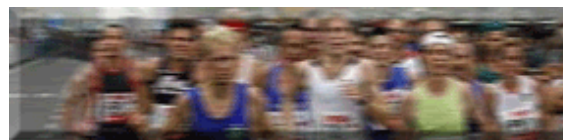




marathon people



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RunPlan 2.2 for Palm OS®

User's Manual

October 2006

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Overview

RunPlan helps runners prepare for a marathon or a shorter distance race. The Plan view in RunPlan is more than just a pen and paper replacement. It can produce comprehensive training status reports on the fly. Check the

daily, weekly and monthly summaries to see at a glance, whether you have fallen short of your goals or whether you're perfectly in line. You can even zoom in on a specific training type: What was my actual vs. goal in the 12-mile long runs for this month?

You are (not yet) into "training plans"? For a start, RunPlan comes with a pretty smart training Journal / Logbook. Enter your workouts, check and graph your progress. And generate comprehensive reports of your weekly, monthly... mileage. Grab the fastest "10K" you did in 2005? Only a few taps required in the RunPlan Log view!

Installing

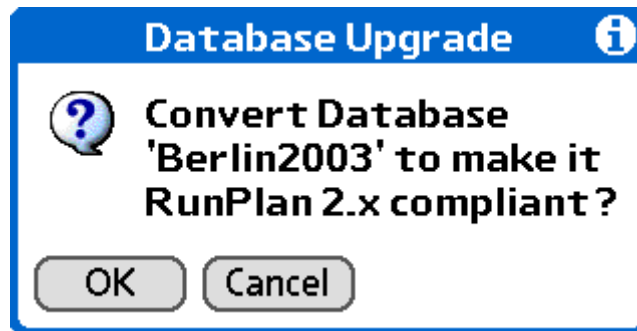
1. Open/extract `RunPlan22.zip` on your PC
2. Double click `RunPlan.prc`. This is supposed to auto-launch "Palm Install Tool"
3. Double click `RunPlan_table_Category.pdb` (Sport icons: Running, Swimming ...)
4. If it does not, you have to run "Palm Install Tool" manually (Start→Programs→Palm Desktop→Palm Install Tool) and "Add" file `RunPlan.prc`
5. Perform a HotSync® operation

Upgrade from RunPlan 2.x or 1.x

Simply reinstall RunPlan 2.2 over a previous RunPlan version.

RunPlan 2.2 uses a database schema slightly different from its predecessor versions. Hence it needs to upgrade/modify any RunPlan database it finds on your device. Once altered these data files are no longer usable with RunPlan 1.x or 2.x, however.

RunPlan 2.2 pops up a `Confirm` dialog before touching any of your data files.



One piece of advice might be to copy files

- RunPlan_table_Log.pdb
- RunPlan_table_Gear.pdb
- RunPlan_table_Training.pdb
- RunPlan_table_SplitTimes.pdb

and any custom Training Plan .pdb files (they bear the file names you assigned in RunPlan; if yours is still named "Standard" and has got some contents, you want to save standard.pdb as well) from your Palm backup folder on your PC (e.g. C:\Palm\\Backup) to a safe location (e.g. C:\RunPlan\archive\v21) before delving into RunPlan 2.2.

Simply perform a HotSync® operation (this can be the one to transfer new RunPlan 2.2 to your Palm Device), so your latest RunPlan 1.x or 2.x data files get backed up to your PC.

And then archive the files as described above.

Cancel quits RunPlan 2.2 without any database files being touched.

Register

RunPlan 2.2 is shareware and must be licensed for a shareware fee if you decide to keep it.

When first installed RunPlan 2.2 will be in evaluation ("Trial") mode. It is fully functional, but is limited to a maximum of 10 training entries and 10 entries per training plan. The RunPlan 2.2 Trial version becomes the full version by entering in the registration code.

Hint: For customers who purchased/registered earlier versions of the product, the new RunPlan 2.2 update will be free of charge. However,

your RunPlan 1.x serial number will not work with new RunPlan 2.2. In this case you have to contact MarathonPeople.com requesting a complimentary registration key.

If you encounter any problems with product registration, please contact support@marathonpeople.com.

For entering your serial number, start RunPlan 2.2 on your PDA and tap Menu→Options→Register...



Please keep your serial number somewhere safe, you need it in case you have to reinstall RunPlan 2.2.

Requirements

- requires a Palm OS® device with Palm OS® 3.5 or later
- 380 KB of memory (for application)
- color, grey scale and b/w
- Palm OS® 5 compatible, supports high-resolution graphics

