MySportTraining

Palm OS® User's Guide

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MySportTraining® is a registered trademark of VidaOne, Inc.

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.

Information	Cardio-vascular	Strength training
Duration	✓	✓
Calories	✓	✓
Fat	✓	✓
Exercises (sets, reps)		✓
Location		✓
Course (place, distance, pace, etc.)	✓	
Intervals (duration, recovery, etc.)	✓	
Heart monitoring data	✓	✓
Notes	✓	✓

Table 1: Information per workout type.

1.2. Requirements

MySportTraining requires the following:

- Palm OS 3.5 or newer
- About 500 KB of available memory.

MySportTraining runs at ease in either normal screen (160x160) resolution or high-screen (320x320) screen resolutions. Other resolutions are also fully supported: 320x480 and 480x320 (landscape).

1.3. Additional Exercise Series

MySportTraining comes with 40 illustrated strength training exercises. You can purchase additional illustrated exercise series which are integrated into MySportTraining. This is ideal is you wish to add variety to your strength training workouts or to focus on specific muscle groups, such as shoulders, abs, back, etc or use different types of exercises such as ball or plyometrics.

These exercise series are available at http://www.vidaone.com/mstpixseries.htm. **Please make sure to use MySportTraining 3.3.0 or newer.**

POLAR. 1.4. MySportTraining Polar

Many active or sport-oriented people have discovered the benefit of using a Polar® heart rate monitor. **MySportTraining Polar** is an extension allows you to download your workout data via infrared from a the Polar heart rate monitor S series right into your Palm OS and to chart it in a snap. Find more at http://www.vidaone.com/mstpolar_palm.htm.
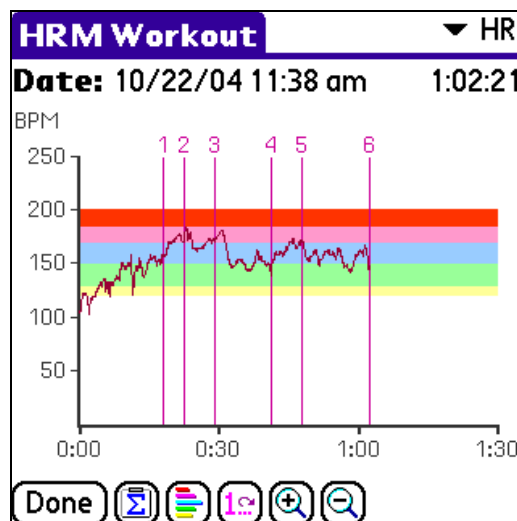
Figure 1: MySportTraining Polar allows you to download workouts from Polar® heart rate monitors (S series) right into MySportTraining.

1.5. VidaOne Diet & Fitness for Windows XP/Vista

MySportTraining can synchronize via HotSync to VidaOne Diet & Fitness (http://www.vidaone.com/vodf_win.htm), which runs on Windows XP and Vista. It provides the same features found in the Palm OS version, but it also allows you to further customize your activities, add new data fields, track your meals and follow a diet. It is the perfect complement to MySportTraining for tracking your sports.

What's more, it provides a **HotSync® conduit** so that all workouts are seamlessly synchronized automatically.
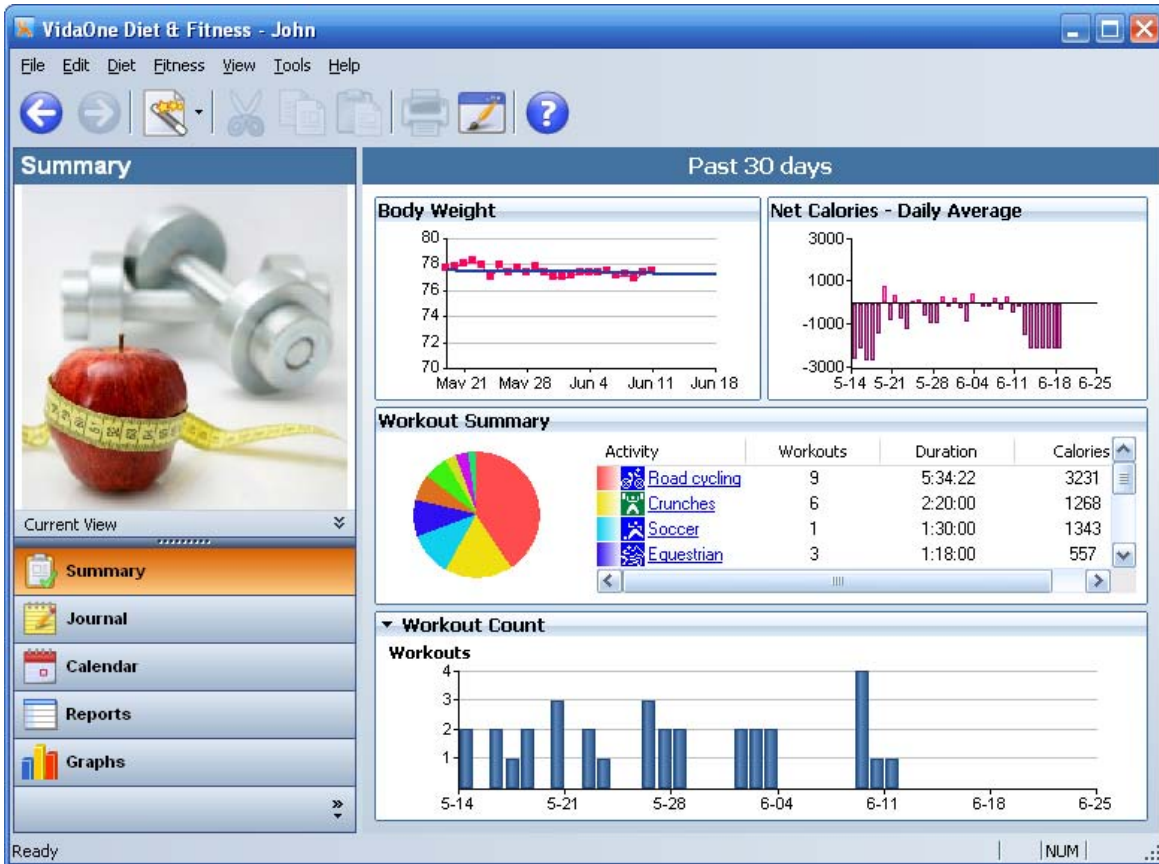
1.6. MyPersonalDiet

