS

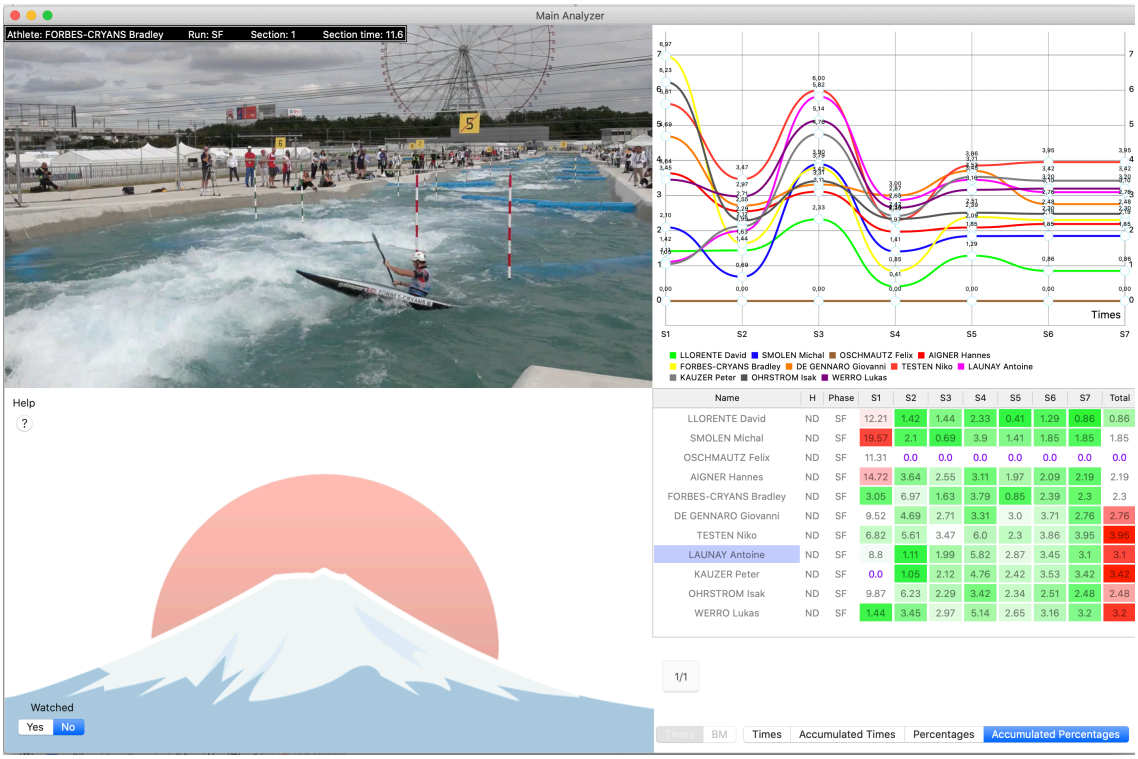

Converter
2019 versions (.rmw, .rme, .rmp) -> .rmx
Select folder
(.rmw, .rme, .rmp) -> .rmx
Convert
Number of files: 0
Delete old files?
Test