System Features

5-Way-Navigation

	Treo 600, Treo 650 Tungsten T5, E2, T X	Tungsten T3, E, C Zire 72, Zire 31	Sony (JogDial)
Training	Up → Focus Up Down → Focus Down Left → Focus Left Right → Focus Right Option Dow → "Save" Button Center → n/a	Up → Previous Record Down → Next Record Left → Focus Left Right → Focus Right Center → n/a	Push Up → Page Up Push Down → Page Down Up → Focus Left Down → Focus Right Push → n/a
Log	Up → Page Up Down → Page Down Left → Focus Up Right → Focus Down Shift Up → Focus Up Shift Down → Focus Down Option Dow → "New" Button Center → 1x select, 2x edit	Up → Page Up Down → Page Down Left → Line Up Right → Line Down Center → Edit selected record	Push Up → Page Up Push Down → Page Down Up → Line Up Down → Line Down Push → Edit selected record
Plan	Up → Page Up (week, month) Down → Page Down Left → Focus Up Right → Focus Down Shift Up → Previous Day Shift Down → Next Day Shift Left → Column Left Shift Right → Column Right Option Dow → "Training" Btn Center → Edit column	Up → Prev Week, Month Down → Next Week, Month Left → Previous Day Right → Next Day Center → Edit column	Push Up → Prev Week, Month Push Down → Next Week, Month Up → Previous Day Down → Next Day Push → Edit column
Lists	Up → Page Up Down → Page Down Right → Focus Down Left → Focus Up Shift Up → Item Up Shift Down → Item Down Option Dow → Leftmost Btn Center → Select Item	Up → Page Up Down → Page Down Left → Item Up Right → Item Down Center → Select Item	Push Up → Page Up Push Down → Page Down Up → Item Up Down → Item Down Push → Select Item

Hint: In Plan and Log form Menu→Options→[x] Scroll Page lets you set whether hardware <Up> and <Down> buttons should scroll by page (week, month) or single line (day).



High Resolution

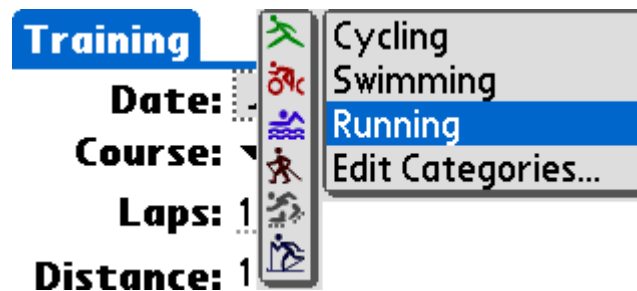
On devices with Palm OS 5.x high density graphics is supported: 320x320 and 320x480 portrait (e.g. Tungsten T3, T5, T|X, Sony TH-55)

Hint: If your Tungsten T3 expanded screen area does not work with RunPlan 2.2, you have to download and install two software patches from palmOne Support (you find a ready-to-go

T3_DIA_Compatibility_prcls.zip inside RunPlan22.zip)

Enter workout data (Training)

Sport:



The screenshot shows the 'Training' form with a dropdown menu for 'Sport'. The menu is open, showing options: 'Cycling', 'Swimming', 'Running' (which is highlighted in blue), and 'Edit Categories...'. To the left of the dropdown, the form fields are partially visible: 'Date:', 'Course:', 'Laps: 1', and 'Distance: 1'.

In RunPlan you can maintain sport categories. Tap **Edit Categories...** to add and remove activities and associate them with an icon.



The screenshot shows the 'Training' form with the 'Running' category selected. The form fields are as follows:

- Training** (tab)
- Date:** Jun 26, 2005 9:15 am
- Course:** 1/2 Marathon
- Laps:** 1.00 °F 72
- Distance:** 16.20 miles
- Time:** 1 h 57 m 0 s
- Pace:** 7:13 min/mile
- Pulse:** 166 av 189 mx rs
- Wgt./lbs:** 172 **Calories:** 1472 f_x
- Note:** Munich City Run; a bit to fast; felt knees on last 5 miles
- Shoes:** asics gt-2080
- 248.44 miles**

At the bottom, there are buttons for 'Save', 'Delete', 'Log', and 'Plan'. Below these buttons is a status bar with a magnifying glass icon, a printer icon, the time '5:05', a battery icon, and a signal strength icon.

Date and Time of Day: When you open the Training form it is preset with current date and time of day. For setting the date and time of your run manually, tap on the date or time of day selectors next to **Date** and select date/time from the popup calendar or clock.

Course: Lets you maintain a list of routes/locations with their respective distances. Once you select a course, field **Laps** becomes visible. With the course distance and the number of laps available RunPlan automatically calculates the overall distance in field **Distance**. Still, you can override the value in **Distance**.

You define courses either by tapping **Menu**→**Record**→**Edit Course...** or by selecting **<Edit>** from the course popup list.

Hint: Use a lap count of "1" to obtain the "face value" of a course/route.

This way you can take advantage of the RunPlan distance calculator, even if you don't run in circles...

Courses with zero distance are descriptive only. If you select the latter the **Laps** field will not show.

Distance: see **Course** above. RunPlan has a metric conversion calculator. So, if you want to know how many kilometers 12 miles come to, just tap on the distance units popup trigger next to **Distance** and select **km** from

Training **Running**

Date: Jun 26, 2005 9:15 am

Course: 1/2 Marathon

Laps: 1.00 °F 72

Distance: 16.20 miles

Time: 1 h 57 m 0 s

Pace: 7:13 min/mile

Pulse: 166 av 189mx rs

Wgt./lbs: 172 **Calories:** 1472 fx

Note: Munich City Run; a

Shoes:
asics gt-2080
asics gel-kayano II
<None>
<Edit...>


248.44 miles

Save **Delete** **Log** **Plan**

5:05

the list.

