

SpeedCoach Gold Interface

Upload Software Instructions

Thank you for purchasing the SpeedCoach Gold Interface and Upload Software. This system will upload the stored data from your SpeedCoach Gold System to a computer for long-term storage, in-depth analysis or detailed charting. The Interface will also download workouts directly to the SpeedCoach Gold Control Unit.

Before Starting

What's in the Box:

- Interface Cradle - SpeedCoach Gold control unit snaps into the cradle for optical communication.
- A Serial or USB Cable - plugs into the interface and your computer.
- Software CD-ROM - contains upload/download software and necessary system files for both PC and MAC.
- USB cable CD-ROM - ONLY with USB versions of the Interface. **You MUST install this before the SpeedCoach Interface software.**

What You'll Need:

- a PC with an available serial or USB port OR a Mac with a USB port.
- Windows 3.1 or higher OR OS9 or higher
- a SpeedCoach Gold System

PC Users

- Install the USB disk if necessary.
- Open the SpeedCoach Interface software disk, and double click on the "PC" folder.
- The self-extracting software will install automatically on your machine.
- Once installed, click on the "SpeedCoach Communicator" icon on your desktop.
- Click on the "Help" tab for full instructions on how to use the SpeedCoach Communicator software with your interface.

Mac Users

The SpeedCoach Interface software for Macs is a basic communication application, but does not include the charting and workout functions of the PC version.

- Install the USB disk if necessary.
- Follow the directions below to install the software onto your machine.

Installing Interface Software and Com Port Setup

How to Install the Software:

- Create a subdirectory called "SPG Interface" on your hard drive. This directory will be used for the application and data files.
- Copy the file SpdchG from the Mac folder on the CD to the new folder.

Connecting

How to Connect the Interface:

- Plug the end of the serial cable with the pins into the connector on the interface.
- Plug the end other end of the cable into an available USB port.

Communicating with the SpeedCoach Gold:

- The SpeedCoach Gold must be set to the PC Mode before communicating with the PC. With the SpeedCoach Gold turned on, hold down the top button, and release when "PC" is displayed. When the button is released, the display will continue to show "PC".

How to Mount the SpeedCoach Gold:

- Slide and lock the SpeedCoach Gold into the Interface docking station, the same way that it mounts in the boat.

Running the Software

To begin running the SPG Interface software, locate, select and run the SpdchG file. The program will initiate within a new window.

Uploading Data

- Select COMMUNICATE/UPLOAD LOGS.
 - Select a file name and location for the data file. Select SAVE to continue. The upload may take up to 30 seconds.
 - Select a file name and location for the remarks file. Select SAVE to continue. (The remarks file is not necessary, but allows comments to be saved with the data file.)
 - Write any comments necessary. Press ENTER twice after the last line of comments. If no comments are necessary, simply press ENTER twice.

Viewing Data

- Select VIEW/JUST ROW DATA to view the Just Row Data.
- Select VIEW/WORKOUT DATA to view the Workout Data.
- Select VIEW/WORKOUT PARAMETERS to view the details of a programmed workout.
- Select VIEW/SETTINGS to view the system settings of the SpeedCoach Gold.

A file must be open in order to display any data. See "Opening Files" for more information.

Exporting Data Files

- All data can be exported in a comma-delineated (.CSV file) format to be opened within a spreadsheet program.
- Select FILE/EXPORT from the program menu bar. The program will then prompt to name a .csv file - the default name is the date. Either rename the file or select SAVE to continue. This file can now be opened in a spreadsheet application.

Opening Saved Files

- Select FILE/OPEN to open a saved file.
- Select the file from the browser window. The file information will then be available to view or export.

Creating Workouts

A workout can be downloaded to the SpeedCoach Gold, eliminating the need to press lots of buttons to set up a lengthy workout. A workout must be created in a text file, opened in the Interface Software, and then downloaded to the SpeedCoach Gold.

Using a text editor, create a new file. The first line must be Counter <TAB> Type <TAB> Value.

It is very important to follow the correct workout format in the text file. A sample workout has been included on the disk or CD, called "workout.txt". The workout file format must be as follows:

Counter	Type	Value
(#)	(t, d, s, r)	(#)

The Interval Counter must increment beginning with 1. The Interval Type can be "t" for time, "d" for distance, "s" for strokes, or "r" for repeat. (See more below for repeat.) The Interval Value is the numerical value for the interval.

To repeat the entire workout once the final interval has been completed, set the final interval type to "r", with no value entered.

To indicate the end of a workout, clear the final interval type and value.

Here are some examples of workouts:

2 Minutes On, 1 Minute Off, Repeating

Counter	Type	Value
1	t	2:00
2	t	1:00
3	r	

500 Meters On, 20 Strokes Off, Repeating

Counter	Type	Value
1	d	500
2	s	20
3	r	

19 Minute Pyramid with 30 Second Count-Down, Non-Repeating

Counter	Type	Value
1	t	0:30
2	t	4:00
3	t	3:00
4	t	2:00
5	t	1:00
6	t	2:00
7	t	3:00
8	t	4:00
9		

Downloading Workouts

Once the workout has been created and saved in a text file, select FILE/OPEN WORKOUT and select the file from the browser window. The program will indicate if the file has been read successfully.

The workout is now available to download to the SpeedCoach Gold. Select COMMUNICATE/DOWNLOAD WORKOUTS to download the file to the SpeedCoach Gold. The program will confirm the download.

Downloading a workout will clear any previous workout settings, however, no workout memory will be erased when performing a download.



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