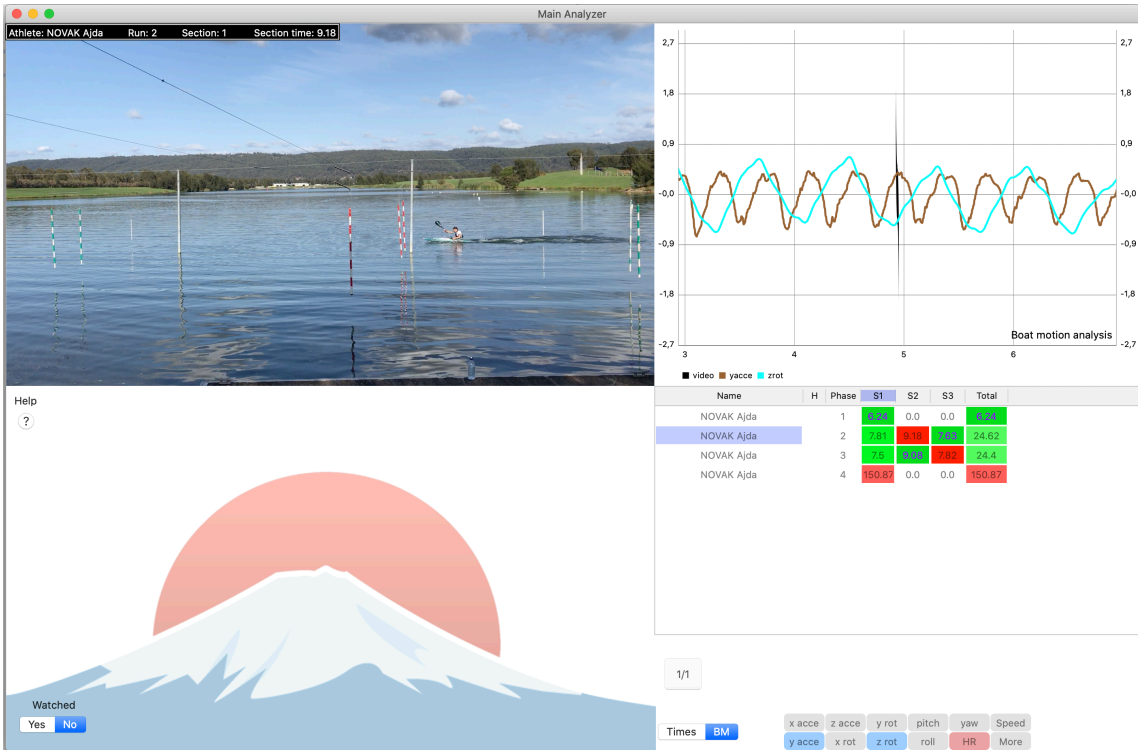
ANALYZER

MAIN ANALYZER



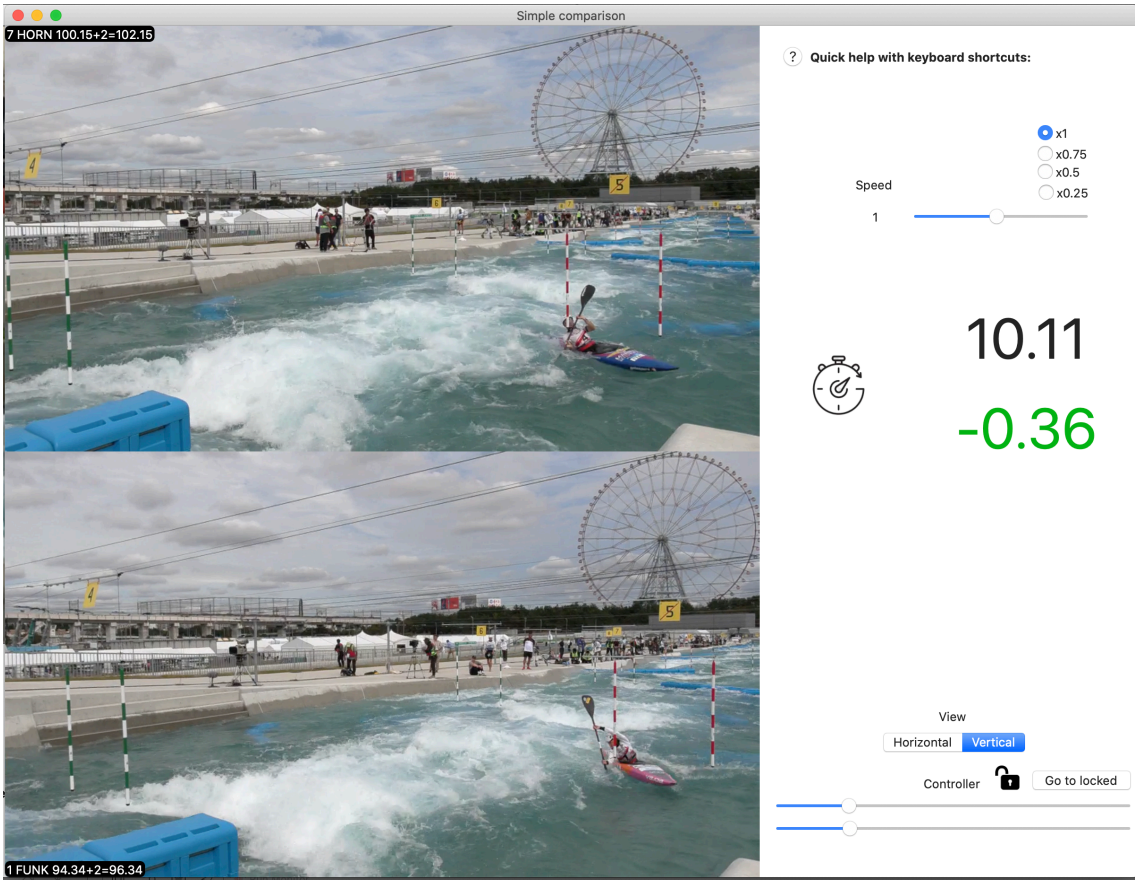

Main Analyzer
Athlete: FORBES-CRYANS Bradley Run: SF Section: 1 Section time: 11.6
Athlete: LAUNAY Antoine Run: SF Section: 1 Section time: 10.33
Name H Phase S1 S2 S3 S4 S5 S6 S7 Total
LLORENTE David ND SF 6.25 10.19 14.59 9.42 20.15 14.0 5.52 80.12
SMOLEN Michal ND SF 6.66 8.69 14.25 10.27 20.13 13.81 5.9 80.91
OSCHMAUTZ Felix ND SF 6.2 10.01 14.38 8.94 20.82 14.3 5.79 79.44
AIGNER Hannes ND SF 6.39 10.41 14.57 9.39 20.78 13.65 5.99 81.18
FORBES-CRYANS Bradley ND SF 5.74 11.6 13.75 9.94 19.83 14.55 5.86 81.27
DE GENNARO Giovanni ND SF 6.1 10.87 14.45 9.42 21.32 14.22 5.35 81.63
TESTEN Niko ND SF 5.95 11.17 14.53 10.25 19.84 14.75 6.09 82.58
LAUNAY Antoine ND SF 6.06 10.33 14.81 10.63 20.25 14.11 5.71 81.9
KAUZER Peter ND SF 5.97 10.81 14.86 10.17 20.4 14.44 5.91 82.16
OHRSTROM Isak ND SF 6.12 11.1 14.07 9.59 20.88 13.74 5.91 81.41
WERRO Lukas ND SF 5.65 11.12 14.73 10.06 20.39 14.03 6.0 81.98
1/1
Name H Phase S1 S2 S3 S4 S5 S6 S7 Total
FORBES-CRYANS Bradley N SF 5.74 11.6 13.75 9.94 19.83 14.55 5.86 81.27
LAUNAY Antoine N SF 6.06 10.33 14.81 10.63 20.2 14.11 5.71 81.9
Difference -0.32 +1.27 -1.06 -0.69 -0.42 +0.44 +0.15
Times BM Times Accumulated Times Percentages Accumulated Percentages