MyPersonalDiet (http://www.vidaone.com/mpd_palm.htm) is a Palm application designed to help you manage your weight, fitness and health by defining, tracking and monitoring your own diet and nutrients that matter to you. If you want to lose (or gain) weight, or if you need to follow a special diet (and track specific nutrients), you should also take a look at MyPersonalDiet, as a great companion to MySportTraining.
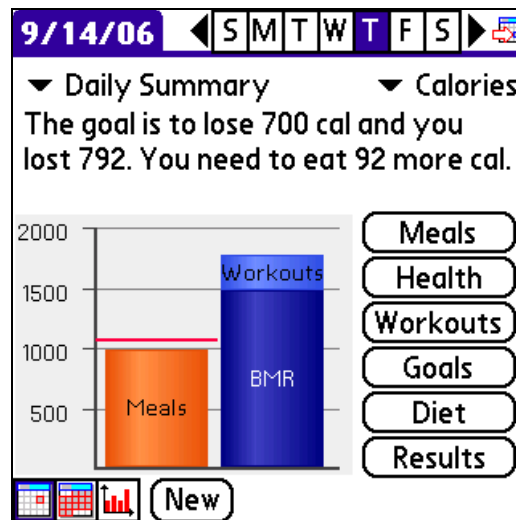
Figure 2: MyPersonalDiet shares data with MySportTraining and is ideal tot rack your weight and all the details (that matter to you) of the food you consume..

Although MyPersonalDiet and MySportTraining are standalone applications, they share workout and health data. For instance: if you enter a workout in MySportTraining, it will show up in MyPersonalDiet. This data share is automatic and there is no special setting to enter. **Please make sure to use MySportTraining 3.2.7 or newer.**

However, because the data is shared, you must be very careful if you choose to remove either application:

- If **MySportTraining** was installed and used before MyPersonalDiet:

    o Removing MySportTraining will remove workouts and health data, and only the meal information will remain. **If you wish to keep your workouts, do not uninstall MySportTraining.**

    o Removing MyPersonalDiet will leave the workout and health data intact, and only the meal data will be removed. You will be able to access your workouts and health information from MySportTraining.

- If **MyPersonalDiet** was installed and used before MySportTraining:

o Removing MyPersonalDiet will remove all data (workouts, health records and meals). **If you wish to keep your workouts, do not uninstall MyPersonalDiet.**

o Removing MySportTraining will not remove any data. You will be able to access workouts, health records and meals in MyPersonalDiet.

1.7. Installation and Registration

Installation

To install MySportTraining, following these simple steps:

- Make sure your Palm OS is connected to your desktop.

- Download and install the software on your desktop from: http://www.VidaOne.com/download/Mst_Palm.prc.

- On your desktop, double-click on **Mst_Palm.prc**. This will show the Palm Quick Install window.

- Perform a HotSync synchronization. This will install MySportTraining on your PDA.

You are then ready to use MySportTraining on your PDA! To run it, tap on the MySportTraining icon. You will be prompted to enter your profile, which enables MySportTraining to perform various calculations when you enter workouts.

Trial Mode

Until registered, MySportTraining 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 3: MySportTraining in trial mode.

Tap **Register Later** to close the window and use MySportTraining. After the 10-day trial mode, the software will remind you that the trial is expired. You can still use the software, but some functions will no longer be available. All the data you've entered is

nonetheless fully maintained, and upon entering a registration key (more on this in a second), you will be able to access your data and all the features of the software.

> **Note**
>
> If you decide to un-install MySportTraining, you will lose all the data you've entered.

Registration

A registration key must be purchased to continue using the software beyond the trial mode period. To purchase a registration key, visit www.VidaOne.com/mst_palm.htm. Shortly after purchasing the software, you will receive an email with the registration key.

> **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

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.

Do not 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.
> 16776 Bernardo Ctr. Dr.
> Suite 203
> San Diego, CA 92128

2. Views

MySportTraining is based on views, pretty much like the popular Calendar application. There are four views, all explained in the following sections: daily, monthly, report and charts.

2.1. The Daily View

The Daily view shows you all the workouts and health data for any given day (see Figure 4, Figure 5, Figure 6, and Figure 7). You can access the Daily view at any time by tapping the ▦ icon at the bottom of any view.
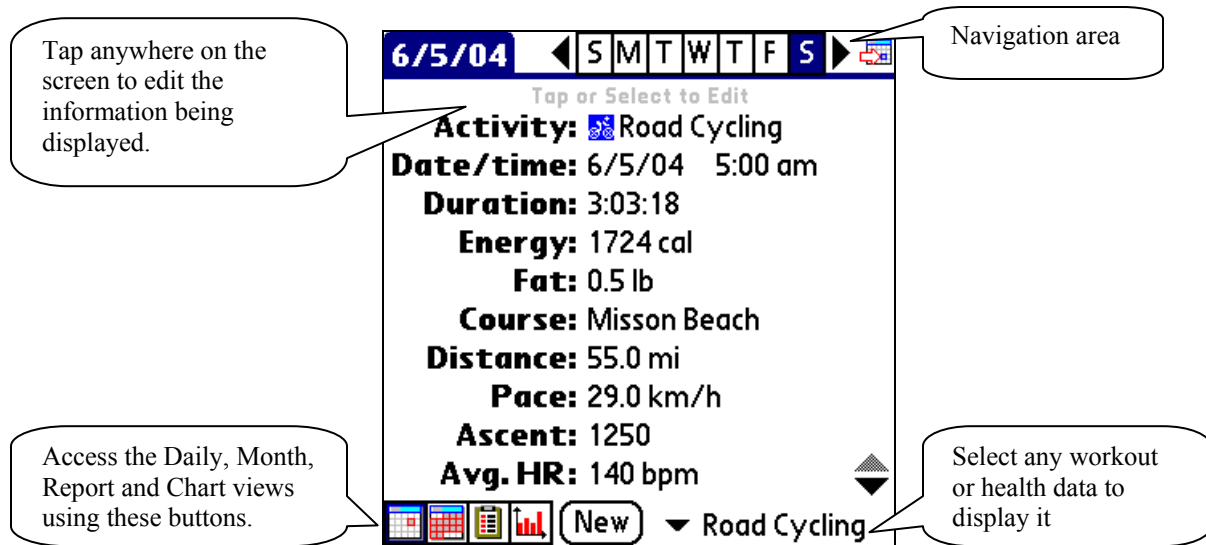
Figure 4: The Daily view, showing a workout. Tap New to add a workout or health data, or tap on the information being displayed to edit it.