Time: Enter time/duration of your run in hours (h), minutes (m) and seconds (s). In addition to keyboard/Graffiti input you have two extra options for number entry:

- Tapping the icon  pops up a Split Times dialog box
- Tap the auto-repeating arrow buttons to increment or decrement the number in the h, m or s field

Pace: your pace is derived from the values in Distance and Time. Select one of the pace units from the popup list (min/mile, min/km, mph, km/h) if you want to view your immediate pace.


Pulse: Enter your average heart rate during the training in av, your maximum heart rate in mx, resting heart rate (usually pulse taken on waking) in rs.


Hint: Suppose your heart rate monitor provides a "recovery (minimum) heart rate" in addition to max and average HR. And also suppose "Min. HR" is a figure you want to track and review over time, while resting HR goes unnoticed. Then, enter your "Min. HR" in the rs field. Just bear in mind that you substituted "resting" with "minimum" when doing your reports in Log.


Weight: Enter your weight on a per workout basis, if you want to track weight loss related to your training.

Calories: Enter calories burned per run as provided by your HR monitor or other means.

Or let RunPlan calculate the calories you burned during the workout.

Simply tap  next to field Calories. Calculation is based on "Time/Duration", "Pace" and "Weight" parameters. If Weight in Training from is empty, RunPlan looks up your weight data in preferences (Menu→Options→Preferences... →Weight).

Note: Record notes about your run to comment on how you felt, the weather or route details. Scrolling the form down with  expands the note entry field to multiple lines (same in 320x480 mode).

Shoes: In order to make the Shoes field appear, you have to scroll down the Training form (). You can add and edit shoes by choosing <Edit...> from the popup list or by tapping Menu→Record→Edit Shoes. By setting the pair of shoes you used each time you enter a workout, you can easily track the miles you've put on your running shoes. In sample screenshot above the mileage on the pair of "asics gt-2080" comes to a 248.44 miles.

Edit Gear

Asics GT2080
 Specialized Allez 27
<New>

Categ.: Cycling

Name: Specialized Allez 27

Bought: Oct 5, 2006

Note: Got to do more cycling...

Distance: 228.00 miles

Time: 13:00 #: 8

Save Delete

Mood: Choose an icon (excellent to awful).

Split Times: monitor and analyze your performance at a fine grained level. Tap icon . [Max] indicates your best/fastest lap, [Min] your slowest lap. [Sum] gives you the lap times and distance total. [Avg] produces the average lap time, distance and pace.

Hint: If you want your split times and distance totals to auto-fill Time: and Distance: in Training form, have [sum] selected before closing the Split Times dialog box.

Split Times

1.	3.00	0:24:00
2.	3.00	0:25:00
3.	3.00	0:27:12
4.	3.00	0:26:06

New Sum Avg Max Min

Time: 0 h 27 m 12s

Distance: 3.00 miles

Pace: 9 m 4 s min/mi

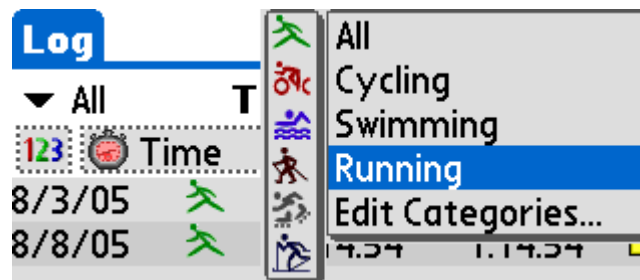
Desc.:


Save Delete Close

Hint: When viewing records in Training Form a check mark (✓) next to the stopwatch icon tells you that the given record has split times entered.

Logbook and Statistics (Log)

Sport:




First choose the sport category you want to look at (or All, ).

In Log mode you can do ad-hoc reports, summaries and a variety of statistics derived from your training data.

First step is to filter the log to only show runs

- within a specific date bracket
- of a specific length
- with a specific duration
- of a specific course

Then you group your results by day, week, month, year or overall total. Now it is just one more tap to obtain sum, average, maximum and minimum values or the number of runs (count).

Log  ▼ Running

From	To: 5/16/06	Distance (miles)	Duration	Course
All				All
1 Year				Days
6 Months				Weeks
3 Months				Months
30 Days				Years
2 Weeks				Total
1 Week				
<Date>				
3/6/06		4.46	0:40:02	
Summerfield		2.82	0:24:59	
Enden Cct.		7.81	1:14:54	
Marathon		6.44	0:59:54	
1/2 Marathon		4.44	0:40:33	
TSV 1860 Course		4.49	0:40:33	
<Course>		5.60	0:50:00	
<Range>		3.52	0:30:25	
<Find>				



New Plan 144/144


3:21

From - To: Specify a time frame for the log records you want to view. Default for "To:" is current date.

"From:" bracket is one of these: All, 1 Year, 6 Months, ..., <Date>

Course: Filter runs based on course/location

Length/ Duration range: E.g. include all runs that were between 4 and 6 miles long. Or runs that took between 1 and 2 hours. For "length" range choose icon  in popup list, for "duration" choose icon .

