

"The Trainer" Wristapp

Version 1.01

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Web site : <http://datalinkwristapps.free.fr> - Email to datalinkwristapps@free.fr

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Description

This wristapp allow to create up to 3 training session.

A session contain a maximum of 16 steps.

In a step you can have:

- a Timer : Maximum 99 hours 59 minutes 59 seconds
- a Chronometer : Maximum 99 hours 59 minutes 59 seconds
- a Repeat command : Allow to repeat a group of step. Maximum 99 times.
- a Count command : Allow to count how many time you do a group of step. Maximum 99.
- a Messages : Allow to display a message

A step is made of :

- a command : Empty / Timer / Chronometer / Repeat / Count / Message / Message Repeat / Message Count
- a message : Some commands display a message in the first line.
- an end task : Some commands allow to run a task when there are ended. These tasks are :
 - Repeat : to increment the repeat counter and to loop to the previous repeat command
 - Count : to increment the counter and to loop to the previous count command

Step	Command	Message	End Task
1	TIMER 00:15:00	WARM UP	
2	REPEAT 10 TIMES		
3	TIMER 00:00:30	RUN	
4	TIMER 00:00:30	REST	REPEAT
5	CHRONO	JOG	
6	TIMER 00:10:00	COOL DWN	

In this session you start with a warm up of 15 minutes. After you repeat 10 times : 30 seconds Run / 30 seconds rest. Then You jog for 10 minutes and at the end you cool down for 10 minutes.

What this wristapp doesn't do for the moment

- No record feature. The start time of each step and the command is not actually recorded. The database actually contain 10 records for this purpose but there are not used.
- No PC application to create session and to save the recorded session.

The step commands

Timer

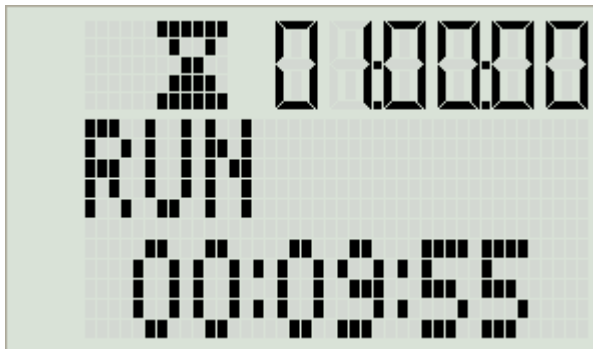
Description : This command start a timer. The maximum value of the timer is 99h59m59s. In the last 3 seconds you will heard a beep and at the end of the timer the you will heard the alarm sound

Parameter : The timer preset

Message : Yes. You can display a message while the timer is running (8 characters)

End task : Yes. You can choose between "No task", "Repeat" or "Count"

Running screen:



START : Stop the current step.
 . If no End task : go to next step
 . If End task = Repeat : increment the repeat counter. If the repeat loop is not finished then go to previous Repeat otherwise go to next step
 . If End task = Count : increment the count counter and go to previous Count

STOP : Stop the session

CROWN PUSH : If End task = Count : Stop the count loop and go to next step

MODE : Change the segment display: Status or Time

Chronometer

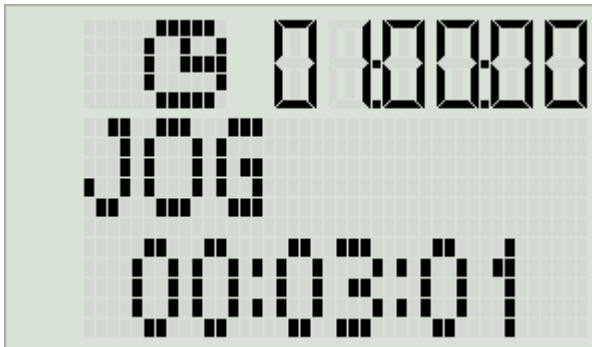
Description : This command start a chronometer. The maximum value of the chronometer is 99h59m59s.

Parameter : No

Message : Yes. You can display a message while the chronometer is running (8 characters)

End task : Yes. You can choose between "No task", "Repeat" or "Count"

Running screen:



START : Stop the current step.
 . If no End task : go to next step
 . If End task = Repeat : increment the repeat counter. If the repeat loop is not finished then go to previous Repeat otherwise go to next step
 . If End task = Count : increment the count counter and go to previous Count

STOP : Stop the session

CROWN PUSH : If End task = Count : Stop the count loop and go to next step

MODE : Change the segment display: Status or Time

Repeat

Description : This command start a 'Repeat' loop. The maximum number repeat loop is 99. It's not possible to include a new 'Repeat' loop inside an existing 'Repeat' loop

Parameter : The number of repeat

Message : No

End task : No

Running screen:

No screen is display for this instruction.