The **navigation area** allows you to choose another date. You can tap on any of the series of letters, each letter representing a day of the week (in Figure 2, M stands for Monday, T for Tuesday, etc.). You can also tap the left and right arrows to go to the previous and next day respectively, or the Today button ▦.

The view displays the information about one workout or health record (one at a time). If you exercised more than once during the day (as shown in Figure 4) or if you have entered some health data, you can choose what to display using the selection at the bottom (which displays "Road cycling" in the figure above). The figures on the following pages show the workout and health data entry screens. See section 3 for more information about using them.

In the Daily view, the menu allows you to add a workout, duplicate a workout or health record (to another date and time) or delete a workout or health record. A command bar is available and displays shortcuts for the duplicate and delete operations.
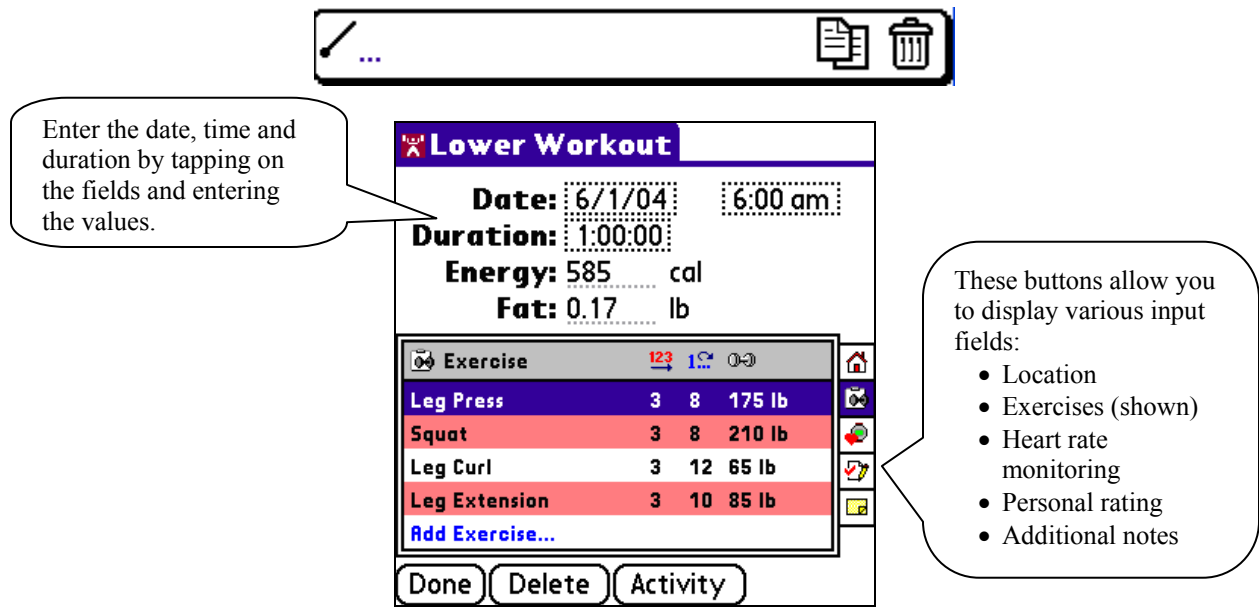
Enter the date, time and duration by tapping on the fields and entering the values.

Lower Workout

Date: 6/1/04   6:00 am
Duration: 1:00:00
Energy: 585   cal
Fat: 0.17   lb

Exercise	123	1	0
Leg Press	3	8	175 lb
Squat	3	8	210 lb
Leg Curl	3	12	65 lb
Leg Extension	3	10	85 lb
Add Exercise...			

[Done] [Delete] [Activity]

These buttons allow you to display various input fields:
- Location
- Exercises (shown)
- Heart rate monitoring
- Personal rating
- Additional notes

Figure 5: The Daily view, showing a strength training workout ("Lower").

Road Cycling Workout

Date: 6/5/04   8:00 am
Duration: 1:00:00
Energy: 358   cal
Fat: 0.1   lb

Course: ▼ Miramar Lake
Distance: 15   ▼ km
Pace: 15   ▼ km/h
Ascent:

[Done] [Delete] [Activity]

The energy and fat burnt are automatically calculated based on your profile, workout duration and effort. You can also enter the values.

Select distance and pace units as you see fit, and the pace will automatically be calculated!

Figure 6: The Daily view, showing a cardio-vascular – aerobic – workout ("Road Cycling").

Figure 7: The Health data entry screen in the Daily view.

2.2. The Monthly View

The Monthly view shows a calendar, allowing you to quickly identify which days you worked out (see Figure 8). Some call it their training-at-a-glance view. You can access the Monthly view at any time by tapping the ▦ icon at the bottom of any view.
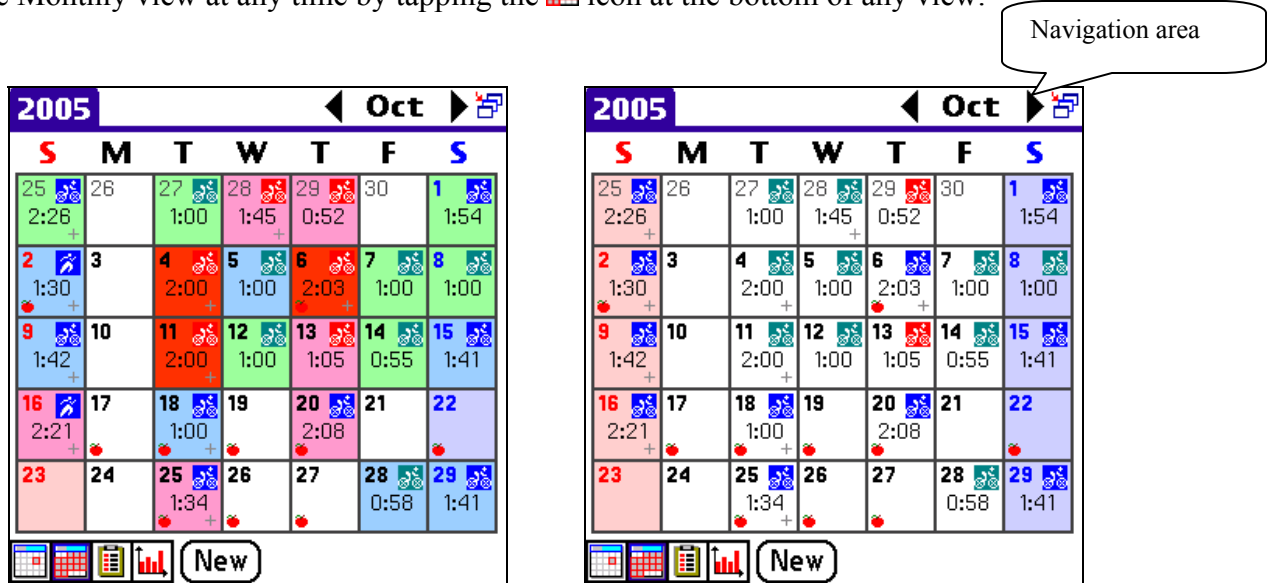
Navigation area

