

Figure 01

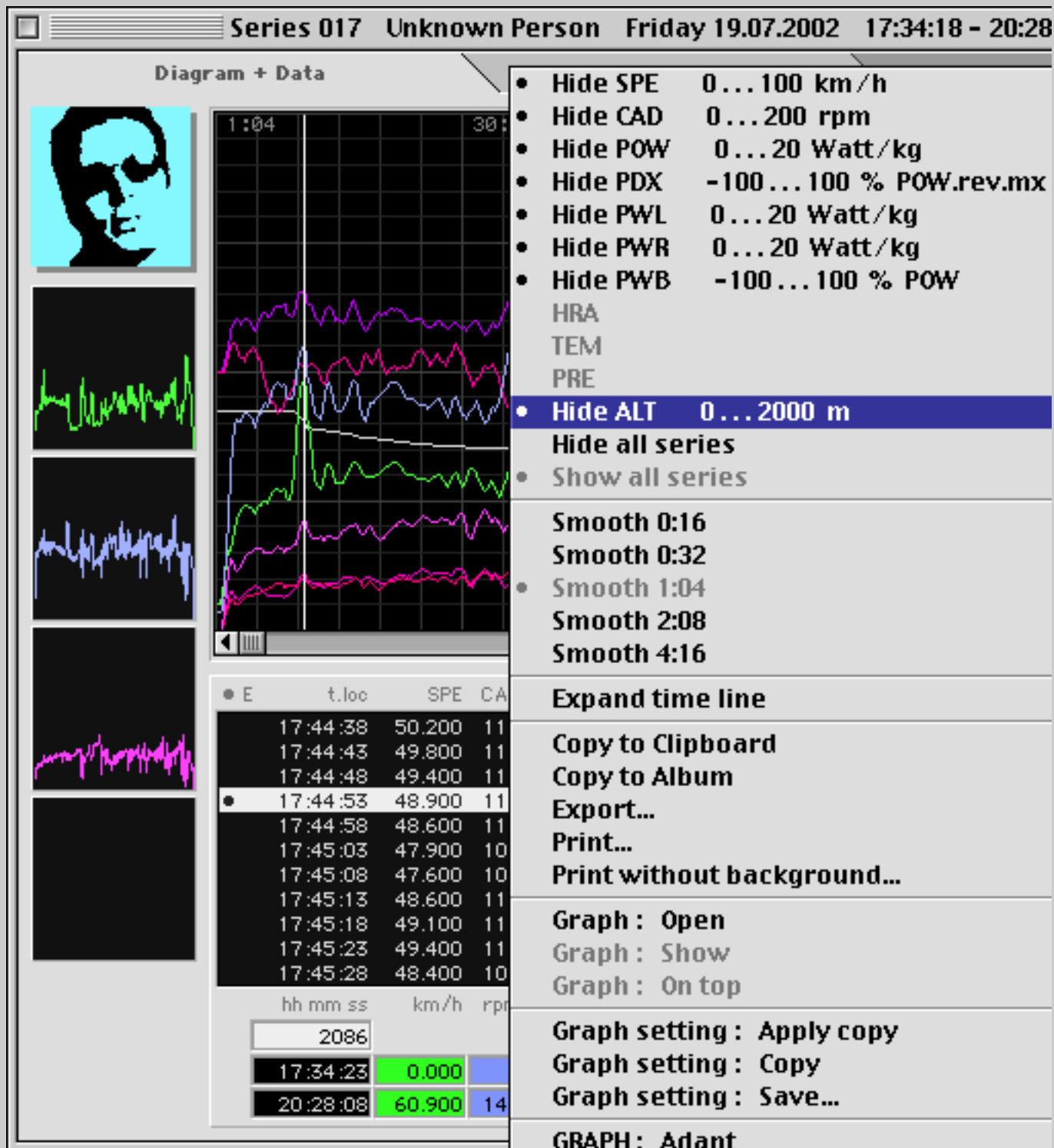
PCO PRODUCT INFO



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Figure 02

POLAR S710 recorded data series / Time Series Diagram context menu



If POWER OUTPUT SENSOR is used, data series recorded with POLAR S710 HR monitor may include up to nine series:

