

# SpeedCoach Gold Interface

## Upload Software Instructions, Version 1.3

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 PC 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

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#### What's in the Box:

- Interface Cradle - SpeedCoach Gold control unit snaps into the cradle for optical communication.
- Serial Cable - plugs into the interface and an available serial port in your PC.
- Disk or CD - contains upload/download software and necessary system files.

#### What You'll Need:

- a PC with an available serial port OR a PC with a USB port and a serial - USB adapter (not included).
- Windows 3.1 or higher
- a SpeedCoach Gold System

### Installing Software and Com Port Setup

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#### 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 SPG13.exe from the CD to the new folder.
- Run SPG13.exe. It is a self-extracting zip file, containing the following files:
  - SpdchG.exe
  - workout.txt
  - comdef.ini
  - Xnmba458.dll
  - Xnmte458.dll
- Select your new directory as the location for ALL of these files.

#### How to Set the Com Port

- The default setting for the com port is com1. If the serial cable is connected to a different com port, you will have to change this setting. In Windows, you can determine the com port you are using by going to the Control Panel, selecting the System icon, and under the Hardware tab of the System Properties window, selecting the Device Manager and searching the Ports for your device connection.
  - Open the file "comdef.ini" in any text editor. You will see a single digit; change this to the number of the com port you are using and save the file.
  - The upload application may need to be restarted if it has already been opened.

- If the com port is also used for PDA syncing, the PDA software will need to be closed before using the SpeedCoach Gold Interface software.

### Connecting

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#### How to Connect the Interface:

- Plug the end of the serial cable with the pins into the connector on the interface.
- Plug the end of the serial cable with the sockets into the serial port on the PC. If the PC does not have a serial port, a serial-USB adapter (not included) can be used to connect the Interface.

#### 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

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To begin running the SPG Interface software, locate, select and run the SpdchG.exe file. The program will initiate within a new window. A shortcut can be created by right clicking on the exe file, selecting "create shortcut" and dragging the shortcut icon to the desktop.

### Uploading Data

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- 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

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- 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

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- 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

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- 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

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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 (t, d, s, r)	Value (#)
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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
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## Downloading Workouts

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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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