

Real Life Video and ErgoVideo

These films are divided into the following categories: cycling classics, mountain stages, training with the pros, Cycletours and Citytrips. If you go to www.tacxvr.com you will find demo clips, all the relevant information about the films and the possibility of ordering DVDs through our on line shop.

The Real Life Videos were specifically shot for the Slope/Distance workouts. The film's speed is influenced by your tempo. When you are riding uphill the brake will generate so much resistance that you can really feel the incline. ErgoVideo stands for power training with the pros in Watt/Time. It's a very efficient way to improve your fitness and cycling technique over a remarkably short period. All of the films were shot wide screen and are linked to Google Earth's 3D maps. You can choose between installing the film on your hard drive and playing them from the DVD.

The films with an article number lower than T1956.30 were not shot in wide screen and do not feature GPS information.

Choosing a film

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.

The screenshot shows the Tacx software interface. At the top, there are menu options: Intro, Report, Export, Analyser, User info, Setup, and Help. The main window is titled 'Real Life Video > 50 Latest trainings'. It features a table of training rides, a video preview window, a map showing the course route in yellow, and an altitude profile graph. A 'select for training' button is highlighted at the bottom.

Video	Course	Power Mode	Distance	Time	Date
Port de Pallières	Total trip	No	20.69 km	-	30/11/2010 10:50
Training with Marianne Vos	Training met Marianne Vos	No	2.04 km	-	24/11/2010 15:14
Training with Marianne Vos	Total trip	No	74.65 km	-	24/11/2010 15:05
Dordogne Valley CycleTour - France	Total trip	No	75.84 km	-	23/11/2010 17:29
MajorcaFour 2009 - Formator/Coblenza	Total trip	No	66.63 km	-	23/11/2010 8:34
Stage de Tour 2010	Total trip	No	22.29 km	-	23/11/2010 8:31
Amstel Gold 2010	Total trip	No	134.57 km	-	23/11/2010 8:30

Program info:
 Creator: Tacx BV from Netherlands
 Training with Marianne Vos
 Real Life Video
 Total distance: 74.65 km
 Maximum slope: 23.9 %
 Average slope: 0.1 %
 Cotocod points: 23
 Height profile: 213 m
 Video description

If on your screen there is no visible starting point for the film the button **Search** will appear. After clicking on it a browser screen opens up in which you can look for the film file on your PC or DVD player, it may be saved to another location.

Select a video/course

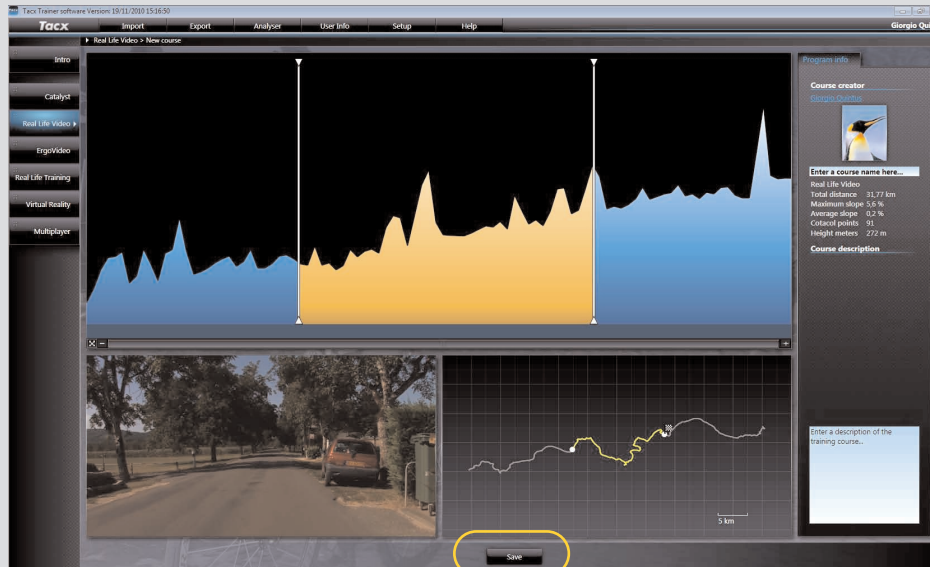
This is where you choose the film links from the list. After you have made a choice the partial courses that belong to this film will appear on the screen. The rest of the information on the screen is identical to that of The last 50 training rides. Make your choice and press the button **Select for training** in order to start.