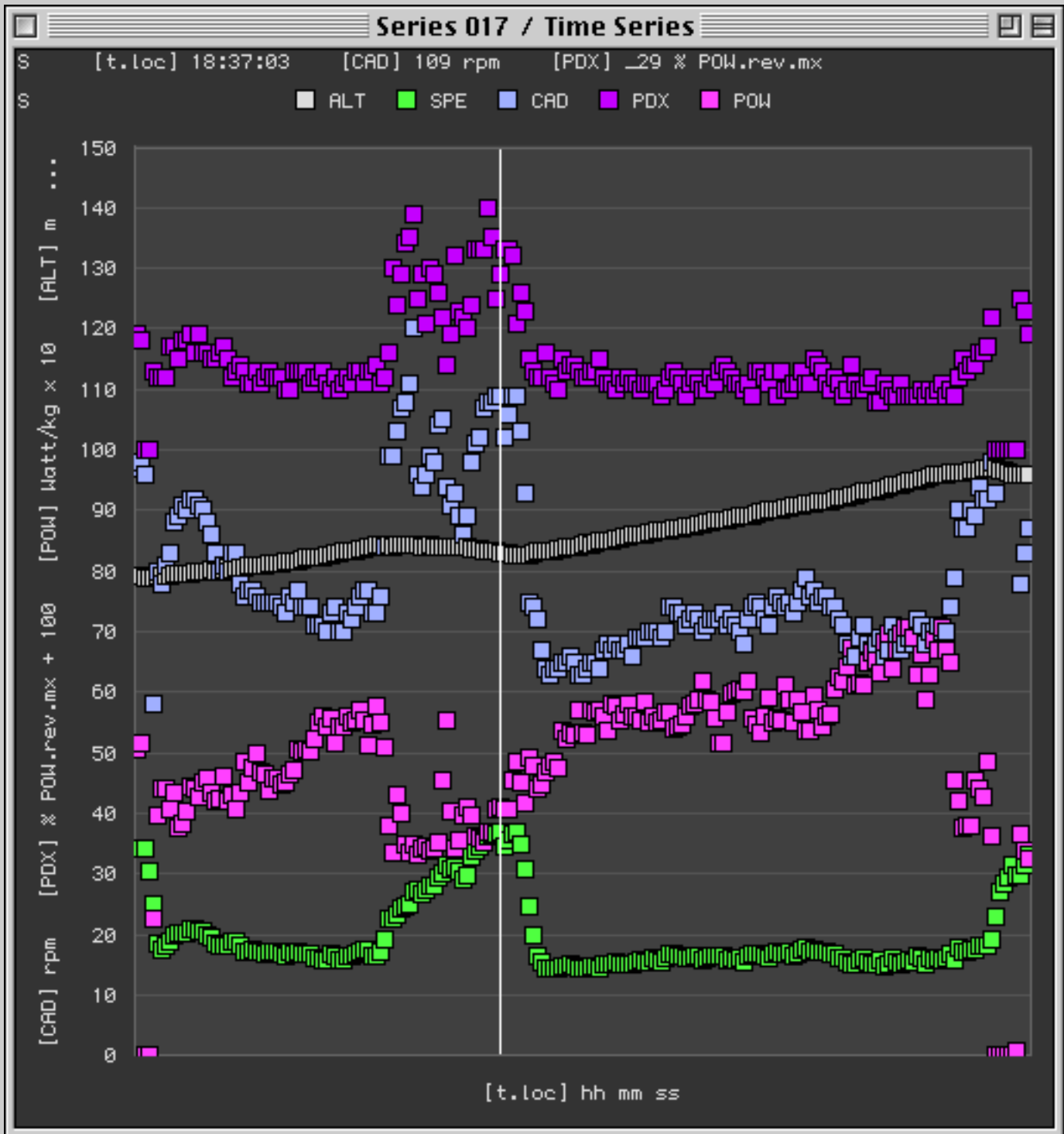
- . SPE (bicycle speed)
- . CAD (pedaling cadence)
- . POW (pedaling power)
- . PDX (pedaling power index)
- . PWL (left pedaling power)

- . PWR (right pedaling power)
- . PWB (pedaling power proportion)
- . HRA (heart rate)
- . ALT (altitude above sea level)

NOTE: The above example shows part of a data series Job window in PowerCoach. The Job includes eight recorded series (HRA not recorded).

Figure 03

POLAR S710 recorded data series / Time Series Graph window



If the POWER OUTPUT SENSOR is used, data series recorded with POLAR S710 HR monitors may include up to nine series:

- . SPE (bicycle speed)
- . CAD (pedaling cadence)
- . POW (pedaling power)
- . PDX (pedaling power index)
- . PWL (left pedaling power)
- . PWR (right pedaling power)

- . PWB (pedaling power proportion)
- . HRA (heart rate)
- . ALT (altitude above sea level)

NOTE: The above example shows the Time Series Graph window of a data series Job in PowerCoach. It displays a partial range of five user selected series.