Find: You can search the log record notes to find a specific word. Enter your search text (e.g. "knee") and tap .

Summary: You can view All log entries or a per Day, Week, Month, Year or overall Total basis. RunPlan does the tallying and can easily produce average, max and min value for these

A counter ("144/145") tells you the number of selected runs vs. all runs in the log.

Log  **Running**

▼ All **To:** 5/16/06 **Weeks**

	Distance (miles)	Sum
WK  Time		Ø
WK  Pace (min/mile)		Max
WK  Speed (mph)		Min
WK  Average HR		
WK  Max. HR		
WK  Rest. HR		
WK  Weight (lbs)		
WK  Calories		
WK  Course		
WK 36 	24.96	3:45
WK 37 	21.15	3:09
WK 38 	21.32	3:19
WK 39 	19.88	3:03
WK 40 	14.54	2:14

<Range>  5.00 10.00

New **Plan** **144/145**  

  4:05    

Now with the results from the filtering above, choose the piece of information you want to view: **Distance**, **Time**, **HR**, ... , **Weight**, **Calories**.

By default you will be presented total (Sum) or average values (Ø). If you opt for **Max**, that can e.g. deliver the longest run you did in 2005. Or let's say you want to find your fastest 10K run ever (Total, Pace, <Range> <from>10 <to>10, Max)

Tapping on a result row in Log form takes you to Training form, where you can view and edit you run in detail.

Hint: If you switch to Training form and the result set from your filtering in Log form contains more than one entry (run), Training form has up/down arrows next to **Plan** button. With these you can easily navigate back and forth within e.g. the runs of a specific course.

Save **Delete** **Log** **Plan** 

Apart from viewing your log summary results numerically, you can also have RunPlan produce bar graphs to visualize your results.

You can easily change the graph colors by toggling color selection mode on (Menu→Options→[] Set Graph Colors). Tapping on a bar now triggers a **Pick Color** popup. Make sure to toggle the [x] Set Graph Colors menu item back off for default behavior.

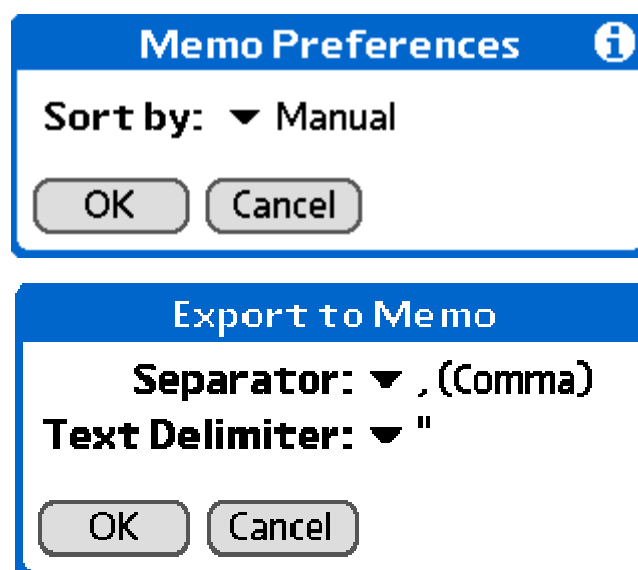
Export Log data

Menu→Options→Export to Memo copies your Log book data formatted as comma separated values (CSV) to your Palm Memo Pad application. After a HotSync® operation you can access the data in "Palm Desktop" on your PC.

Hint: RunPlan exports log data filtered and summarized the way you generated it in your Log report.

Hint: Depending on the size of your log and the number of entries in your filtered result set, the CSV data written to Memo Pad may be split into several single memos. If that is the case you have to merge (copy & paste) these memos into one in Palm Desktop.

Before exporting go to Palm Memo Pad and make sure **Sort by** is set to **Manual** (Menu→Options→Preferences...).