Edit program

New course

This is where you can make a partial course from the film. After having selected this button, a list of choices with the films and courses already present will appear. Make your choice and click **Create**. You will arrive in the settings screen, showing the altitude profile at the top. At the bottom you will see a picture of the start and the graphic display, to the right information regarding the course. The altitude profile has 2 vertical lines with which you can determine start and finish by dragging them across the screen with your mouse. The yellow part is your selection. When you are setting the course all the other info will change as well.



After having generated the course you can name it in the right hand top corner. After clicking **Save** the course has been selected and you can immediately start training.

Modifying a course

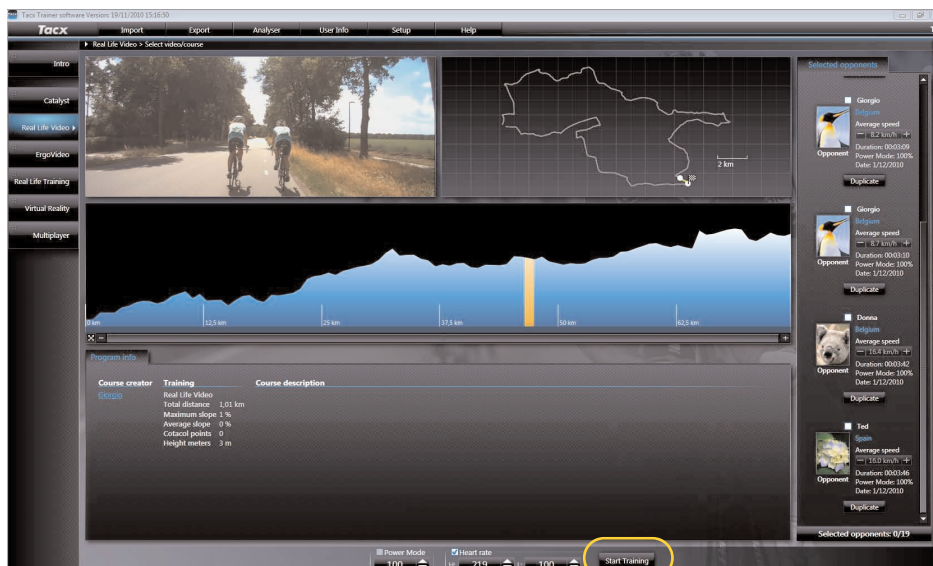
This works just like New Course, the difference being that here the earlier scores for the course will be deleted. If you wish to keep the scores you should choose **New course**.

Remove

You can remove the film, with corresponding scores, and the courses too. Removing the scores separately can be done through the button **Looking at 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 picture of the starting point, a graphic display and the altitude profile of the selected course. Underneath the picture you will find information on the film. 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, for example in films that would normally be too hard for you. 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

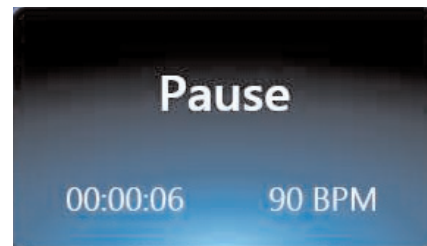
After pressing **Start training**, the Count down appears. When it has reached 0, you can start riding. Watch out: this is the starting sign for the opponents, so they will start. When there is a false start, the Count down will start again.

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 Analyser.