Main Analyzer
Athlete: FORBES-CRYANS Bradley Run: SF Section: 1 Section time: 11.6
Times
S1 S2 S3 S4 S5 S6 S7
LLORENTE David SMOLEN Michal OSCHMAUTZ Felix AIGNER Hannes
FORBES-CRYANS Bradley DE GENNARO Giovanni TESTEN Niko LAUNAY Antoine
KAUZER Peter OHRSTROM Isak WERRO Lukas
Help
Watched
Yes No
Name H Phase S1 S2 S3 S4 S5 S6 S7 Total
LLORENTE David ND SF 12.21 1.42 1.44 2.33 0.41 1.29 0.86 0.86
SMOLEN Michal ND SF 19.57 2.1 0.69 3.9 1.41 1.85 1.85 1.85
OSCHMAUTZ Felix ND SF 11.31 0.0 0.0 0.0 0.0 0.0 0.0 0.0
AIGNER Hannes ND SF 14.72 3.64 2.55 3.11 1.97 2.09 2.19 2.19
FORBES-CRYANS Bradley ND SF 3.05 6.97 1.63 3.79 0.85 2.39 2.3 2.3
DE GENNARO Giovanni ND SF 9.52 4.69 2.71 3.31 3.0 3.71 2.76 2.76
TESTEN Niko ND SF 6.82 5.61 3.47 6.0 2.3 3.86 3.95 3.95
LAUNAY Antoine ND SF 8.8 1.11 1.99 5.82 2.87 3.45 3.1 3.1
KAUZER Peter ND SF 0.0 1.05 2.12 4.76 2.42 3.53 3.42 3.42
OHRSTROM Isak ND SF 9.87 6.23 2.29 3.42 2.34 2.51 2.48 2.48
WERRO Lukas ND SF 1.44 3.45 2.97 5.14 2.65 3.16 3.2 3.2
1/1
Times BM Times Accumulated Times Percentages Accumulated Percentages