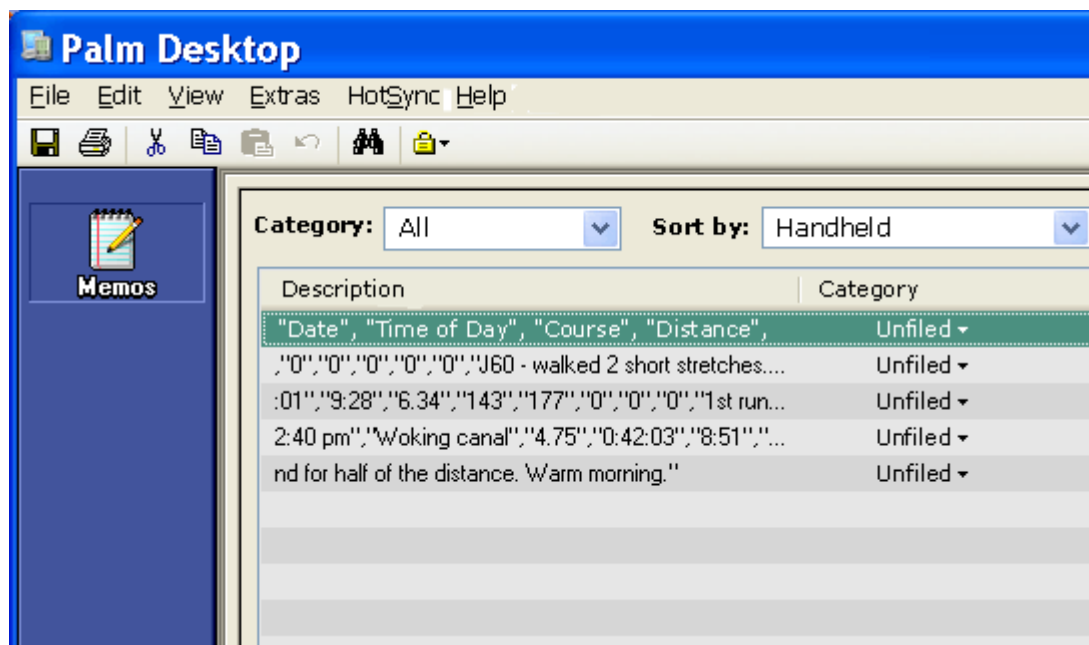


In the example below `Export to Memo` produced five records (memos) in Memo Pad. In order to reassemble these back into one, select the second memo, do `Menu→Edit→Select All`, then `Menu→Edit→Copy`. Now select the first (topmost) memo, position the cursor to the end of the memo text and do `Menu→Edit→Paste`.

Repeat these steps for memos 3 to n.

Once the topmost memo contains all CSV data, select it and do `Menu→File→Export...`. Set `Export type` to `Text (*.txt)` and name your file `MyRuns2005.csv`.

`MyRuns2005.csv` can now be easily imported into MS Excel or the like.



Hint: Palm Desktop export has the habit of churning out peculiar line endings, which MS Excel tends to interpret as empty lines. You can easily purge your Excel sheet by

- selecting all lines except the header
- sorting the selected lines in ascending order (A→Z)

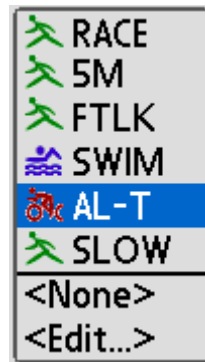
Maintain Training Plans (Plan)

RunPlan features a flexible, quick-access calendar view, which lets you conveniently maintain a training plan and schedule your workouts. See at a glance, whether you have fallen short of your goals or whether you're perfectly in line.

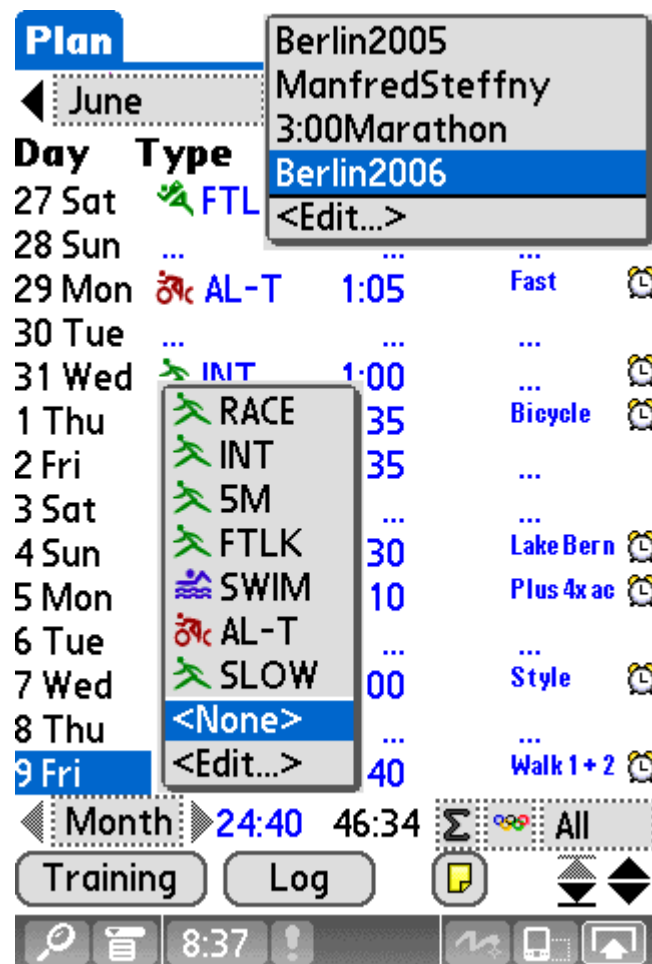
RunPlan does not provide you with any predefined training programs, however. You find these aplenty in Runner's books and magazines or on the Internet. Ideally you have an expert, physiologist, coach etc. tailor your training plan based on your individual fitness and health parameters.

RunPlan is meant as a mere tool here, replacing pen and paper.

Sport:





You can associate training types (5M, FTLK...) with sport categories.



The title bar in **Plan** displays your currently active Training Plan (e.g. Berlin2006). You can of course maintain any number of training schedules (see Edit Training Plans). A training schedule in RunPlan comes with a start (**From:**) and end date (**To:**) and an associated set of training types (**Codes:**).

First thing you have to do is define this list of training types. These could be **MRP** (Marathon Race Pace), **HILL** (Hills Repeats) or **5M** for a 5-mile run etc. You'd probably stick with the types (or codes) your original (printed) training plan uses.