Figure 8: The Monthly view. The colors represent the effort of each workout if the color option is on. The figure on the right shows the same view with the color option off.

At the top, the **navigation area** allows you to choose any month. The arrows show the pervious and next month, whereas the ⊟ icon shows the current month. Tap on the month name (e.g. "Jun") to display the standard "Go To Date" window in order to choose another month and/or year.

In the **calendar area**, 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 5.2 regarding preferences).

For multi-workout days, the workout duration is followed by an exclamation mark. The icon, color and time are from either the longest or hardest workout (see section 5.2 regarding preferences).

2.3. The Report View

The Report view allows you to see a list of workouts for a specific period of time (see Figure 9). You can access the Report view at any time by tapping the 📋 icon at the bottom of any view.

Choose what period to display and the data is automatically updated.

Tap on any entry to edit it.

Figure 9: The Report view.
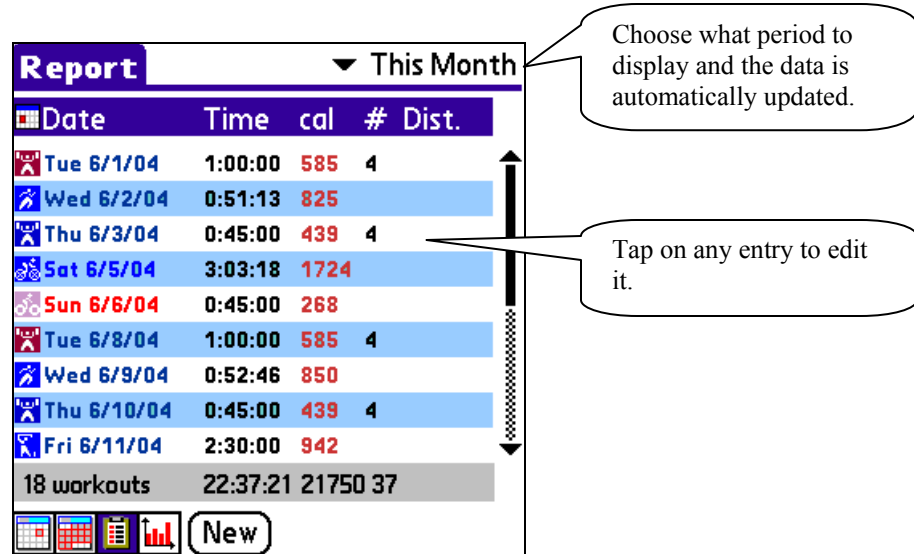
There are several pre-defined periods to choose from:

- Today
- This week
- This month
- This year
- Last week
- Last month
- Last year
- Past 7 days
- Past 30 days
- Past 3 months
- Past 6 months
- Past 12 months

Once a period is chosen, the report is generated (as shown in Figure 9). Each line shows a single workout. Changing the period again automatically updates the report.

2.4.   The Chart View

The Chart view shows various graphs of your workouts and health over any period of time (Figure 10). 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 Chart view at any time by tapping the ᵘᵘˡ icon at the bottom of any view.
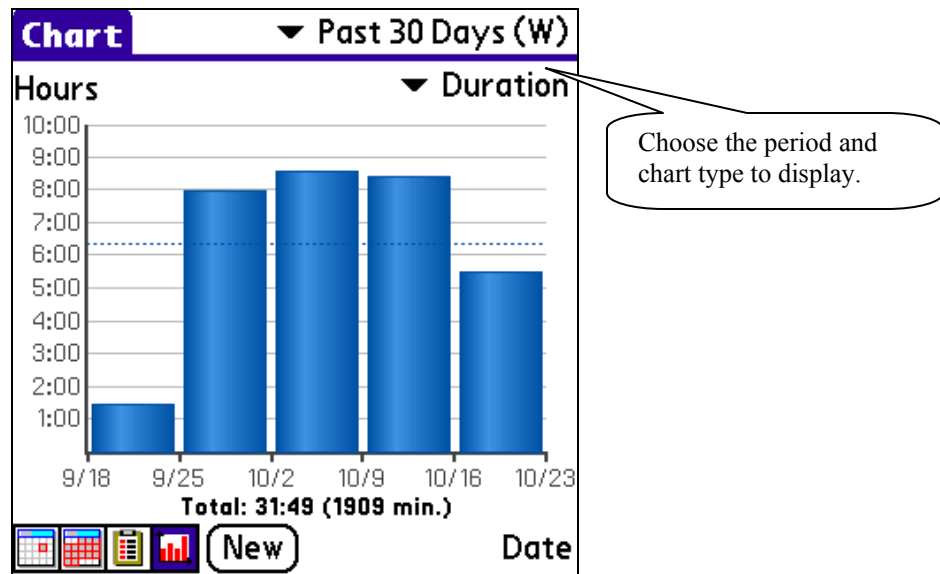

Figure 10: The Chart view, showing the hours per date for the month of March 2001.

To display a chart, simply choose from the list the type of chart to see. There are 15 charts to choose from:

- **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). The pace is based on the actual workouts' 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).
- **Energy Intake** (purple) **and Expenditure** (yellow), based on the Energy workout and health fields and optionally, your Basal Metabolic Rate.
- **Body Weight**, based on the Weight health field.
- **Body Fat**, based on the Body Fat health field.
- **Blood Pressure**, based on the Blood Pressure health field.
- **Resting Heart Rate**, based on the Resting Heart Rate health field.

When the **Pace** chart is selected, a **Show…** button appears next to the **New** button. Click on **Show…** to choose the activity (or all) and the unit to use ion the Pace chart.

