

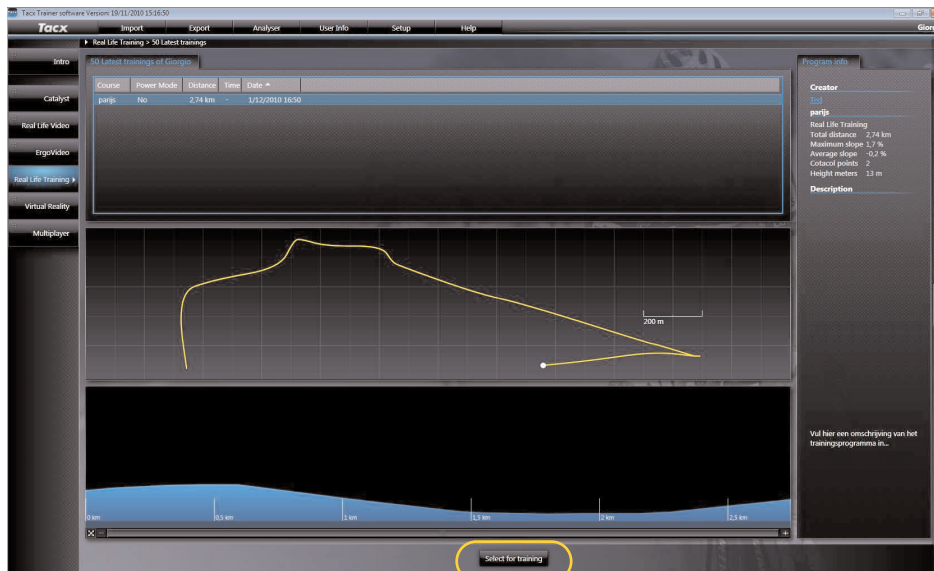
Real Life Training

Courses that you have personally ridden can be repeated, thanks to Google Earth. It's life like, but without the inconveniences of riding outside. With the help of the 3D maps you can also ride courses you would never dream of going to. You can copy a real ride or create one with the route planner.

Choosing a training ride

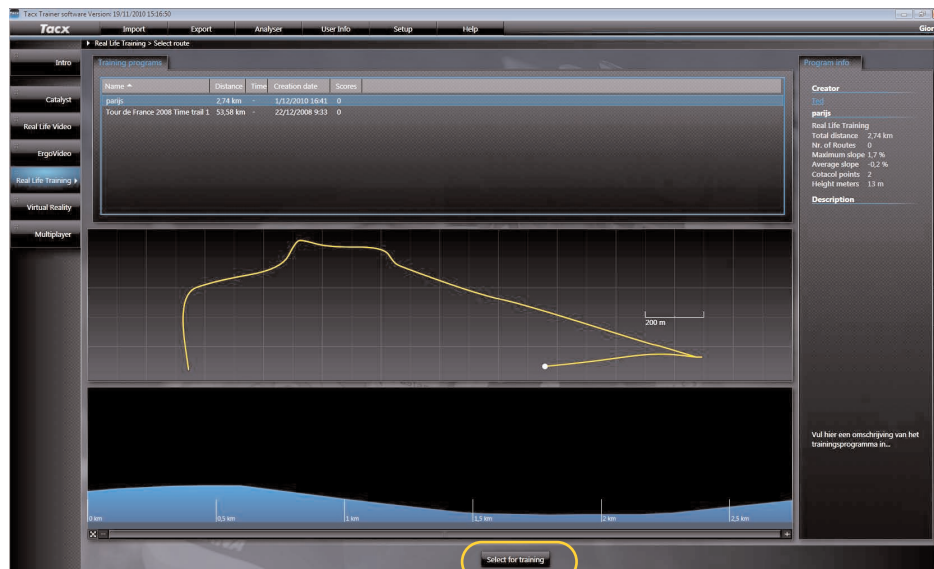
The last 50 training rides

This button is the fastest way to start a training session. A list of choices featuring the last 50 training rides by the selected user will appear. At one time you have ridden these training rides (possibly with opponents) and you can now repeat one. In the screen there is a picture of the film-'s starting point but also a graphic representation and an altitude profile for the entire film. The course is indicated in yellow. To the right you will find information regarding the program. Make your choice and press the button **Select for training** in order to start. .



Select a route

In this screen you will see a list with all the available routes. The rest of the information is identical to that under The last 50 training rides. Make your choice and press the button **Select for training** when you wish to start.



Edit program

New route

After selecting this button the Google Earth globe will appear with the function buttons to the right.