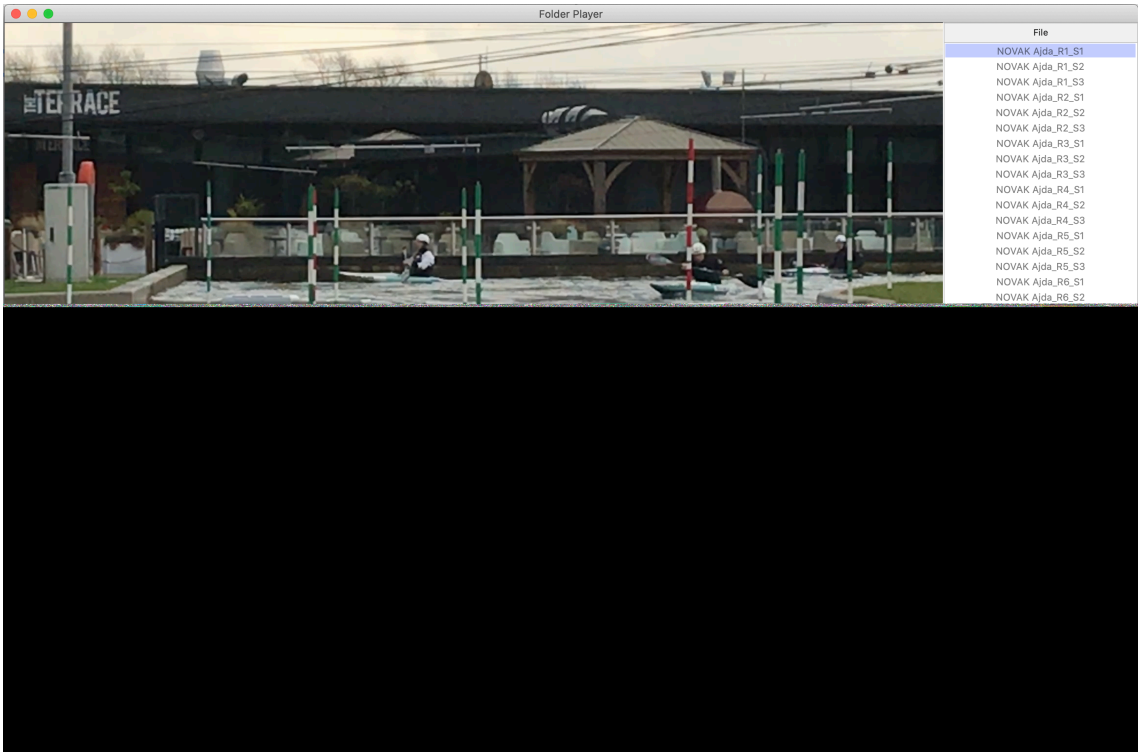


SPLIT TABLE

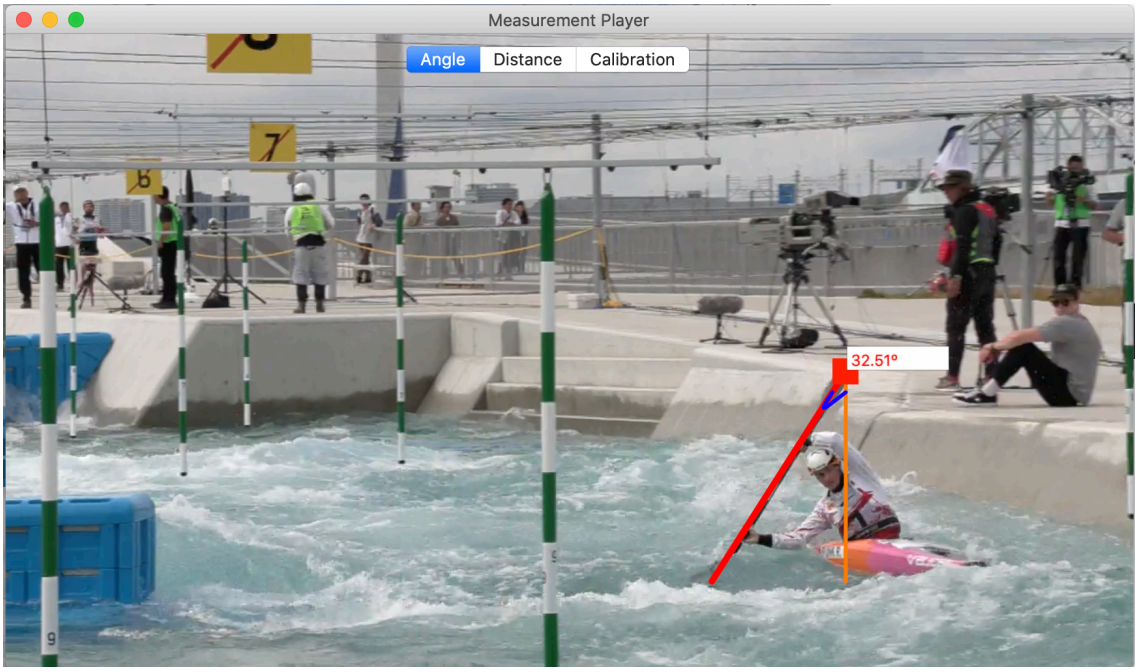
SIMPLE COMPARISON



FOLDER PLAYER

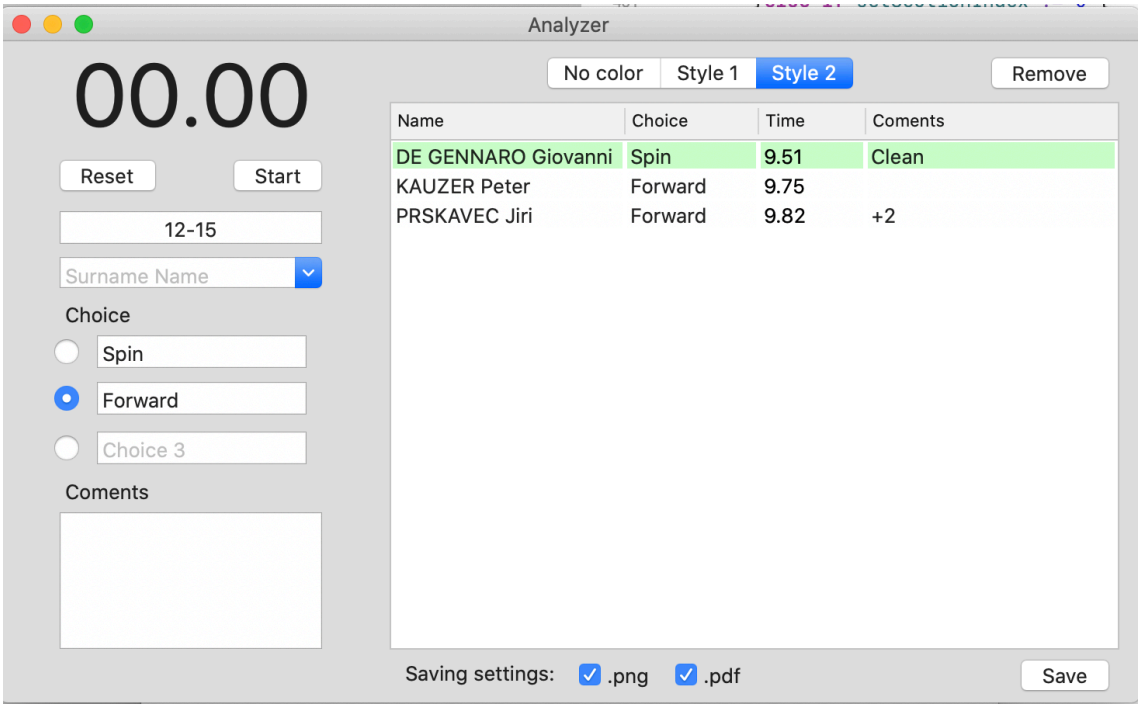