Figure 04

Basic features of PowerCoach / Exploring activity

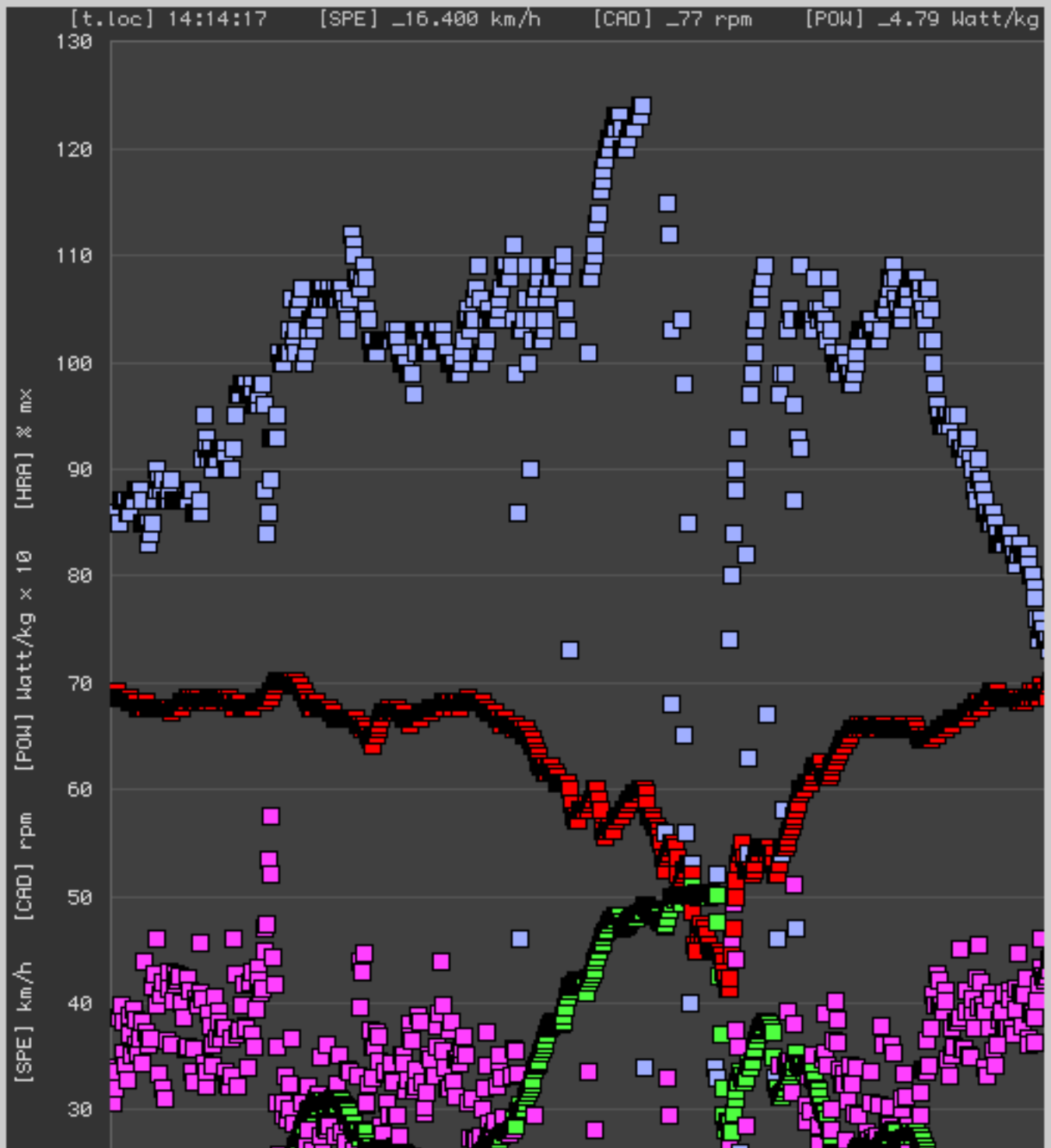


Figure 05

Basic features of PowerCoach / Exploring motor quality and quantity

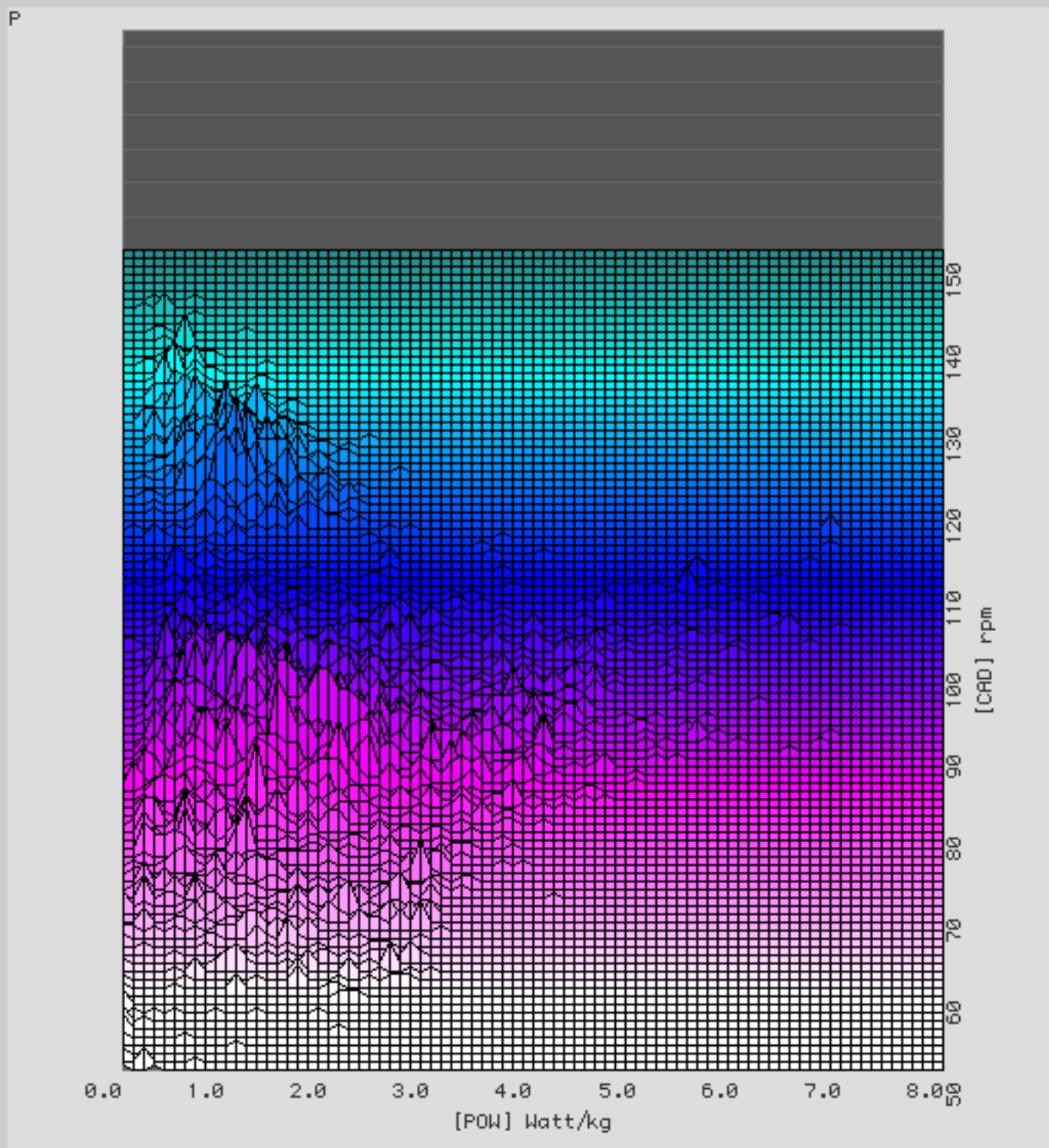


Figure 06

Basic features of PowerCoach / Exploring motor performance