Control

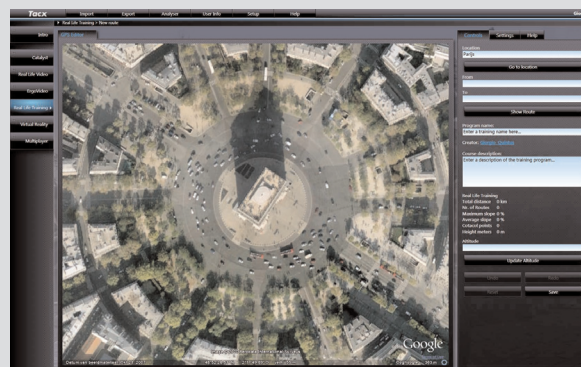
This is where you make a new route. Fill in the city and country and click the button **Go to location**. The image will zoom in on the chosen city. By left double clicking a spot on the globe you are creating the starting point. If you now double click a different location point a connecting line to the first point is brought about. Repeat this until the entire route has been established. You can modify location points by double clicking the point you have created again. After you have made the route you fill in a name at the right hand top corner. After **Save** your route is ready to go.

While setting the route you will see the information on the right change. At the right hand bottom corner, under Altitude, the number of meters, which you can adjust if you wish to, appears.

Settings

In this screen you can determine the settings that will apply to making the route. They will allow you to determine the altitude modes, show or hide navigational operating; adapt the size of markings, line thickness or colour and position dots.

These settings have nothing to do with the screen display while you are riding.



- More info for Settings while you are riding: [The function buttons > Google Earth settings](#)

Editing & making a new route from

Both buttons work the same way. The difference is that under **Edit route** all previously ridden scores will be deleted. When using **Making new from** you are renaming the route and the original route with the corresponding scores will be saved.



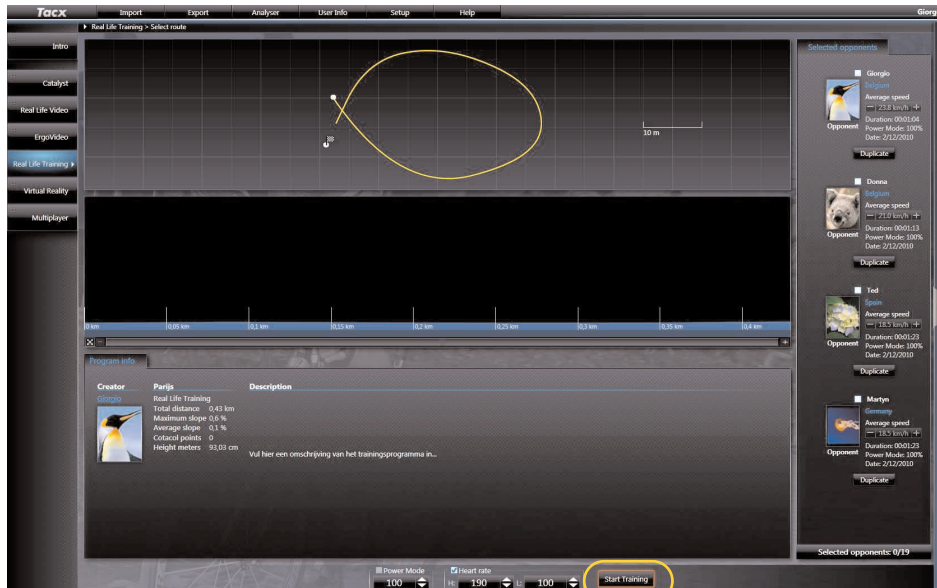
After choosing, the list of choices with routes will appear. Make your selection and choose **Edit**. The Google Earth globe appears. Adapt your route as described under New route. After **Save** your route is ready to go.

Remove

You can remove the entire route including the scores. Removing the scores separately can be done through the button **View scores**. Choose from the list and press **Remove**. When you confirm the task in the warning field the program's score will have been deleted.

Start training

Before the start you can set the value for the Power Mode, select opponents and set your heart rate parameters for your training session.



This is the screen you will see before the start, with a graphic display and the altitude profile of the selected course. Underneath the picture you will find information on the route. On the right side you can set your opponents, next to the button **Start training** you'll see the tick box for Heart rate with corresponding limits and the Power Mode

Power Mode

The Power Mode helps you affect the course's power; you can either increase or diminish the brake's functioning. This way you can ride at the level that is yours. The tick box indicates if the Power Mode is switched **On** or **Off**. When **On**, you can use the arrow keys to determine the value (10-200%). You can even adjust this setting while you are training.

Heart rate

The tick box indicates if heart rate is switched **On** or **Off**. When **On** has been selected you can set the upper and lower limits of your heart rate with the arrow keys and mouse. During your ride these limits will be displayed.

