

# ***SpeedCoach Interface***

## **Upload Software Instructions**

Thank you for purchasing the SpeedCoach Interface and Upload Software. This system will upload the stored data from your SpeedCoach Gold or XL System to a computer for long-term storage, in-depth analysis or detailed charting. The Interface will also download workouts directly to the SpeedCoach Control Unit. The SpeedCoach Gold and SpeedCoach XL use different versions of the Communicator Software. Please be sure to install the correct one.

### **Before Starting**

What's in the Box:

- Interface Cradle - SpeedCoach 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 PC.
- 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.
- Windows 3.1 or higher
- A SpeedCoach Gold or XL System

### **Installing the Software**

- Install the USB disk if necessary.
- Open the SpeedCoach Interface software disk, and double click on the appropriate folder - either SpeedCoach Gold or SpeedCoach XL.
- Double-click on setup.exe to begin the installation.
- 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.