Count

Description : This command start a 'Count' loop. The maximum number count loop is 99. It's possible to include a new 'Count' loop inside an existing 'Count' loop

Parameter : No

Message : No

End task : No

Running screen:

No screen is display for this instruction.

Message

Description : This command display a message. The message is displayed while a button is pressed.

Parameter : No

Message : Yes (8 characters)

End task : Yes. You can choose between "No task", "Repeat" or "Count"

Running screen:



START : Stop the current step.

. If no End task : go to next step

. If End task = Repeat : increment the repeat counter. If the repeat loop is not finished then go to previous Repeat otherwise go to next step

. If End task = Count : increment the count counter and go to previous Count

STOP : Stop the session

**CROWN
PUSH** : If End task = Count : Stop the count loop and go to next step

MODE : Change the segment display: Status or Time

Message 'Repeat'

Description : This command display a message on the first line. On the second line the actual value of the 'Repeat' counter is display and it's maximum value. The message is displayed while a button is pressed.

Parameter : No

Message : Yes (8 characters)

End task : Yes. You can choose between "No task", "Repeat" or "Count"

Running screen:



START : Stop the current step.

. If no End task : go to next step

. If End task = Repeat : increment the repeat counter. If the repeat loop is not finished then go to previous Repeat otherwise go to next step

. If End task = Count : increment the count counter and go to previous Count

STOP : Stop the session

**CROWN
PUSH** : If End task = Count : Stop the count loop and go to next step

MODE : Change the segment display: Status or Time

Message 'Count'

Description : This command display a message on the first line. On the second line the actual value of the 'Count' counter is display. The message is displayed while a button is pressed.

Parameter : No

Message : Yes (8 characters)

End task : Yes. You can choose between "No task", "Repeat" or "Count"

Running screen:



START : Stop the current step.

. If no End task : go to next step

. If End task = Repeat : increment the repeat counter. If the repeat loop is not finished then go to previous Repeat otherwise go to next step

. If End task = Count : increment the count counter and go to previous Count

STOP : Stop the session

CROWN PUSH : If End task = Count : Stop the count loop and go to next step

MODE : Change the segment display: Status or Time

Empty

Description : This command stop the session.

Parameter : No

Message : No

End task : No

Running screen:

No screen is display for this instruction.

'End task' commands

At the end of some commands it's possible to do a 'Repeat' task or 'Count' task.

'Repeat' end task

A 'Repeat' end task is active if a small 'R' is displayed in the top left of the screen.

This increment the 'Repeat' counter. If the actual value of 'Repeat' counter is lower or equal to the 'Repeat' counter setting then the step of the previous 'Repeat' command is executed otherwise the next step is executed.

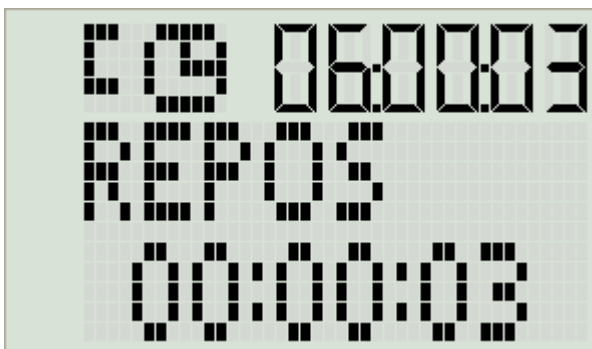


'Count' end task

A 'Count' end task is active if a small 'C' is displayed in the top left of the screen.

