

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.
- CD-ROM - upload software and necessary system files for PC, as well as the drivers for the USB adapter (Needed for USB versions only.)

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

- Insert the SpeedCoach Communicator disk. The program will automatically install. Follow the prompts on the screen.
- If you need to install the USB drivers, search the the CD for the "USB Adapter" folder, and select the .exe file in your operating system's folder.
- 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.