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, by days
- Past 30 days, grouped by weeks
- Past 3 months
- Past 6 months
- Past 12 months

You can also customize the appearance of the charts (more on this in section 5.2).

3. Entering Workout and Health Data

3.1. Creating a Record

To create a workout or a health record, tap the **New** button from any view. You will be prompted to choose between **Workout** and **Health**. You can enter one or more workouts for any given day, as well as one Health record per day.

You can also make a duplicate of an existing workout or health record. From the Daily view, select the record to duplicate (a workout or health), and choose Duplicate from the menu. Then, upon choosing a date to copy the record to, the record will be copied.

3.2. Entering Workout Data

To enter a workout, you must first choose the activity (see Figure 11). The list initially shows pre-defined activities only. Tap the **My Activities** button to add, edit or delete your own activities.
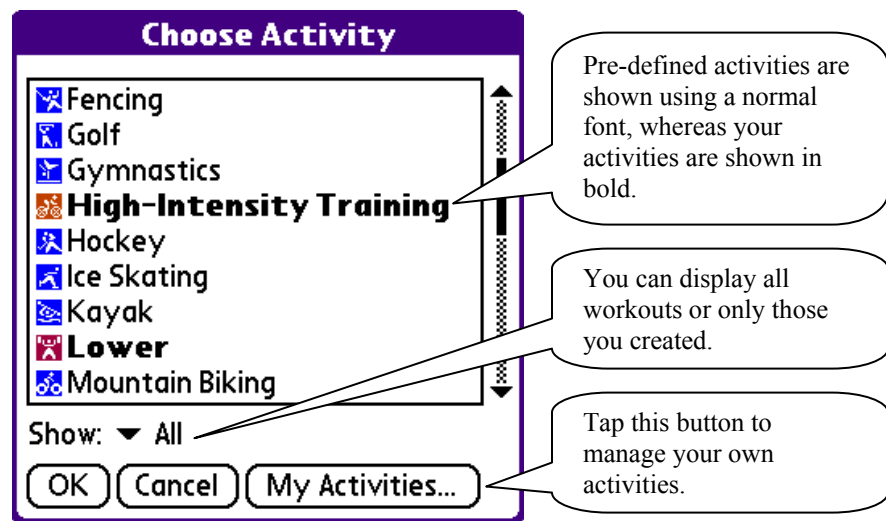
Figure 11: Adding a workout.

Then choose OK to create a workout for that activity. The related workout page will be shown on the chosen day, in the Daily view. You can then enter information about the workout (refer to Figure 5 and Figure 6):

- Enter the date and time. Each workout must occur on an unique date and time.

- Enter the duration. The format is either hour/minute/second or hour/minute, depending on the workout duration setting (see section 5.4 about the workout duration setting).

    Note that the Energy and Fat fields are automatically updated based on the duration you enter. You can change those values by editing them.
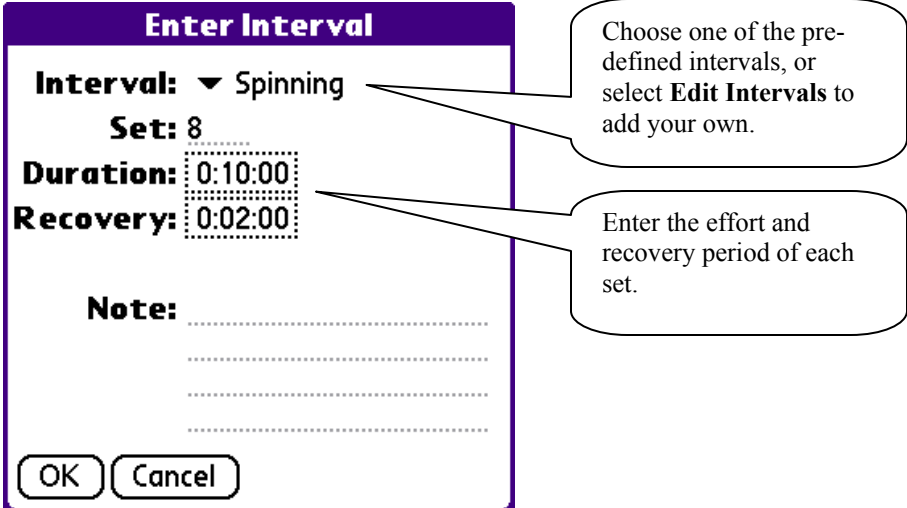
- *Cardio workout only*: choose the Route button 📇 to enter route information: course, distance, and pace. The course list's last entry is **Edit Courses**, which allows you to enter your own courses. Note that upon choosing a course, the distance and pace will reflect the course's default distance and pace.

- *Cardio workout only*: choose the Intervals button 🕒 to enter interval training data (see section Entering Cardio Training Intervals, for more information about intervals).

- *Strength training workout only*: choose the Exercises button 🏋 to enter strength training data (see section Entering Strength Training Exercises on page 19 for more information about exercises).

- *Strength training workout only*: choose the Location button 🏠 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 button ❤ to enter the average training heart rate, the target zone, and the time spent (in percentage) in the target zone.

- Choose the Rating button 📝 to enter your perceived exertion, overall rating, and energy level. **Note that changing the perceived exertion may change the Energy and Fat fields.**

- Choose the Note button 📒 to enter a note about this workout (weather, etc.)

Entering Cardio Training Intervals

You can enter interval training with cardio workouts:

- Select a cardio workout and choose the Intervals button 📋

- In the interval list, choose **Add Interval.** The interval data entry window is shown (see Figure 12).

- Select an interval from the list of pre-defined intervals. Choose **Edit Intervals** to add, edit or delete your own intervals.

- Enter the number of sets.

- Enter the duration of a set, using the specified format (e.g., H:mm:ss). 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. If the recovery period also varies from one set to another, use the **Note** field to enter more information if desired.

- Enter a note if desired.

- Choose OK to close the window.

Choose one of the pre-defined intervals, or select **Edit Intervals** to add your own.

Enter the effort and recovery period of each set.

Figure 12: 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 5.4 for more details).

Entering Strength Training Exercises

You can enter exercises for strength workouts:

- Select a strength training workout and choose the Exercises button

- In the exercise list, choose **Add Exercise**. The exercise data entry window is shown (see Figure 13).

