

Training Mate Quick Reference Guide

Version 2.3.0



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Introduction

This guide will explain the fundamentals of Training Mate and how to get started quickly.

For further information, please refer to the user guide.

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Training Mate concepts

2.1. Workouts

A Training Mate *workout* is made up from *steps*.

Steps are timed elements that can refer to *equipment* and *targets*.

Workouts, steps, targets and equipment are referred to as *library components*.

2.2. Library

Your workouts and the related steps, targets and equipment are kept together in a *library*.

Your library is stored in special files on your computer and is loaded for you every time you use Training Mate.

You can import new components from Training Mate files, and you can export some or all of your components for others to use.

You can add, edit and delete the components in your library (in some cases this is not possible).

2.3. Views

Training Mate is divided into 3 separate views, each with a particular function.

You create and change your library components in the *library view* of Training Mate, and you execute your workouts in the *workout view*.

The library view is shown when you first start Training Mate.

When you train, you switch to the *workout view*.

To inspect and manage your training results, you switch to the *results view*

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Training Mate library view

3.1. Adding library components

From the Library menu, select *New <component type>*.

Alternatively click the appropriate button on the control panel.

The right panel of the screen provides a form to fill in the component details.

Click *Ok* at the bottom of the form to finally add the component.

3.2. The Library menu

As you build your library, different menu items become available on the library menu.

You can also perform the same operations by right-clicking on the left panel library tree.

3.3. Importing components from file

Click the *Import* button and choose the Training Mate library file you wish to load.

You can easily import from our preconfigured reference library or from a Training Mate library file that has been shared with you.

Choose the components that you want to include into your own library. Note that Training Mate will automatically select any other components that are required by your choices.

Click *OK*. Your library now includes the selected components.

3.4. Exporting components to file

Click the *Export* button and select the components from your library that you wish to save to file. As with the import, dependent components are automatically selected.

Click *OK* and then choose a file name and directory for the new file.

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Training Mate workout view

Provided your library has at least one workout defined, you can access the workout view.

4.1. Switching views

From the *View* menu, select *Switch to Workout view*.

To return to the library view, select *switch to Library view*.

Alternatively use the view selectors on the toolbar.

4.2. Executing a workout

The workout view has a left panel where you can select the workout you want to execute.

Click on the *Current workout* drop-down to make your choice.

To start, click the *start* button at the bottom of the right panel.

The left panel is hidden so that you can focus on the workout.

You are taken through your routine in real-time, with prompts for changes to equipment and/or settings, and the targets that you are striving to achieve.

4.3. Workout results

Your performance is tracked for you while you execute a workout.

Data gathered about each step and its targets is compiled into a *workout result*.

Upon completion (or when stopped) the results are saved automatically for you.

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Training Mate results view

Provided your library has at least one workout defined, you can access the results view.

5.1. Switching views

From the *View* menu, select *Switch to Results Manager*.

Alternatively use the view selector on the toolbar.

5.2. Results list

The left hand panel lists all of the results that have been saved to date.

You can reduce the list by applying a filter against a workout and/or against a date range.

5.3. Result viewer

Click on a single result in the left hand panel to show the detail of that result.

You can inspect the detail for a step or target by selecting the component of interest from the *Workout steps and target* tree.

You can amend the saved detail by clicking the *Amend* button at the bottom of the screen.

Click OK when you have finished and the updated result is stored for you.

5.4. Result comparison

Select 2 results in the left hand panel (use Ctrl+click) to compare one result against another.

The earlier result will be shown on the gold side, the later result on the black side.

Select a step from the *Steps comparison* table to compare the step targets.

Select a target from the *Targets comparison* to compare the target detail.