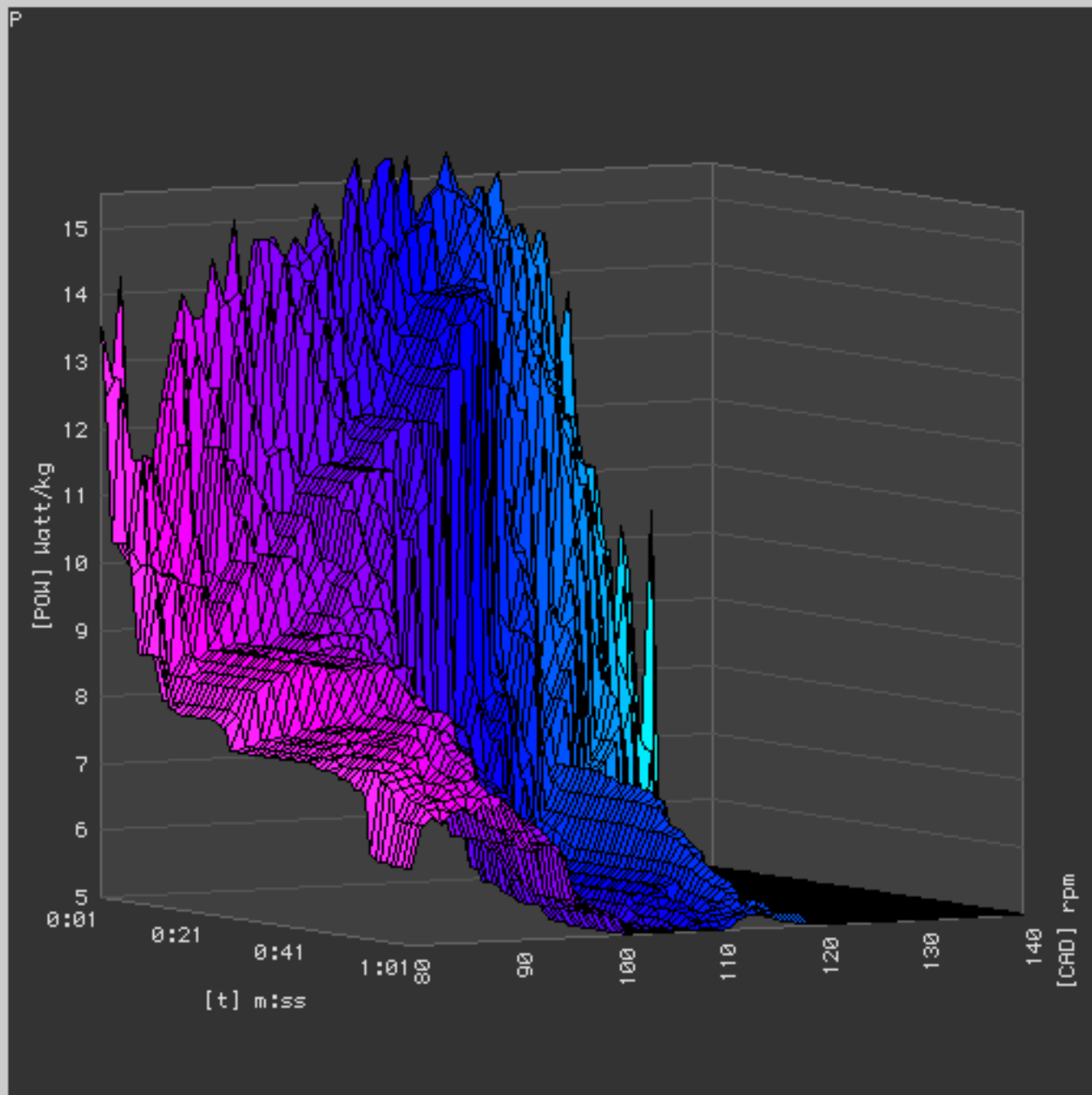


Figure 07

Basic features of PowerCoach / Assessing physiological regulation

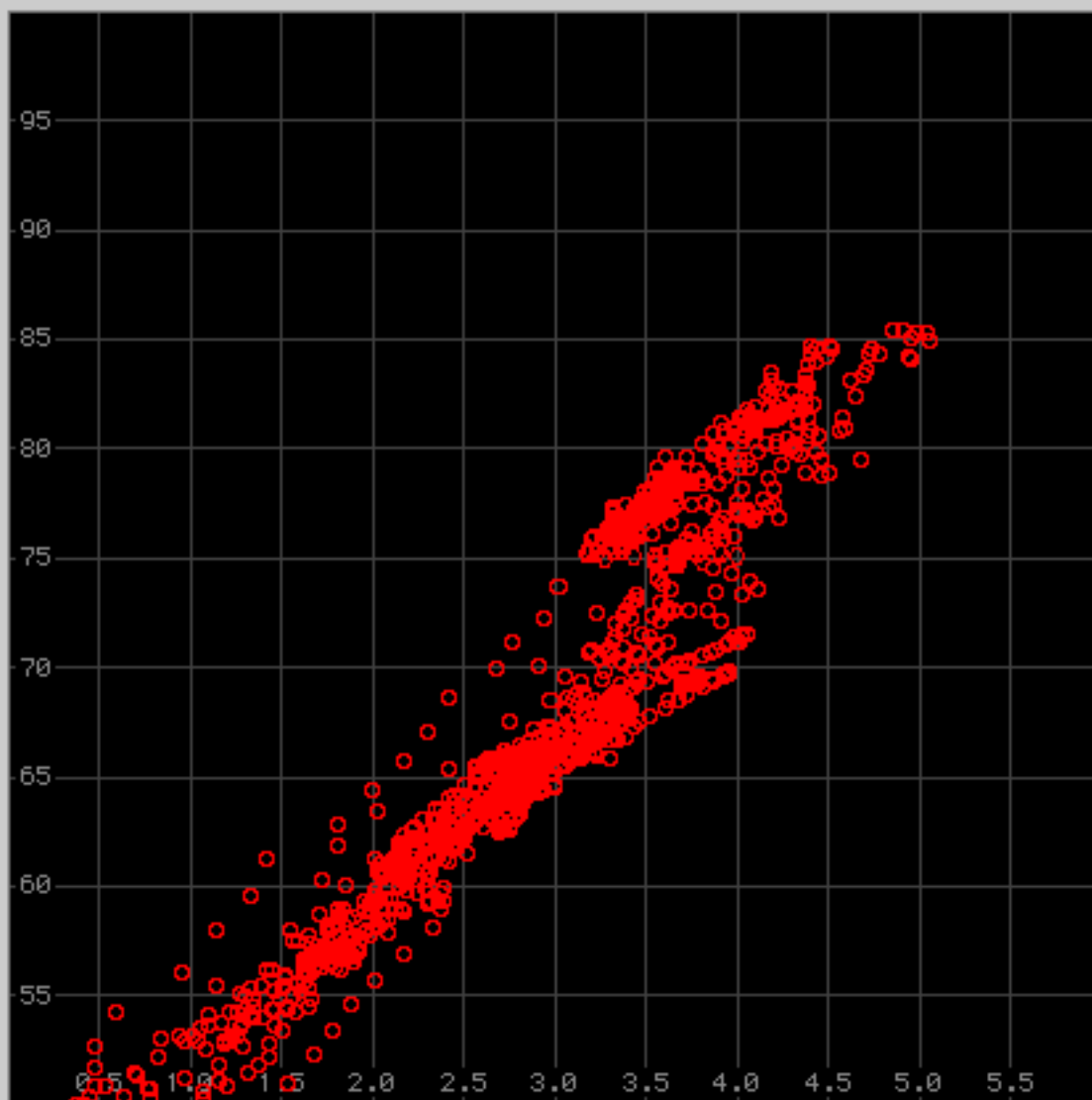


Figure 08

Basic features of PowerCoach / Exploring physiological regulation / [t]