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 Video screen 1



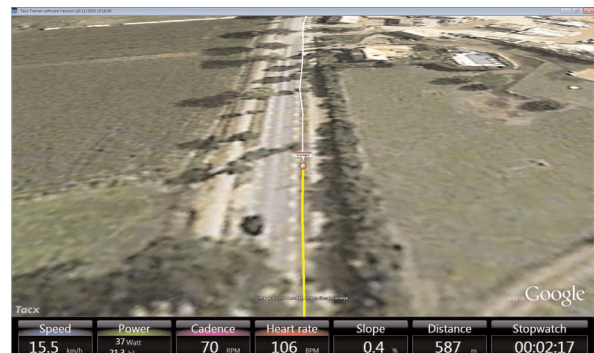
Real Life Video screen 2



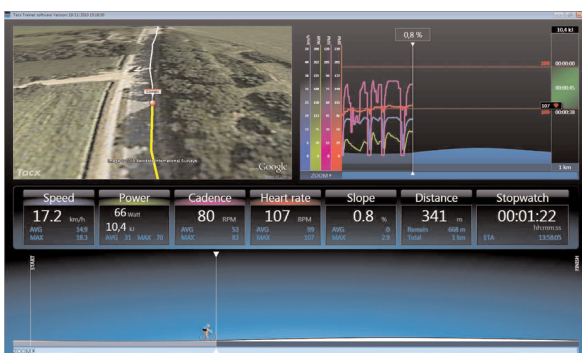
Real Life Video screen 3



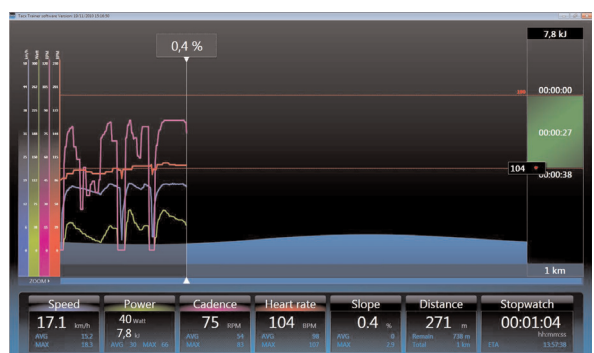
Real Life Video screen 4



Real Life Video screen 5

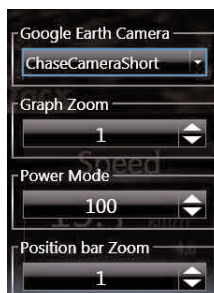


Real Life Video screen 6



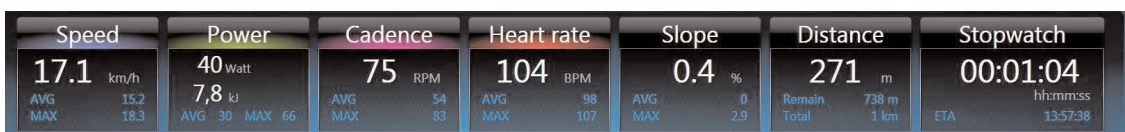
Real Life Video screen 7

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**.



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

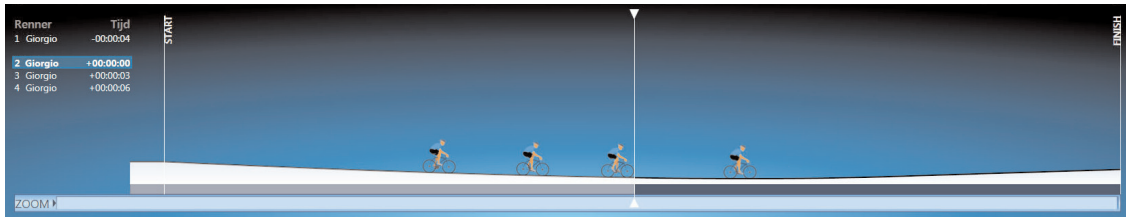
Rest. Remaining time in the program

** 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.

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.

GPS display

When Google is switched on under settings and GPS information from the film is available you will see a screen dump with the Google earth 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.

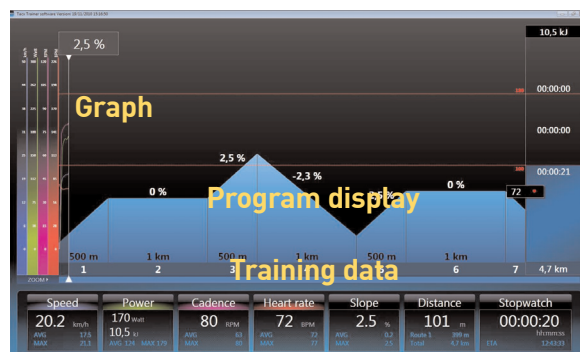
- More info: [The function buttons > Google Earth settings](#)



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.

Graph

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.