MEASUREMENT PLAYER

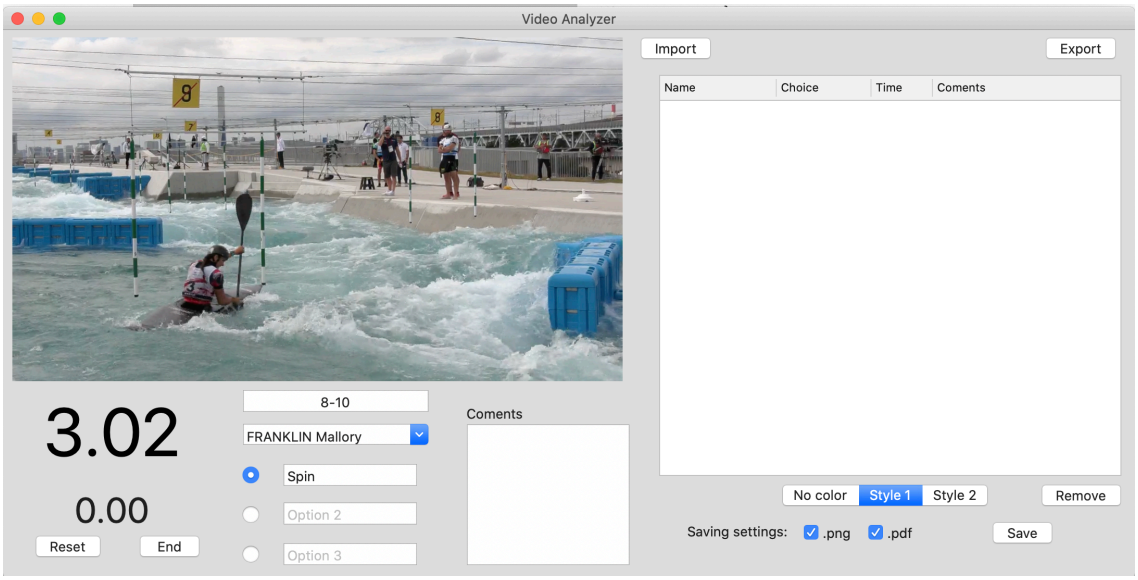


OPTIONS ANALYZER

LIVE ANALYZER



VIDEO ANALYZER



BOAT MOTION

BOAT MOTION

BOAT MOTION PRO

TESTS

8 TEST

SPRINT TEST