- Select an exercise from the list of pre-defined exercises. Upon choosing an exercise, the weight ("**Wt**") field will reflect the exercise's default unit. Tap on **Muscles** to display the muscle chart (see Figure 14); you can then tap on any (colored) muscle group in order to display a list of related exercises. Simply choose an exercise to close the muscle chart. Note that the exercises that are shown are those whose muscle group(s) include the one you tapped upon. If no exercises are found, the message "There is no exercise found for this muscle group" is displayed.

Choose one of the pre-defined exercises, or select **Edit Exercises** to add your own.

Select this option in order to enter rep and weight for each individual set (e.g., for reduced sets).

A picture showing how to conduct predefined exercise is shown. The picture is in color on high-resolution screens, and in black-and-white on low-resolution (160x160)

Figure 13: The Exercise data entry window on a high-resolution screen.

Figure 14: The muscle chart can be used to see a list of exercises for a particular muscle group.

- Enter the number of sets. The number of sets is limited to five (5). If you do more sets, add the exercise again in the exercise list.

- Select **Show each set** if you want to enter the repetition and weight for each individual set. This is useful if, for instance, you use reduced sets, where the first set is a little lighter (to warm up) than the remaining sets. Don't select this option if you use the same repetition and weight for each set.

- Enter the number of repetitions and weight. If those numbers vary from one set to another, select **Show each set** as explained above.

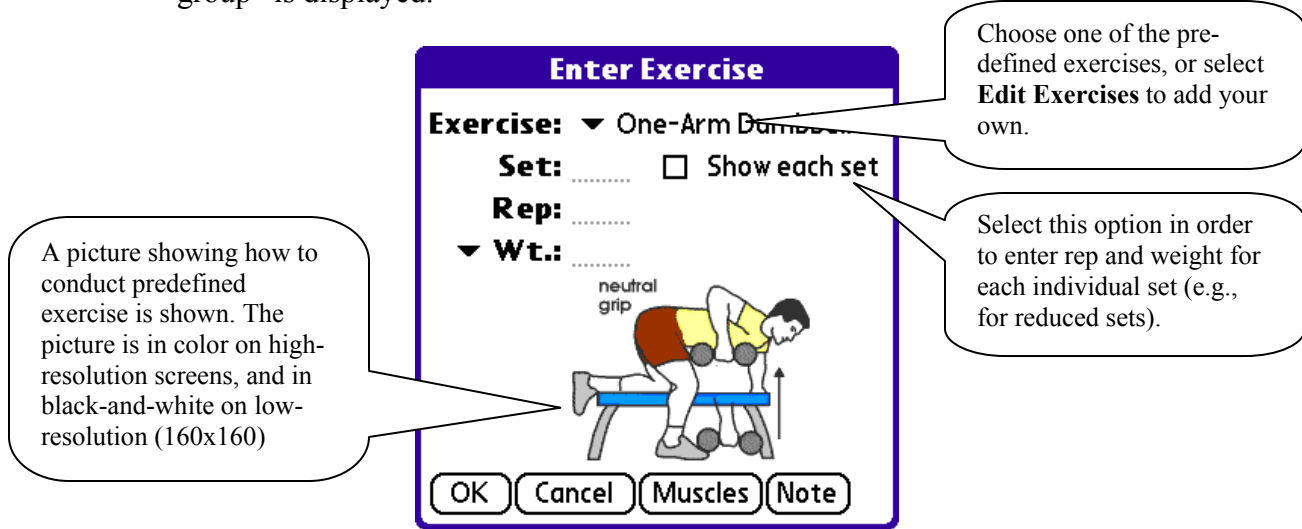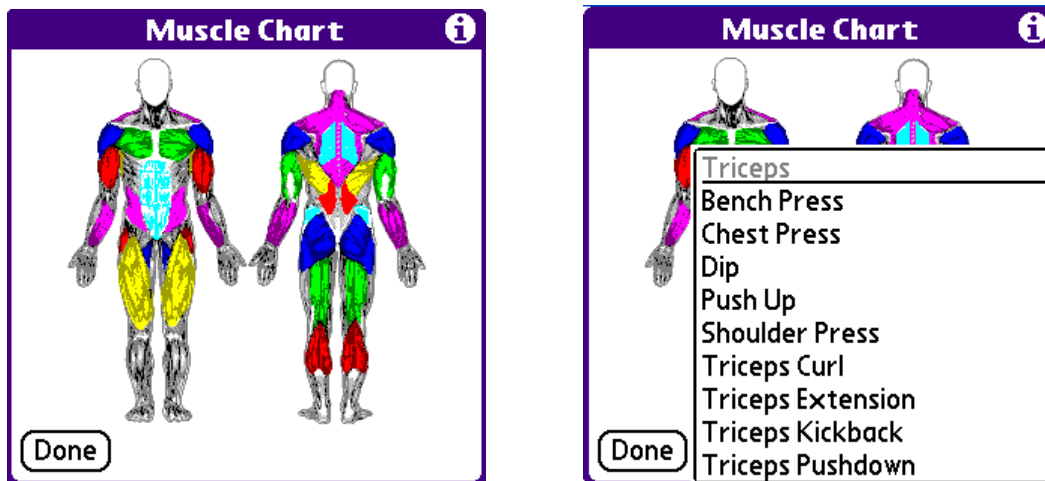- Enter the units. Simply remember to use the same unit when entering other instances of that exercise. If the weight varies from one set to another, use to Note field to enter more information if desired.

- Enter an optional note if needed.

- Choose OK 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 5.4).

Using Additional Exercises Series

As mentioned in section 1.3, additional exercise series can be purchased. When several exercise series are installed, the list of exercise can be quite long. As a result, while in the **Enter Exercise** screen, choose **Menu > Options > Exercise Series** to choose which exercise series should be shown or hidden – provided additional series have previously been and installed. That enables you to conveniently limit the number of entries in the exercise list.

More About Intervals and Exercises

For a given workout, tap-and-holding an interval or exercise in the respective list shows a menu that allows you to:

- Edit the interval/exercise (see below for more information).

- Chart the most recent entries for that exercise or intervals (see below for more information).

- Scratch/un-scratch an item. This is useful if you skip an exercise/interval but want to keep an entry for it regardless.

- Move the interval/exercise up in the list.

- Move the interval/exercise down in the list.

- Delete the interval/exercise.

Editing a Workout

To edit a workout, simply select the workout to edit. Directly modify any values you want to change, as you would when entering workout data.