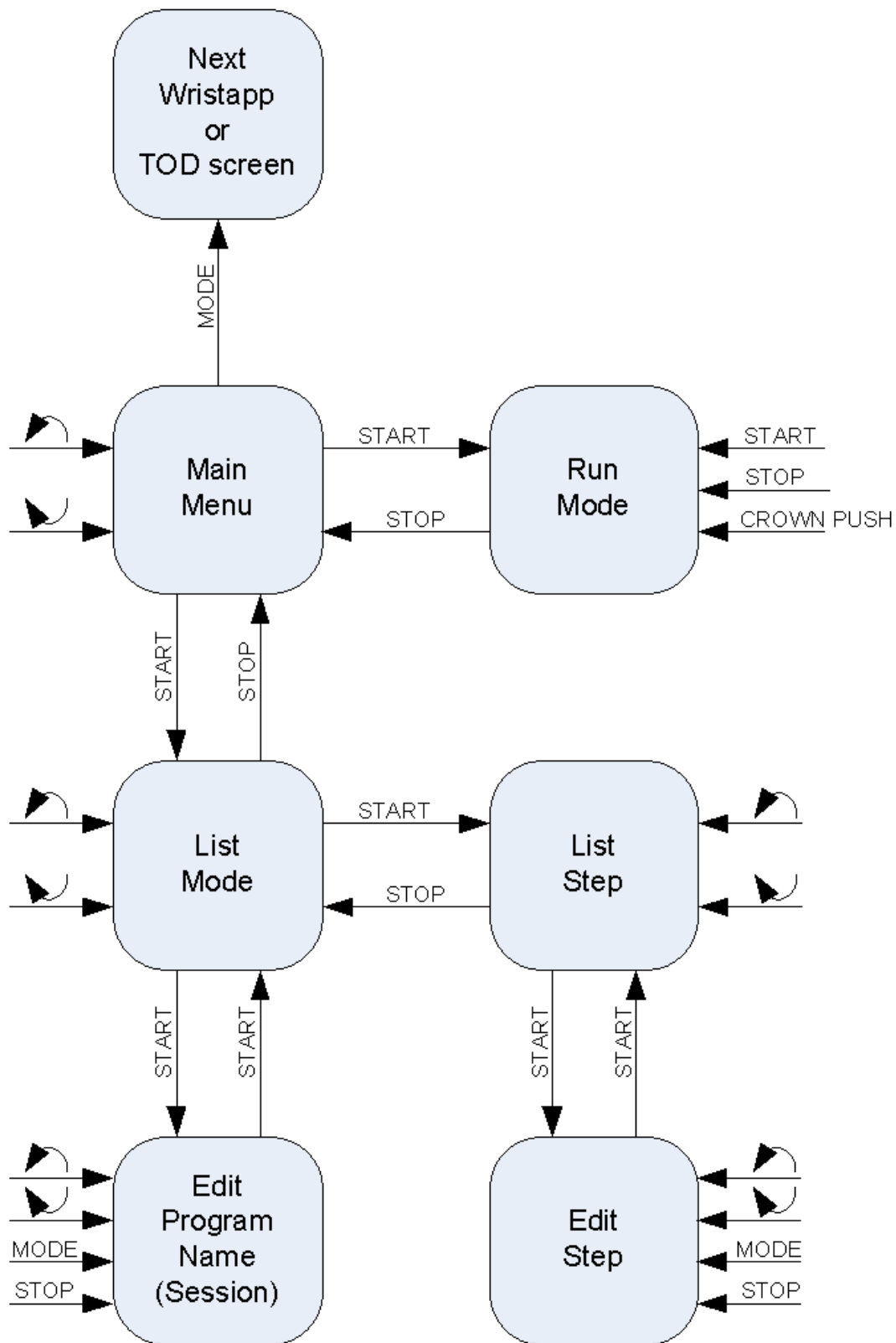
This increment the 'Count' counter and the step of the previous 'Count' command is executed. To stop the 'Count' loop you just have to press the CROWN.

Example:



The screens chart

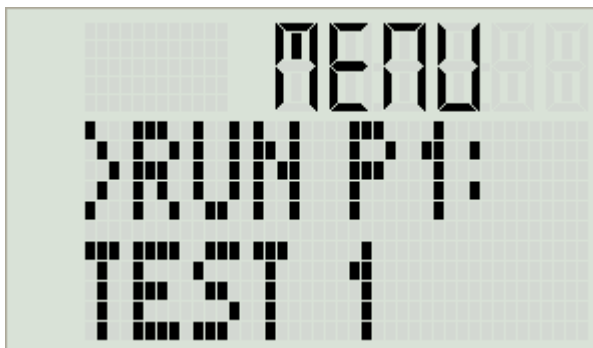
The chart below show how to navigate through the screens.



The Main Menu

In the screen you can select the task you want to do:

- Run the first session 'RUN P1'. The name of the session is displayed in the second line
- Run the second session 'RUN P2'. The name of the session is displayed in the second line
- Run the third session 'RUN P3'. The name of the session is displayed in the second line
- Edit the first session 'EDIT P1'. The name of the session is displayed in the second line
- Edit the second session 'EDIT P2'. The name of the session is displayed in the second line
- Edit the third session 'EDIT P3'. The name of the session is displayed in the second line



START : Execute the selected task

CW : Display the next task

CCW : Display the previous task

MODE : Exit from the wristapp

Running a session

In the main menu select the session you want to execute and press START .