Then you browse the Plan calendar table and schedule your trainings. You can derive your goals from distance or time/duration. Yet again, you'd most likely stick with your original program. If it primarily focuses on distances (12 miles LR, 15 miles MRP, ...), you'd choose icon  in the goal column and set your goal distances by tapping on one of the items (ellipsis/dots if empty) in the that column. For a training plan with time goals (120 min LR, 45 min cross-training ...), have icon  switched on in goal column.

The RunPlan Set Training Goal input dialog is flexible enough to let you e.g. derive distance from time and pace. This comes in handy if your original training program stipulates a 1 hour tempo run with an 8:20 min/mile pace.

Time of day: You can set the time when your training is supposed to begin by tapping on a calendar day in column **Day**. You can schedule multiple trainings for a given day e.g. a running workout in the morning and some bicycling or swimming in the afternoon. For each new record you have to tap **Menu**→**Record**→**New...** with the given day being selected.



Plan ▼ Berlin2006

◀ May ▶ 2006 ▶ 131 📅

Day	Type	Log	Note
27 ^S 8:00 am	FTLK	0:45	Fartlek 🕒
2:00 pm	AL-T	1:00	Bicycle 🕒

Time (new)

6 : 0 0 ⬆ ⬇ ⬆ AM PM

OK Cancel

4 Sun	SWIM	0:30	Lake Bern 🕒
5 Mon	AL-T	1:10	Plus 4x ac 🕒
6 Tue 🕒
7 Wed	AL-T	1:00	Style 🕒
8 Thu 🕒

◀ Month ▶ 24:40 46:34 Σ 🏅 All

Training Log 📄 ⬆ ⬇ ⬆

🔍 📄 10:29 ! 📶 📱 📺

Event Countdown: the number next to icon 📅 shows days count before next (running) event. This "event" is represented by the last record in the current training schedule. Tap ▼ to jump to the last plan record.

Type: As mentioned above these could be MRP, HILL, INT (Intervals), FTLK (Fartlek) etc. Type column can display a maximum of four characters. That is why you see these abbreviations and acronyms all over the place.

Goal: As stated above you are free to define your goal as distance or time (or even pace if that suits you). Set Training Goal dialog can handle each of these cases. By tapping on the "Goal" icon in the header row, you define which one (time, distance, pace, count) to be displayed in goal column. Count ("123" icon) leaves the goal column empty as per definition count is always one for a date day row.

Yet, the goal column icon also triggers what type of information is in the summary row at the bottom of the page. Here count serves a purpose i.e. by presenting you the number of scheduled "HILL" sessions compared to the number of completed "HILL"s.

Plan

▼ Berlin2006

◀ May ▶

◀ 2006 ▶

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Day	Type	Log	Note
27 Sat	FTLK		Fartlek
28 Sun
29 Mon	5M		Fast
30 Tue
31 Wed	INT	1:00	...
1 Thu	AL-T	0:25	Rivule

Set Training Goal

Distance: 10 miles

Time: 1 h 35 m 0 s

Pace: 9 :30 min/mile

1 2 3 4 5 6 7 8 9 0 .

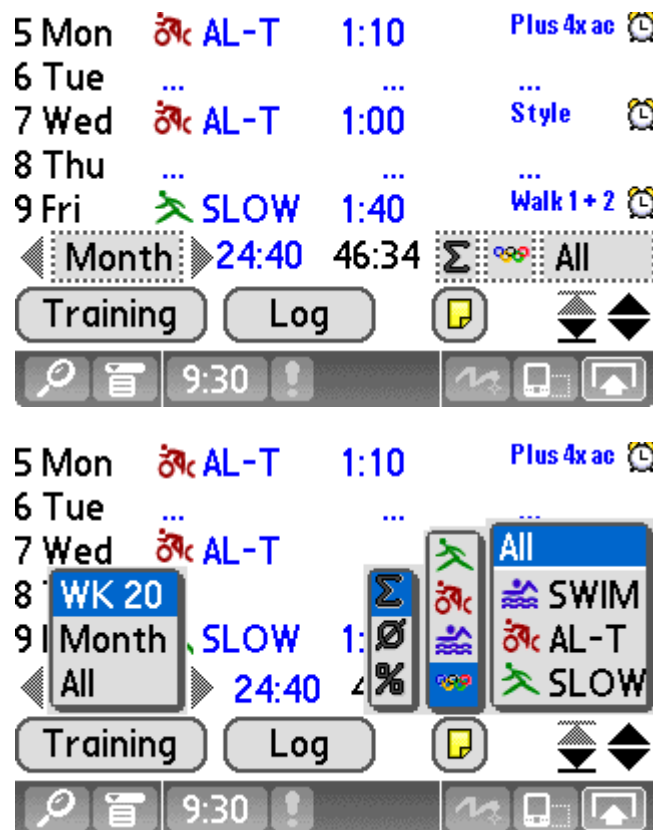
OK Cancel

Training Log

9:45

Log: These are your completed runs (as entered in Training form). "Log" is the column you want to keep at level with "Goal".