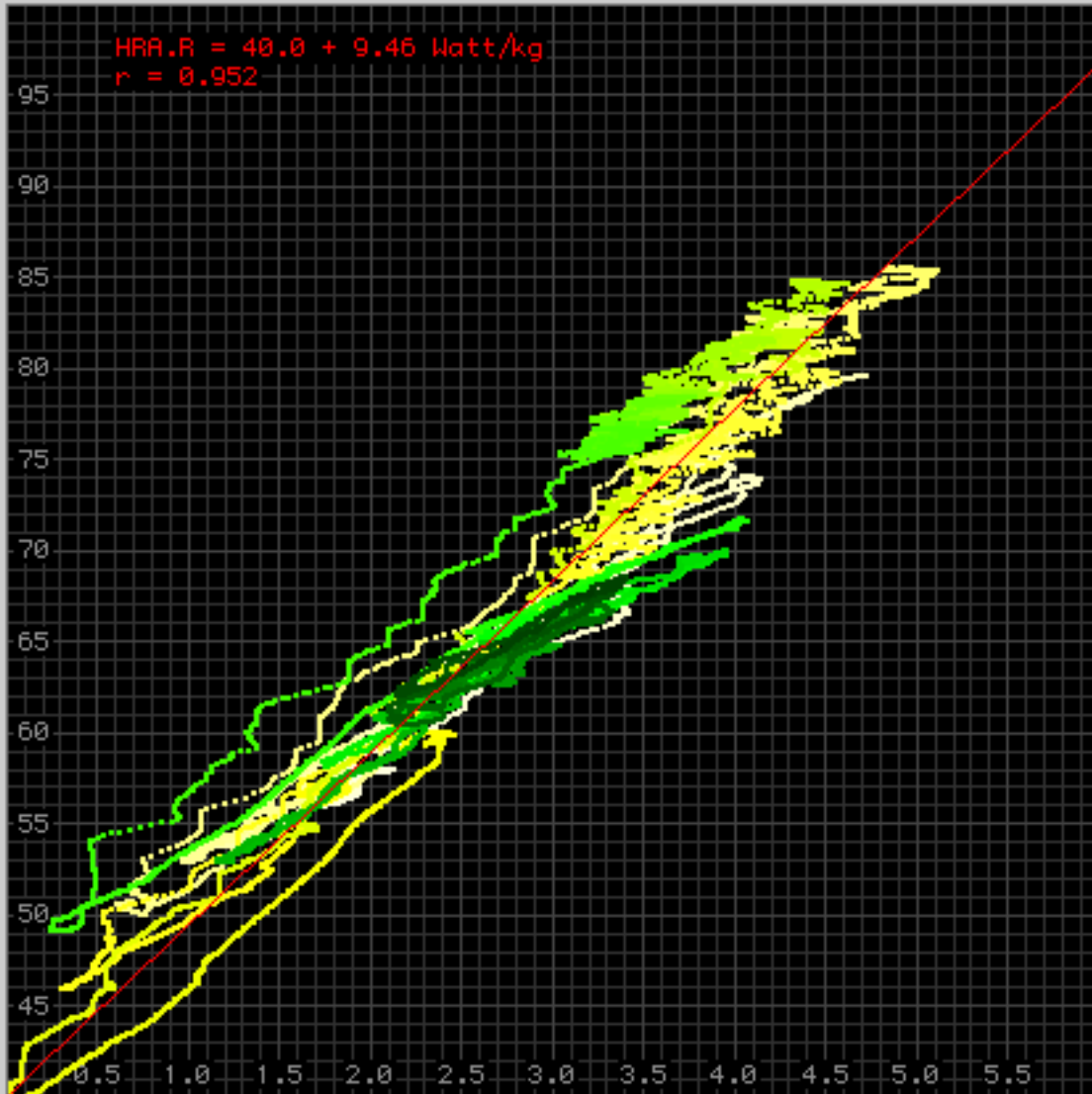


Figure 09

Basic features of PowerCoach / Exploring physiological regulation / [CAD]