Charting Intervals and Exercises

Interval and exercise charts show the past recent occurrences and allow you to see your progression. Note that those charts are not accessible from the Chart view.

To see such a chart, tap-and-hold an interval or an exercise, and choose Chart:

- Intervals are shown with duration in red and recovery in blue. The actual duration is either the total duration (set * time) or the duration itself, depending on the related setting (see the description of display options in section 5.2).

- Exercises are shown using either the weight itself or the total weight (set * rep * weight), depending on the related setting (see the description of display options in section 5.2). 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.

3.3.   Browsing Intervals, Exercises, Courses, and Locations

Whenever you can choose an interval, exercise, course or location from a list, the last entry is always *Edit* (e.g. *Edit Intervals*). This allows you to add, edit or delete your own items. You can enter as many items as you want.

You can also edit these items from the Daily's Edit menu, without having to edit a workout.

Exercises and courses allow you to enter other fields:

- For an exercise, you can enter a default weight unit (in order to ensure consistency when adding instances of that exercise and when charting the weight progression). You can also specify the muscle group(s) emphasized by the exercise by tapping the Checklist button ⬚ (see Figure 15). This in return allows you to identify exercises by muscle group (see Entering Strength Training Exercises for details).

- For a course, you can enter a default distance, distance unit, and a default pace. Those values are automatically entered when selecting the course for a given workout.
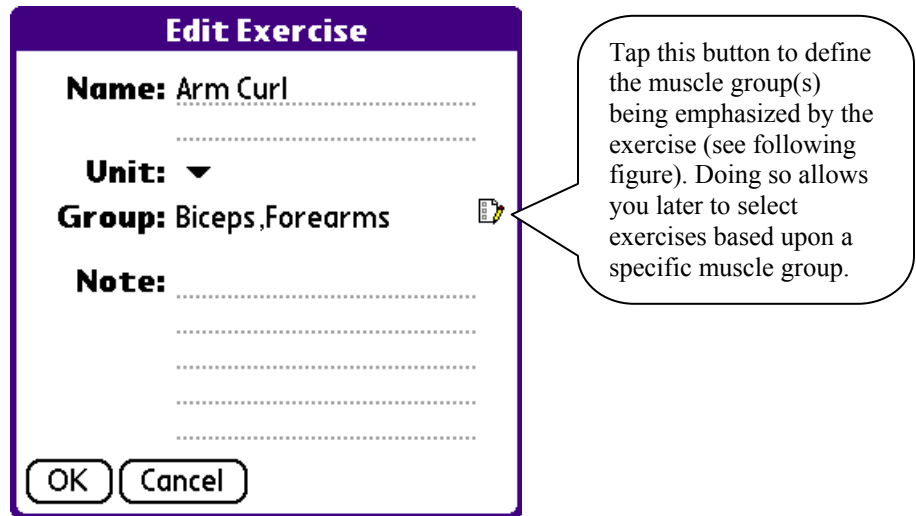
Figure 15: The exercise browser window.

Tap this button to define the muscle group(s) being emphasized by the exercise (see following figure). Doing so allows you later to select exercises based upon a specific muscle group.
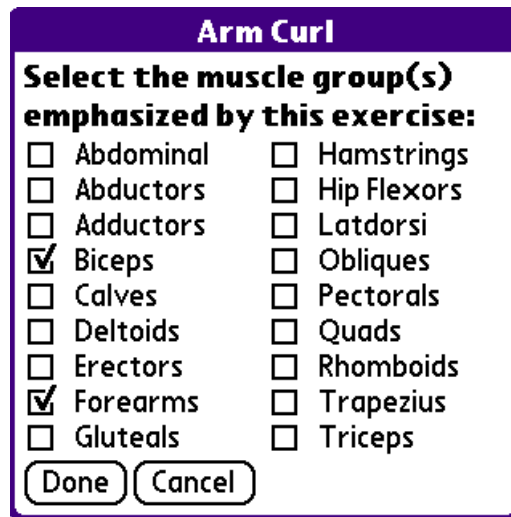
Figure 16: The Muscle Group window allows you to identify the muscles being emphasized by a particular exercise.

3.4.   Entering Health Data

To add Health data, tap **New** and choose **Health Record**. Then enter information about:

- Body weight
- Body fat percentage.
- Calories (for instance, the total you consumed for the day).
- Resting heart beat rate (beats per minute), taken at rest (e.g., when waking up).
- Blood pressure, taken at rest (e.g., when waking up).
- Sleep quality, and the number of hours of sleep.
- Mood. You can choose **Sick** (among other choices), which shows the day in gray in the Calendar view.

Tap **Note** to enter any other information you want to log.

It is best to enter this information on a daily basis to provide accurate charts. At a minimum, you should enter your resting heart rate and weight on a weekly basis, in order to review your performance over time.

4. Features

4.1. 5-Way Navigation Button

MySportTraining support the 5-way navigation button found on most devices, including the Sony CLIÉ Jog Dial™.

View	Navigation
Daily	**Left** shows the previous day. **Right** shows the next day. **Up** and **Down** scroll the list of workouts (when there are multiple workouts for the day). **Select** edits the current workout or health record.
Monthly	**Left** shows the previous month. **Right** shows the next month **Select** shows the current month.
Report	**Left** and **Right** scroll through the periods. **Up** and **Down** scroll the workouts.
Chart	**Left** and **Right** scroll through the periods. **Up** and **Down** scroll through the different chart types.
When editing a workout…	**Left** and **Right** scroll through the data pages. When looking at the intervals or exercises page, **Up** and **Down** scroll the list up and down.

4.2. 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 **Options > Training Zones**. The Training Zones window is shown (see Figure 17).
- 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 below.
- 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 17: The Training Zones window.

The training zone calculation depends on the option **Exclude sub-lactate threshold range**. When this option is unchecked, the calculation is based on Table 2 following. However, if the option is checked, the calculation is based on Table 3.

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 2: Default training zones.

Zone	Minimum	Maximum	Intensity	Description
5	92.5	100	Exhausting	Anaerobic
4	85	92.5	Strenuous	Lactate threshold training
3	72.5	80	Sustained	Aerobic
2	65	72.5	Moderate	Endurance
1	60	65	Effortless	Recovery

Table 3: Training zones with the sub-lactate threshold range excluded

The *sub-lactate threshold range* is a gap between zone 3 and 4 (80-85%). This is the intensity where one "comfortably" works hard, i.e., at a high intensity that can be maintained for a long period.

