

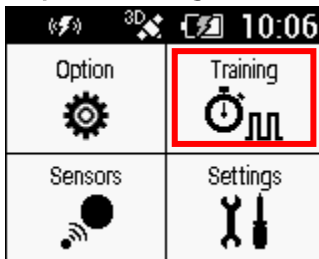
TRAINING

INTERVAL TIMER

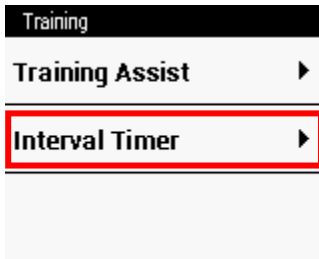
Start training by creating training menu with Cyclo computer.

1. Press [Menu] button

2. Tap [Training]

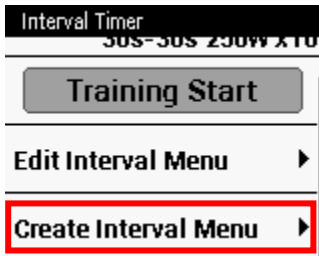


3. Tap [Interval Timer]



Creating Training Menu

1. Scroll display to tap [Create Interval Menu]



2. Set each preference

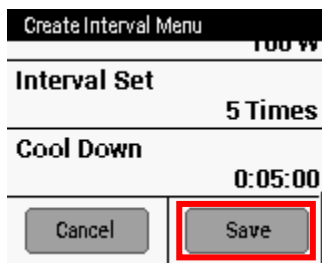
Preference	Setting Content
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Name	Entry name of Interval menu. (Default :Interval ##form)
Warmup	Set warmup time. (unit:hour, minute, second / Default:5minutes / Range of values:0 sec. to 2 hours)
Interval time	Set Interval time. (unit:hour, minute, second / Default:30 seconds / Range of values:10 sec. to 2 hours)
Target Power output	Set Target Power output during Interval (unit:W / Default:200W / Range of values:0 to 3,000W)
Escalation	Set when increase power output for each set (unit:W / Default:0W / Range of values:0 to 3,000W)
Time for rest	Set time for rest. (unit:hour, minute, second / Default:30 seconds / Range of values:10 sec. to 2 hours)
Rest Power	Set target power output during the rest (Default:100W / Range of values:0 to 3,000W)
Interval Frequency	Set the number of sets to repeat Interval and rest. (unit:Frequency / Default:5 times / Range of values:1 to 1,000 times)
Cool Down	Set the time for cool down. (unit:hour, minute, second / Default:5 minutes / Range of values:0 sec. to 2 hours)

Cancel	Close the dialog after cancelling modification. [Menu/Back] button: short-press/long-press can do same action.
Save	Close the dialog after saving modification.
Delete	Delete Interval menu file.
Copy	Save Interval menu as an another file.

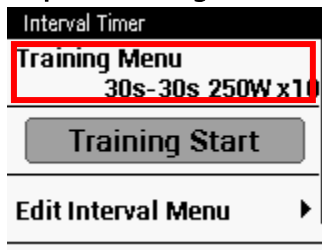
3. Tap [Save]

Save the training menu you created.



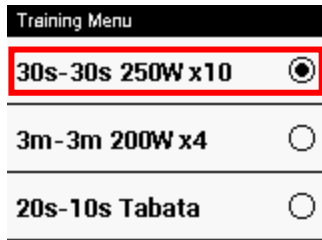
Start Training

1. Tap [Training Menu]

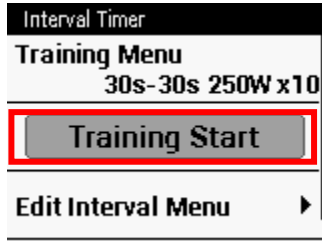


Select training menu item.

3 menus are pre-installed.



2. Tap [Training Start]

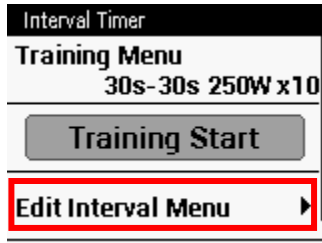


- LOG is being acquired even after finish training. Press [START/STOP] button to [STOP TIMER] after finished training, then reset the LOG by long-pressing [LAP] button.

Edit the menu

Edit the menu you set.

1. Tap [Training]—[Interval Timer]—[Edit Interval Menu]



You can use the data field as below during training:

Training Timer	Interval Frequency	-- Numeral is displayed as N/Total (N: actual count, Total: Total training frequency)	Training	Count
	Remaining Time	-- LAP is displayed when no time setting is specified. Press [LAP] button.	Training	Remain
	Target	Watt	Training	Target

	Next Target	Watt	Training	NextTgt
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2. Tap preference item to edit.

3. Save menus you copied, deleted and modified.

Edit Interval Menu
10 Times
Cool Down
0:05:00

Cancel	Save
Delete	Add New