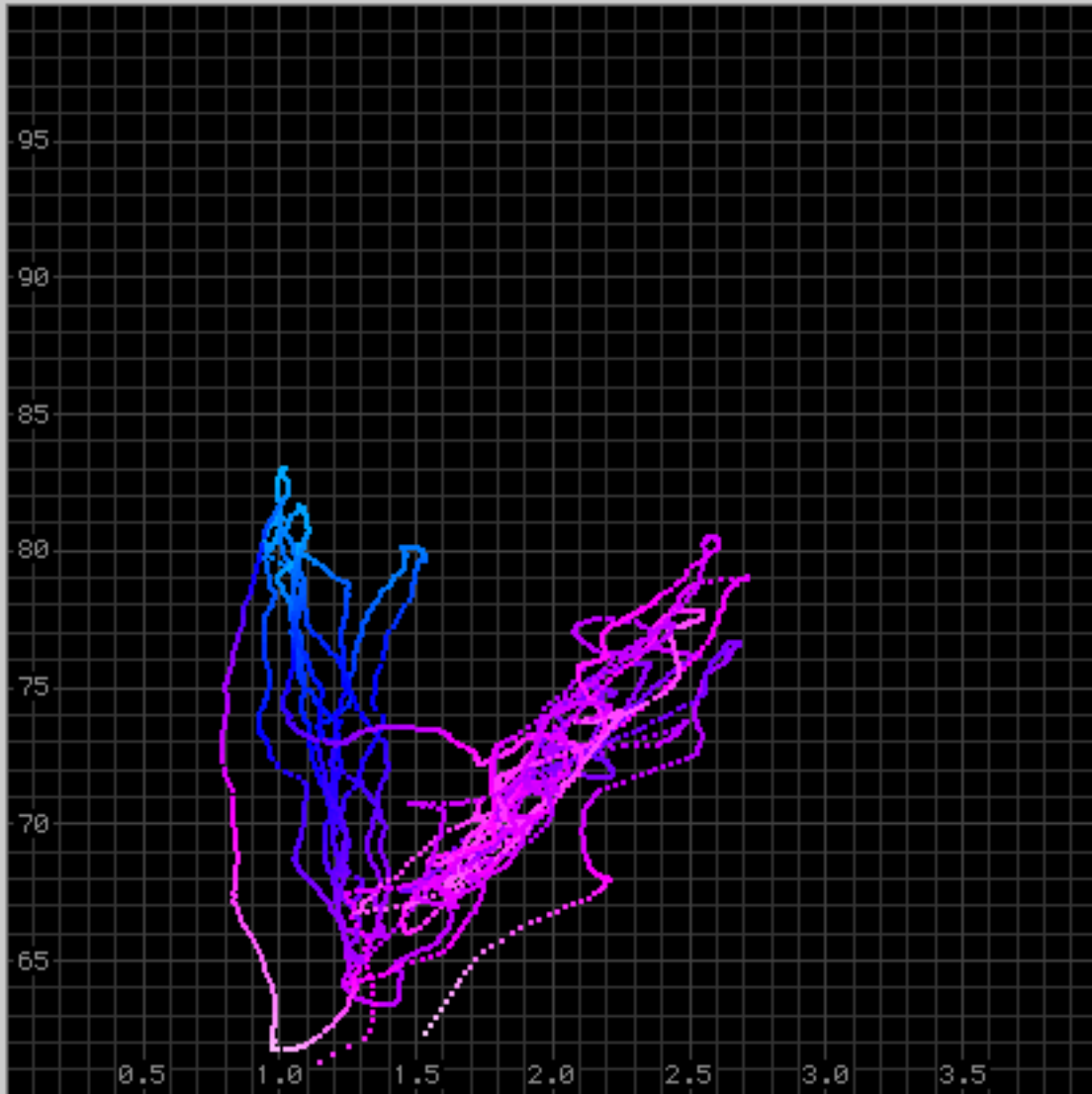


Figure 10

Basic features of PowerCoach / Exploring load