Many coaches call this zone the "no-man's-land" and maintain that it must be avoided when training, based on the principle that your optimum performance is achieved through regular low-to-medium intensity training (zones 1, 2 and 3) combined with occasional, but hard and challenging (i.e., painful) training (zones 4 and 5). Note that other coaches believe in the same guidelines, but do not adhere to the avoidance of the "no-man's-land".

5. Options

MySportTraining has various options to personalize and customize the program.

5.1. Profile

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

- Choose **Options > Profile** from the menu
- Enter personal information:
    - Your gender.
    - Your birth year.
    - Your weight, either in lb or kg, based on your PDA's default measurement unit setting.
    - Your height, either as cm or in, based on your PDA's default measurement unit setting.
    - Enter your BMR or tap **Calculate** to determine what it is automatically

Check **Add the BMR to the Calorie Intake & Expenditure chart** in order to add your BMR to the energy your burn in your workouts.

5.2. Preferences

Personal preferences can be set as follows:

- Choose **Options > Preferences** from the menu
- Check **Backup data via HotSync®** to have the MySportTraining databases automatically backed up on your PC during a HotSync operation.
- Choose the **measurement units** to choose between "lb, mi, in" (American) and "kg, km, cm" (Metric).
- Choose the **energy unit** to choose between Calories and Kilojoules

The databases are **Mstp_Health.pdb**, **Mstp_TypedName.pdb**, **Mstp_Workouts.pdb** and **Mst_WorkoutSets.pdb**. They reside on your PC in the directory where Palm Desktop is installed (usually `c:\palm` or `c:\handspring`), in the sub-directory `{device name}\backup`.

Note

These files are backed up by HotSync provided that the System conduit is set to **Handheld overwrites Desktop** (see Figure 18)
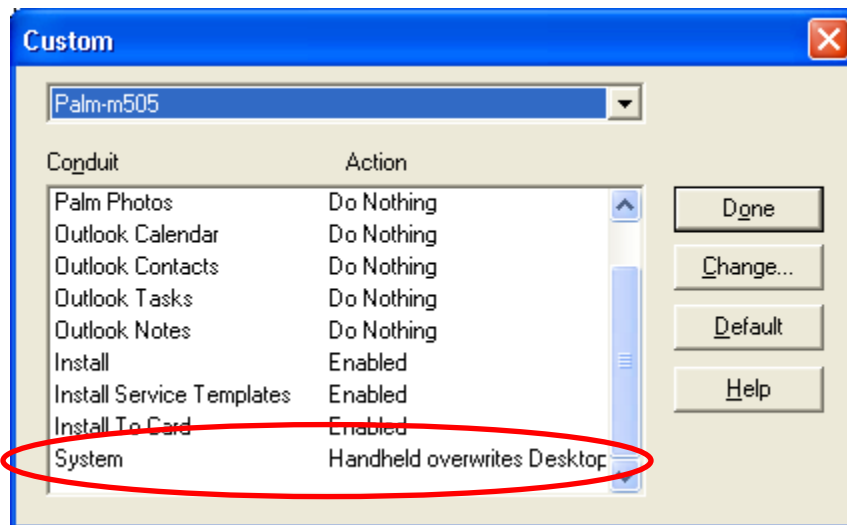

Figure 18: The MySportTraining data is automatically backed up if the System conduit is set to "Handheld overwrites Desktop".

If you synchronize your Palm with MySportTraining for Windows via HotSync®, you do not have to select this option, since the data is already backed up via MySportTraining for Windows.

5.3. Display Settings

Numerous options are available to customize charts and views:

- Choose **Options > Preferences** from the menu.
- Check **Show enhanced charts** to use a 3D effect when displaying charts. Note that some charts do not use 3D effects.
- Check **Zoom into charts** to narrow the range of the graphs' vertical axis. If unchecked, the range starts at zero.
- Check **Show total duration on cardio charts** to display the total duration (sets * duration) for cardio (interval) charts. If unchecked, only the duration is shown.
- Check **Show total weight on strength charts** to display the total weight (sets * reps * weight) for strength/exercise charts. If unchecked only the weight is shown.
- Check **Show total time on Month view** to display the total workout time for multi-workout days in the Monthly View. If this is unchecked, the longest or hardest workout's duration is shown based on the following option.
- Check **Use effort colors on Month view** to display days with a color related to the intensity of the workout. 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.
- When 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 **Based on longest workouts** or **Based on hardest workouts,** respectively.

The colors, displayed in the Month and the **Training Zones** windows, are as follows:

Training zone	Or Exertion	Color
1	Effortless	Yellow
2	Moderate	Green
3	Sustained	Blue
4	Strenuous	Purple
5	Exhausted	Red

5.4. Workouts Settings

Various workout options are available regarding your workout:

- Choose **Options > Workouts Settings** from the menu.
- Check **Use previous workout sets upon adding a workout** in order to automatically carry over the most recent workout sets (interval or exercises) when adding a workout.
- Check **Use seconds with duration** if you want to specify seconds when entering your workouts' durations
- Check **Use 2 decimals with distance (e.g., 1.75 mi, 2.25 km)** if you want to display distance values using two decimals (the default is one decimal).

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:

- 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.

- Duplicating an existing workout is very fast and convenient (see section 3.2 for details). Use the monthly and report views to quickly locate a past workout (or set **Use previous workout sets upon adding a workout**, as explained in section 5.3).

- If you are very much 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", "Aerobic ride", etc.

- To speed up data entry, define courses and exercises (see section 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 19 for details).

- If the first set of your strength training exercises is shorter (fewer reps) or lighter (something called *reduced sets*, usually for warm-up purposes), make sure to check 'Show each set' when entering each exercise. This option lets you specify the rep and weight for each individual set. See Entering Strength Training Exercises on page 19 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 workouts (such as weather conditions, overall stress level, 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.

6.2. Reviewing Your Performance

The Daily 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 Monthly 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, 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 your 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 over-trained. 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 **Energy Intake and Expenditure**, **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 nutriments 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!)

6.3.   What To Do Next?

As mentioned earlier, enter as much information as possible about your workouts to obtain the best feedback. Frequently review all the charts and try to identify trends that lead to successful results.

Finally, make sure you regularly visit www.VidaOne.com to find the latest information about MySportTraining and other fitness software for Palm OS and Windows.

Thank you for using MySportTraining!

The VidaOne team