All analogue transmitter belts can be used, and most coded belts as well. For Bushido and Vortex you may also use an ANT heart rate transmitter belt. The Suunto transmitter belts (ANT) and Polar W.I.N.D transmitter belts are not compatible with Tacx trainers.

Opponents

An opponent is an adversary who has already ridden the same program. That could be you, or a score you have downloaded through BikeNet. Only with a Slope/Distance program can you enter a maximum number of 19 opponents (this is not possible for the other program types). You can select them on the right side of the screen. All of the possible opponents are listed with their average speed and time. They will only participate in the race if you have selected them through the tick box.

Using the button **Duplicate** you can copy the opponent. Rename the opponent; adjust his speed (faster or slower). This new opponent will stay near you during the training ride; this is a very clever way of enhancing your performance.

Functions during the training session

Start training

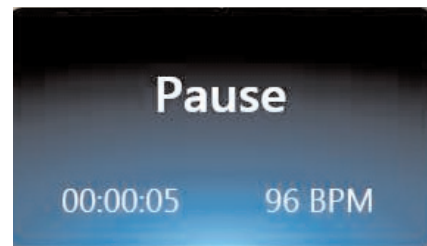
After pressing **Start training**, the Count down appears. When it has reached 0, you can start riding. Watch out: this is the starting sign for the opponents, so they will start. When there is a false start, the Count down will start again.

When you use the Tacx Trainer software for the first time you will be asked to install the Google plug-in. Follow the instructions on the screen.

- More info: [Tacx Trainer software > First time use](#)

Pausing during the training session

If you wish to stop training before crossing the finish line, a pop-up Pause will appear on your screen. This pop-up will indicate the time paused and current heart rate. All rider data will be frozen during the break. When you start riding again, the computer will continue to calculate based on these data.



Power Mode

Adjusting the brake's function, as regards difficulty, can be done at any give time during your training session with the button **Enter** (VR interface) or **arrow right** (Bushido/Vortex computer). A pop-up will appear in which you can adjust the Power Mode using **arrow up** and **arrow down**. When you do this you need to save the program under a different name at the finish line and the current opponents will expire after you've modified the route setting.

Finish

You complete the program and a pop-up appears with your time and your opponents' times. Choose **Save**. If you wish to do so you can look at the scores later in the Analyser.

Stopping early

Stopping when you are not yet at the finish is done with the button **Cancel** (VR interface) or **arrow left** (Bushido/Vortex computer). A field appears asking you if you wish to save the part you have completed. If you do, rename the program and choose **Save**. If you wish to do so you can look at the scores later in the Analyse

Screens during the training session

During the training session you can browse through the different screens using arrow up and arrow down in the interface on your handlebars.



Real Life Training screen 1



Real Life Training screen 2



Real Life Training screen 3



Real Life Training screen 4



Real Life Training screen 5



Real Life Training screen 6



Real Life Training screen 7

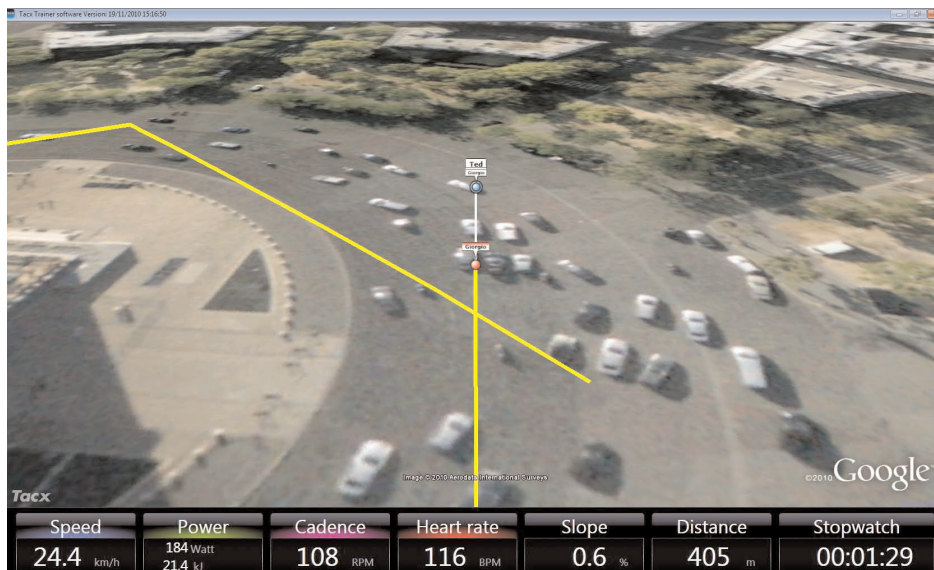
With the **Enter** button (VR interface) or **arrow right** (Bushido/Vortex computer) you can summon other functions. A pop-up will appear in which you can set the settings of the screen in question with **arrow up** and **arrow down**.