and periodization

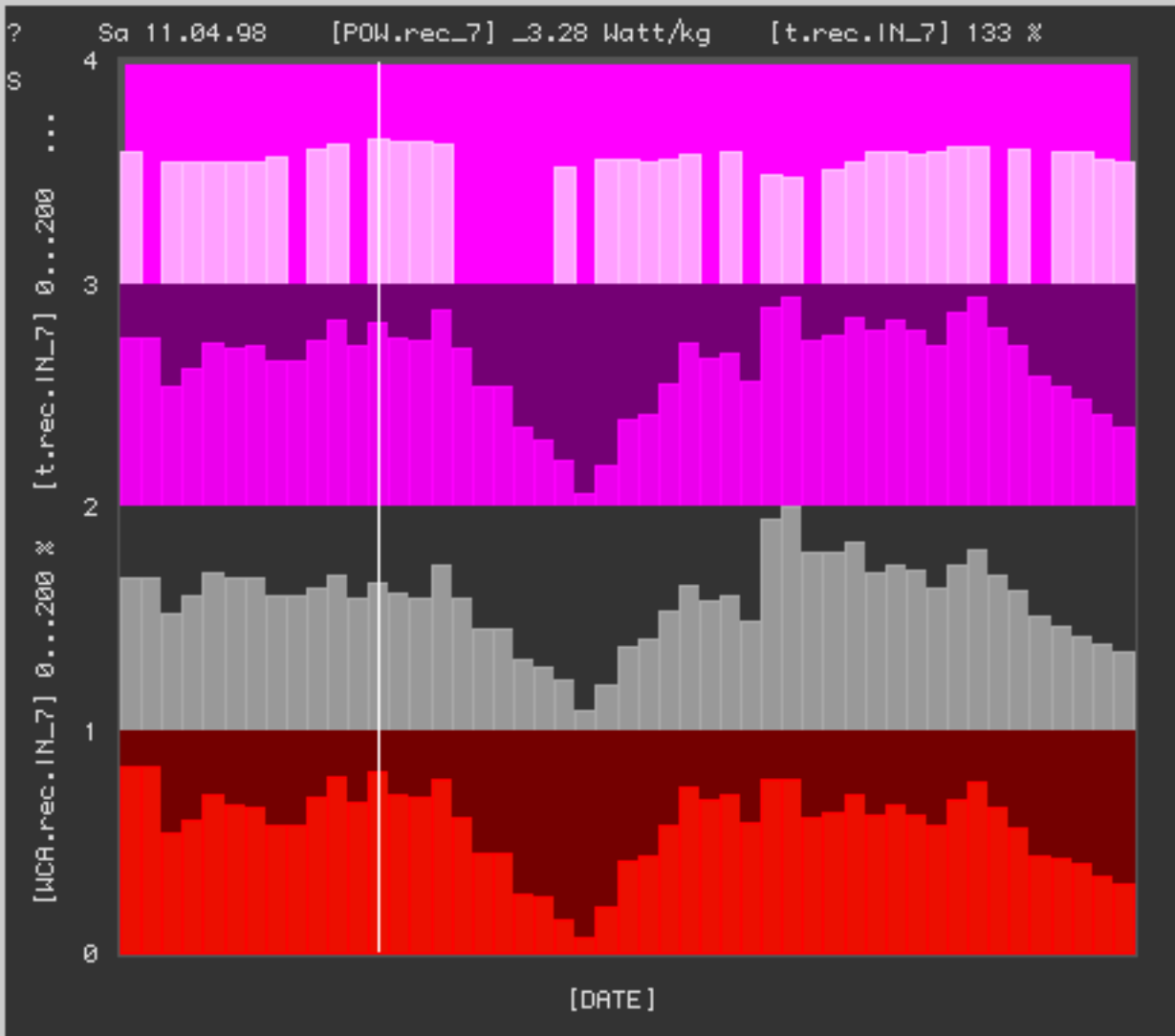
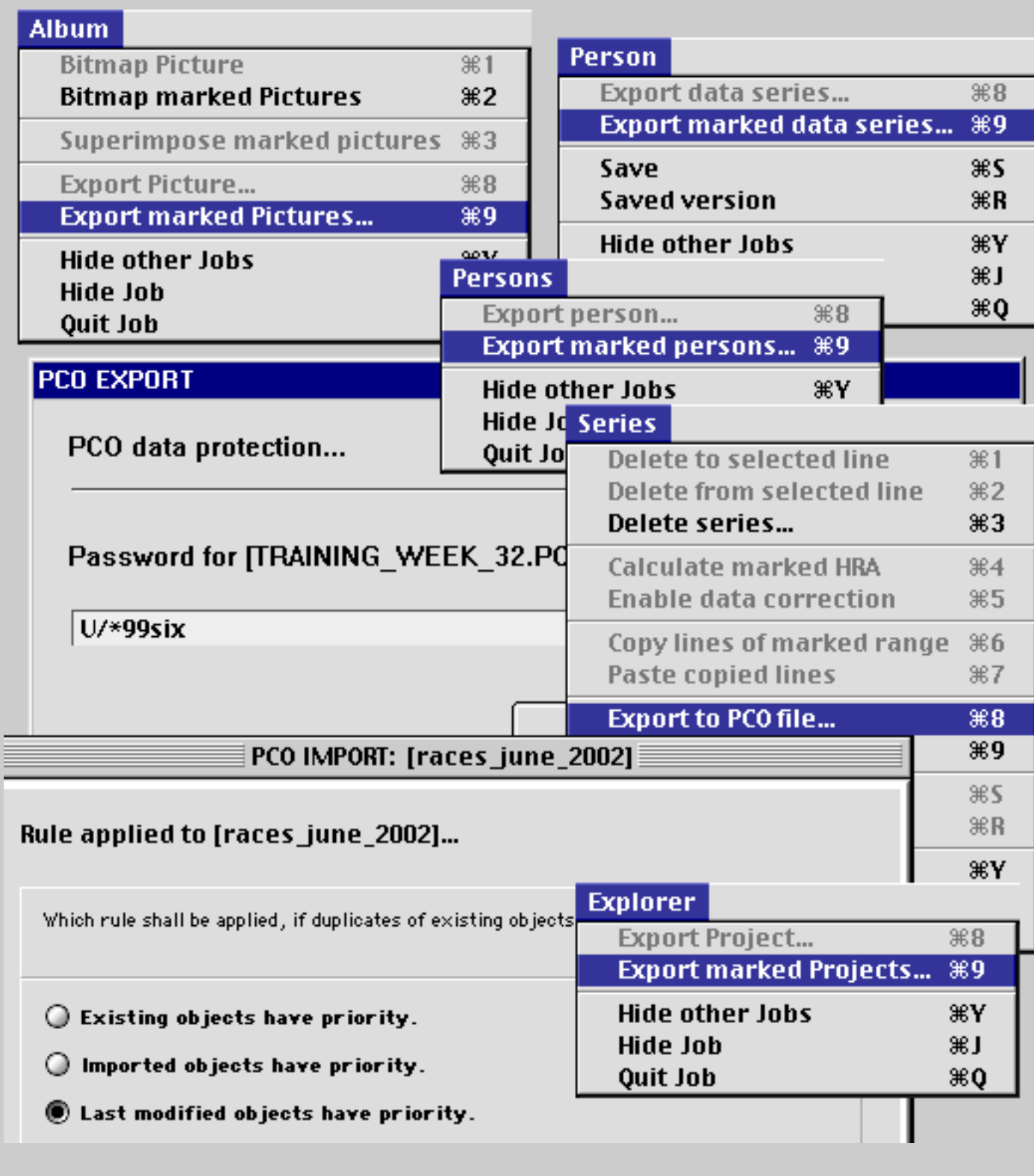