While the session is running you can stop it by pressing STOP.

The session is also stopped if an 'Empty' command is executed or if the step counter equal 17.

While a session is running it's not possible to change mode (TOD mode for example). In order to change mode you must stop the running session.

That's why I add the possibility to show the actual time in the top of the screen (see the 'Top screen' section).

The top screen display

In the top right of the screen you can have the status of the session or the actual time.

The Status of the session

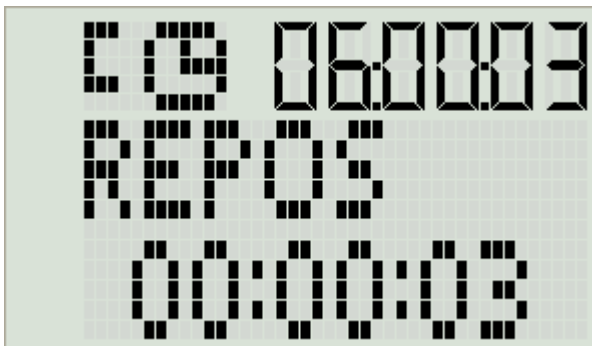
You have a 3 groups of 2 digits with a colon between each group.

The left group display the actual step number.

The middle group display the actual value of the 'Repeat' counter.

The right group display the actual value of the 'Count' counter.

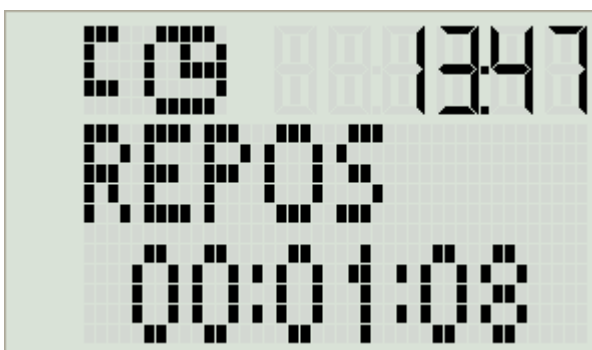
Example:



In this example we are executing the step 6, the value of the 'Repeat' counter is 0 and the value of the 'Count' counter is 3.

The actual time

The actual time is displayed. It is updated at each minute rollover.



Editing a session

In the main menu it's possible to select to edit a session.

First, the name of the session it's displayed. Rotating the crown will allow you to display the steps and pressing START you allow to modify the displayed step.

Modifying the session name

The length of a session name is 8 characters.



START : End the modification

CW : Select the next character

CCW : Select the previous character

MODE : Move the cursor to the right

STOP : Move the cursor to the left

Modifying a step

The fields you can modify in a step are:

- The command
- The message
- The hour value of the Timer
- The minute value of the Timer
- The second value of the Timer
- The end task
- The repeat number

The display of these fields will depend on the command.

Command modification:



START : End the modification

CW : Select the next command

CCW : Select the previous command

Message modification:



START : End the modification

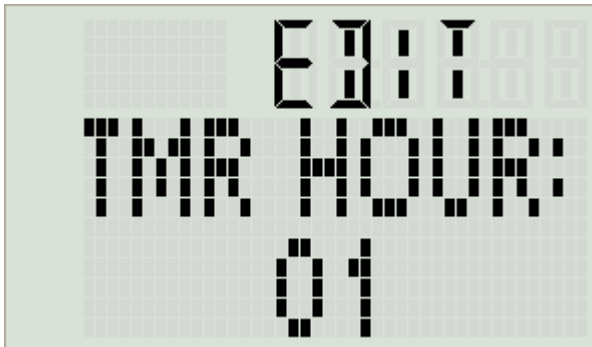
CW : Select the next character

CCW : Select the previous character

MODE : Move the cursor to the right

STOP : Move the cursor to the left

Hour timer modification:



START : End the modification

CW : Hour +1

CCW : Hour -1

Minute timer modification:



START : End the modification

CW : Minute +1

CCW : Minute -1

Second timer modification:



START : End the modification

CW : Second +1

CCW : Second -1

End task modification:



START : End the modification

CW : Select the next end task

CCW : Select the previous end task

Repeat number modification:



START : End the modification

CW : Repeat +1

CCW : Repeat -1