GPS display

When Google is switched on under settings you will see a 3D map. The course is displayed as a white line; the road covered is shown in yellow. The opponents are also shown. There are 5 possible camera angles, such as top view, panoramic view (360%) and several zoom in positions.

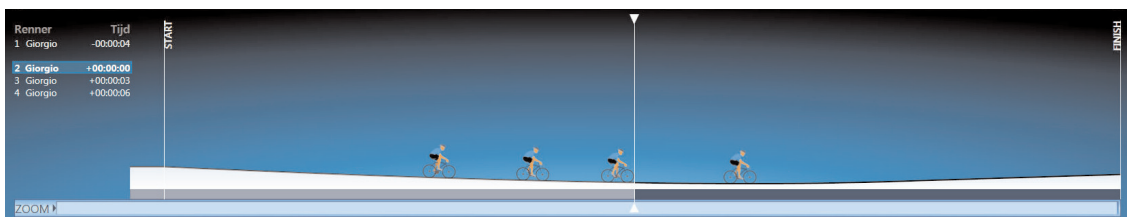
When you do not have an internet connection you can still ride with Real Life Training. In stead of the Google Earth 3D maps the route will be displayed in two dimensions.



Under settings you can determine if the riders will be displayed in 3D or as a simple dot. Several adjustments of the way the 3D maps are displayed are possible.

- More info: [The function buttons > settings](#)

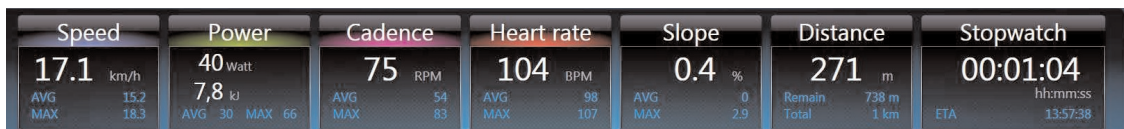
Rider positions



The user's position in the course is shown by means of a vertical line. The positions of the opponents are also made visible. On the left you will see the names of the user and the opponents with the differences in Time of Distance between them. You can also **zoom in** on the position display.

Training data

There is a brief and there is a more elaborate display of the training data. The following values are visible:



Speed

Current speed *
AVS average speed
MAX maximum speed

Cadence

Current pedalling frequency
AVS average pedalling frequency
MAX maximum pedalling frequency

Power

Current power output *
AVS average power output
MAX maximum power output

Heart rate

Current heart rate *
AVS average heart rate
MAX maximum heart rate

Route settings

Slope, watt or heart rate setting
 The setting's average
 The setting's maximum

Distance

Trip distance
 With a distance program you can see total distance and remaining distance for the route.

Stopwatch

Duration of a training session
ETA Estimated Time of Arrival in a distance program
Rest. Remaining time in the program

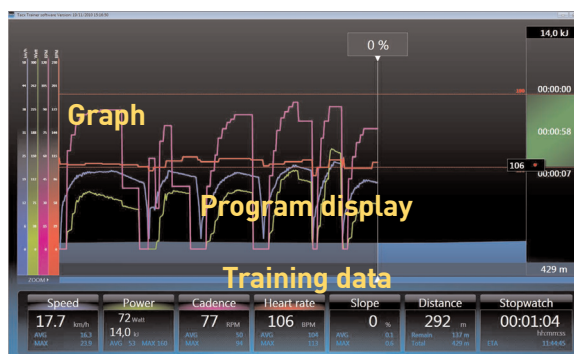
** Under Current power output, when the Power Mode is On, you can see the power output you would have realized if the Power Mode had been set for 100%.

* Fields of application

When the current value is shown in red this means that you are not actually performing as it is indicated at that moment. Because the trainer's roll does not start to turn by itself during descents in the terrain, like it would in the real world, our software engineer has integrated virtual speed formulas. In order to imitate reality as much as possible the rider's speed will increase artificially during descents, and diminish when riding uphill. As a result of this application the indicated speed on the screen will be different from real cycling speed in many cases. This is indicated by means of red numbers for speed under training data.

Grafiek

The course is shown in the shape of a mountain profile. The vertical line indicates position. This position line will move as you ride; the course that has been covered will be coloured differently. While you are riding, the training data is drawn in a graph. The standard visible data at every start are Speed, Power (output), Cadence and Heart rate. You can switch these lines **Off** or **On** by clicking on the vertical axis with the graduation. In the graph you can also see the set Heart rate limits in the shape of a dotted line. To the right of the graph you can see the values for these limits and the duration.



Catalyst 3D

Catalyst 3D display turns the route into a virtual terrain. If there are any opponents riding along they will also be displayed. There are 5 different camera angles possible.