Summary: Reveals whether and to what extent your training plan is in sync with your log. First specify a time frame: Week (WK 31), Month or All (your entire Training plan). RunPlan lets you analyze your training status in a "Sum of" (Σ), average (\emptyset) or percentage (%) fashion. You can even zoom in on a specific training type. Let's say you want to check your grade in 5-mile runs for the current month. Simply select 5M from your Type list. Or select e.g. Cycling from Sport category (🏊) to look at one type of activity only.





Hint: If you select a specific training type (e.g. 5M) RunPlan applies a strict balancing. It counts and summarizes only the logged runs that have a same-day match in the 5M - whereas with an unselected <Type> RunPlan counts and summarizes all logged runs within the chosen time frame even if these do not have a same-day buddy in the goal column.

Hide idle days: Toggle Menu→Options→Hide idle days on to view only those days in the calendar that have a training session either scheduled or logged. If toggled off you can browse all calendar days.



Training Plan selector: Tapping the popup trigger in the title bar (Berlin2006 in the sample screen) let's you edit a list of training plans. This allows you to name your training program. Given the sample name Berlin2006, you'd find a Berlin2006.pdb in your Palm backup folder on your PC after a HotSync® operation. Furthermore you can view any (older) training plan by selecting it in the title bar.

Note: Enter comments or short descriptions here (i.e. "+10min warm up/cool down"). Either tap on the Note column of within a day row or tap . This pops up the Palm keyboard dialog box with its half a dozen full screen width text lines plus vertical scrolling.

Alarm (): RunPlan can copy your training schedule to the Palm

7:00 ● RunPlan: FTLK; Goal: 1:00; 12 
 x 5min
 8:00

Datebook.

- Checking Menu→Options→Preferences→Use Datebook by default copies each new event in your training plan to Palm Datebook
- Menu→Options→Copy to Date Book... sends all events in your current training plan to Palm Datebook
- Menu→Record→Copy to Date Book / Menu→Record→Delete in Date Book work on a record (event) by record basis

Jump to Training details: Tap a valid entry in log column, and RunPlan takes you to Training form for viewing/editing the logged run.

Edit Training Plans

You can push a training schedule back and forth in time:

- alter From: date (commencing day of your training schedule)
- alter To: date (usually the date of a marathon / event)

If you want to base your build up for the Berlin 2006 Marathon on an existing Berlin2005 training schedule you have to "clone" Berlin2005 and adjust its From: and To: values.

- select Berlin2005

- tap[Copy]
- alter From: or To:
- rename Berlin2005_C to Berlin2006
- tap [Save]
- tap [X] (close)

Hint: For Codes: you should stick with the preset RunPlan_Table_Training unless you juggle different flavors of training schedules with each and every requiring its own set of Codes:.

However, you ought to change Codes: to something other than the default RunPlan_Table_Training (i.e. by cloning), if you want to share a training schedule with other RunPlan 2.2 users. See Beam a Training Plan below.

Beam a Training Plan

If you want to share a training plan with a friend, tap Menu→Options→Beam to transfer the selected training schedule to another Palm OS® device via infrared.

Hint: RunPlan 2.2 transfers the selected training plan database (e.g. Berlin2006.pdb) along with its associated Codes: database (e.g. RWorld.pdb).

When you try to beam a training plan with the default RunPlan_Table_Training Codes: database attached, you are warned that this would potentially overwrite RunPlan_Table_Training.pdb on the receiving device. Thus make sure to rename/clone your Codes:!

Load a Training Plan

Apart from beaming you can also exchange RunPlan training schedules using HotSync®. Any training plan you create on your PDA gets backed up to your (e.g. C:\Palm\

For loading a RunPlan training plan (e.g. Berlin2006.pdb + RWorld.pdb), simply install the pdb files onto your device. Next time you launch RunPlan 2.2, it will recognize the extra files and let you use and edit them.

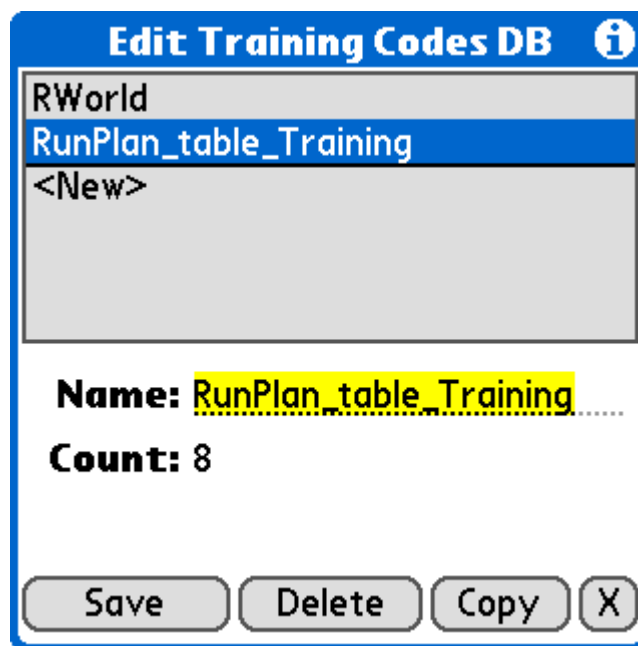
Copy and paste Training Plan records

Menu→Record→Copy and Menu→Record→Paste helps you set up repeating events in your schedule, such as "Long Runs" on Sundays.