Figure 11

Basic features of PowerCoach / Exchanging information platform independently



PowerCoach Info - October 18, 2002.

PowerCoach can be used with various brands and types of measuring devices. Either on Windows or Mac OS, PowerCoach software imports the following files:

- . Ancarr Elite files saved on Windows (BAUMANN + HALDI device).

- . E-Train files saved on Windows (CATEYE device).
- . E-Train files saved on Mac OS (CATEYE device).
- . HRM files saved on Windows (POLAR device).
- . HR Analysis files saved on Mac OS (POLAR device).
- . PowerTap Link files saved on Windows (GRABER device).
- . SPY Win files saved on Windows (HUGER device).
- . PowerCom files saved on Mac OS (SRM device).
- . SRM Training System text files exported on Windows (SRM device).
- . Winpuls text files exported on Windows (POLAR device / CICLO SPORT device).
- . PowerCoach text files exported on Windows or Mac OS.

As a new feature, you may now import all types of HRM files recorded with POLAR S710 HR monitors and saved on Windows with POLAR PRECISION PERFORMANCE software. Figures 2 and 3 show examples of such S710 recorded data.

NOTE: You need the POLAR POWER OUTPUT SENSOR option to record data series including POW (pedaling power), PDX (pedaling power index), PWL (left pedaling power), PWR (right pedaling power) and PWB (pedaling power proportion).

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Figures 4 to 11 show examples of basic PowerCoach features. If you like to see more, link to

- . <http://www.powercoach.ch/PCO_INFO.HTM>

and click the cameras at the beginning of the document.

Regarding PowerCoach software and Windows or Mac OS computer platform, link to

- . <http://www.powercoach.ch/PC_PCO_E.HTM>

and check the topic

- . "Operating System and Computer Hardware".

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The PowerCoach software license costs 807 SWISS FRANCS (750 SFR plus 7.6 % tax). This amount includes shipment and handling of a current PowerCoach software CD, all upgrades to final version 01.00.XX, personal introduction at our office and unlimited telephone assistance.

Contact us for discount prices if you need many licenses (federations, teams, institutes, consultants).

You may download from PowerCoach Academy current releases of PowerCoach software for Windows or Mac OS. Copy the following link

- . <<http://www.powercoachacademy.com/35957.html>>

to your browser and connect to "Software download" area. PowerCoach will run in DEMO mode as long as you don't have a license.

NOTE: Without license you may import, visualize, explore and analyse data series. You may work on data series and objects contained in a PowerCoach database and you may export ASCII text files of PowerCoach data series. You need a license to save imported data series, create new PowerCoach objects, print objects and export or import PCO files.

You like to get more information? You have questions? Please email

. <mailto:powercoach@bluewin.ch>

or call

. phone +41 32 941 31 84 (09:00:00 - 19:00:00 European time).

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All data and quotes valid per 20021018 (subject to change). Please visit PowerCoach SHOP to check actual price lists:

. <http://www.powercoachacademy.com/36065.html>

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