Edit Training Codes databases

In order to clone your default RunPlan_table_Training codes database you have to:

- select RunPlan_table_Training
- tap [Copy]
- rename RunPlan_table_Training_C to e.g MyCodes
- tap [Save]
- tap [x] (Close)



Edit Training Codes DB ⓘ

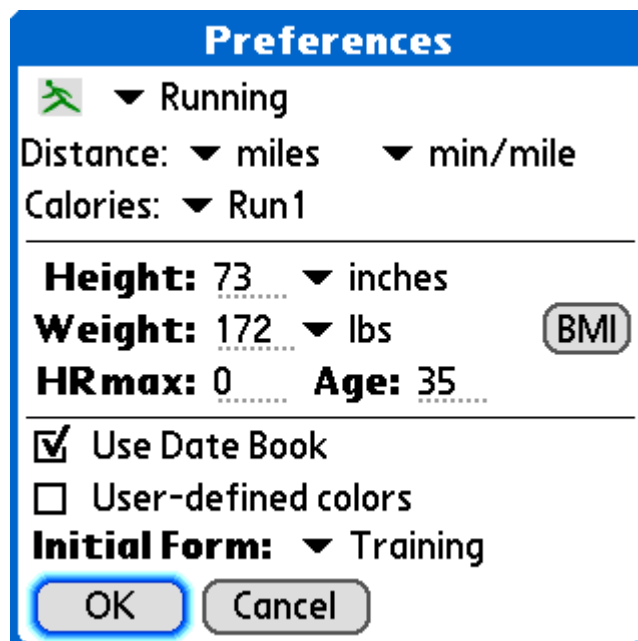
RWorld
 RunPlan_table_Training
 <New>

Name: RunPlan_table_Training
Count: 8


Save Delete Copy X

Preferences

Tap Menu→Options→Preferences... in any RunPlan form.



Preferences

 ▼ Running

Distance: ▼ miles ▼ min/mile

Calories: ▼ Run1

Height: 73 ▼ inches
Weight: 172 ▼ lbs **BMI**
HRmax: 0 **Age:** 35

☒ Use Date Book
☐ User-defined colors

Initial Form: ▼ Training

OK Cancel

Sport: You can set units for each sport category individually. You could have miles and min/mile for Running and yards and min/100yd for

Swimming. You have to hit **OK** (and re-open Preferences dialog box) to apply these unit changes for each sport category.

Calories: RunPlan provides built-in calorie expenditure formulas for Running (**Run1**) and Cycling (**Cycle1**). For any other sport or when you feel like overriding the preset Running/Cycling formulas select **<Custom>** from the popup list.

Preferences

▼ **Cycling**

Distance: ▼ miles ▼ mph

Calories: ▼ **<Custom>**

Height: 73 ▼ inches

Weight: 172 ▼ lbs **BMI**

HRmax: 0 **Age:** 35

Calories Coefficient

cal./lb./min : 0.0561 @ 15.00 mph

Increase: 9.60 % per mile

OK **Cancel**

The RunPlan custom calorie formula is based on three parameters: Each activity has an underlying Calories Coefficient (cal./lb./min). See the basic list below. You might search the internet for additional calorie coefficients bound to Aerobics or Cross-Country Skiing e.g.

Activity	cal./lb/min
Swimming	0.032
Bicycling	0.049
Inline Skating	0.053
Jogging	0.075

Usually your calorie expenditure increases the more vigorously you perform your exercise (e.g. the faster you cycle). This is when you would fill in extra parameters "base speed" (@) and "percent increase per speed unit". The latter parameters are optional. Zero values denote to exclude these from calories calculation. See a sample below for Cycling:

Speed (mph)	cal./lb/min	% increase per 1 mile
14	0.0560	10
16	0.0678	10
18	0.0820	10
20	0.0992	10
22	0.1200	10
24	0.1452	10
26	0.1758	10

This sample table would translate into your custom calorie settings for cycling:

Calories Coefficient

cal./lb./min : 0.0560 @ 14.00 mph

Increase: 10 % per mile

OK Cancel

The actual calorie calculation applied in RunPlan is straightforward:


Calories Coefficient (cal./lb./min) x weight (lb.) x duration (min)

For a cycling exercise with an average of 20 mph for 2 hours RunPlan would calculate your cycling expenditure as follows:

$$0.0896 \times 172 \text{ pounds} \times 120 \text{ min} = 1849 \text{ calories}$$

BMI: Calculates your body mass index according to your weight and body height.

Preferences

 ▼ Swimming


Distance: ▼ yards ▼ min/50yd.

Calories: ▼ <Custom>

Height: 73 ▼ inches

Weight: 170 ▼ lbs

Body Mass Index (BMI)

 **BMI: 22.8**
(18.5 - 24.9) Normal
Weight

OK

Last but not least

We will appreciate all your remarks and comments, which can be addressed to: RunPlan@marathonpeople.com

Thank you for your interest in RunPlan 2.2!

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