

solos[®]

smart glasses

USER GUIDE

TrainingPeaks
Structured Workouts

iOS

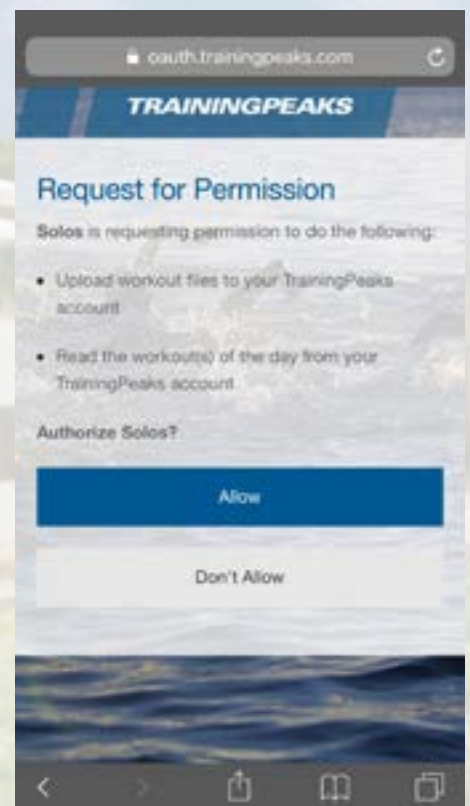
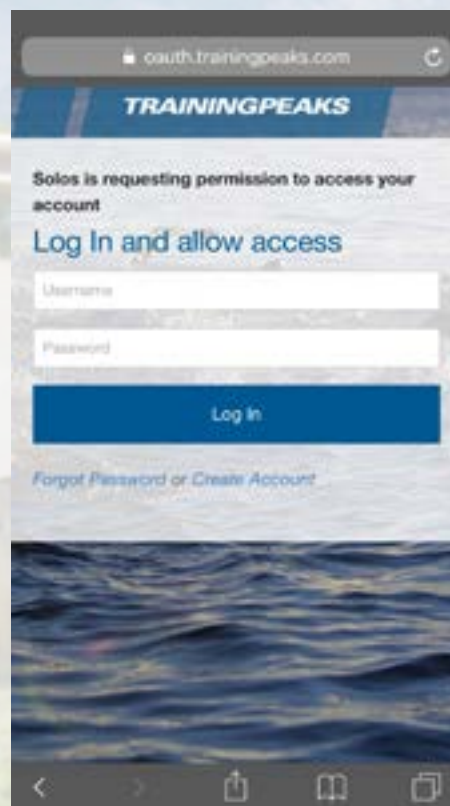
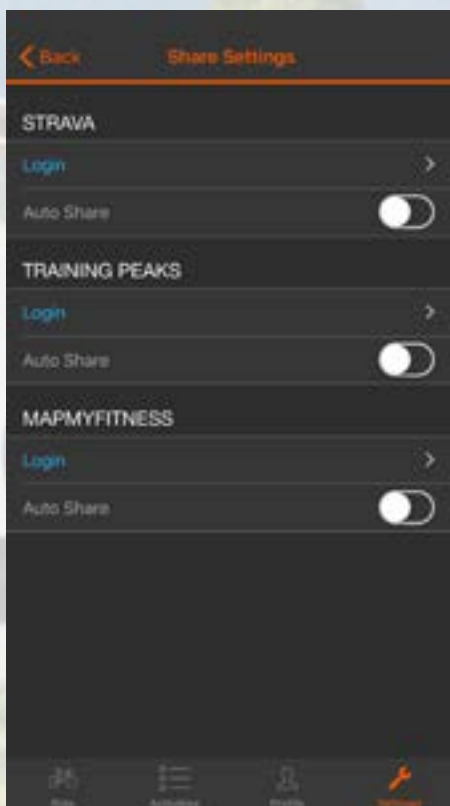
HOW TO SET UP STRUCTURED WORKOUTS

Login to TrainingPeaks

- Go to 'Sharing' in the Settings
- Click on the 'login' button under the TrainingPeaks header [*]
- Enter your TP login and password, and when prompted allow Solos the required authorization.

* If a user had previously been logged in to TrainingPeaks before updating the app, then they are going to have to log out, and log back in.

Note: Not a current TrainingPeaks user? Learn more [here](#).



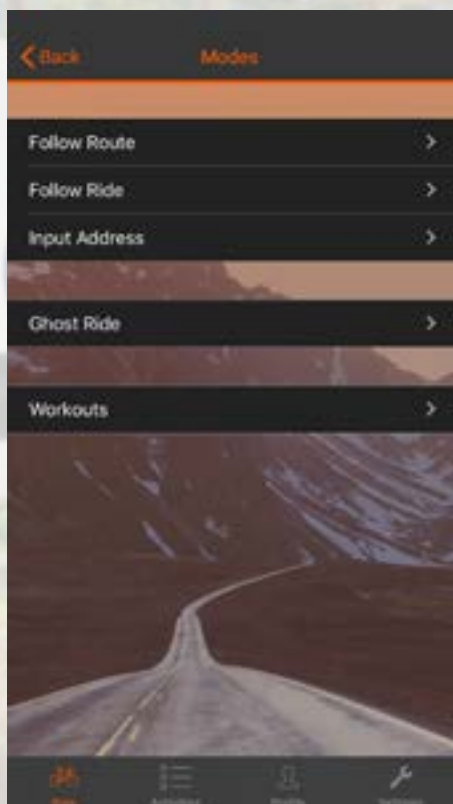
CONFIGURE VIRTUAL COACH

- In Settings go to the 'Virtual Coach' section.
- Selecting this allows you to adjust the audio prompts during a workout session.
- The 'Tolerance' slider allows you to adjust how sensitive to a target you want the training to be. The lower the threshold, the closer you'll have to stick to a target before being prompted.
- The 'Verbosity' slider allows you to adjust how often you will be prompted when you are off target.
- The 'Primary Warnings Only' option allows you to choose to be notified about only the main metric for each step.



CHOOSE A TRAINING WORKOUT

- Back on the main Ride/Run screen select the icon at the top second from left. Tap on "Workouts" in the options list.
- On selecting that you will be taken to your Training Schedule screen, this will show any upcoming workouts (only "Structured Workouts -Learn more [here.](#)").
- You can select any and view a more detailed breakdown of the workout.
- At the bottom of the details is a 'start workout' button that will select that workout, and return you to the main Ride/Run screen ready to begin your training session.
- The warnings icon will let you know if there are any required sensors yet to be connected/woken
- When you're ready, press the normal start button and the session will begin.



IN WORKOUT

- On the headset you will be prompted as each step of the workout begins, with information about targets and duration.
- The main headset screen (center) will show you your current live data, and indicate via color-coding (green = in compliance, red = outside compliance) if this is within the target range or if you need to adjust your performance.
- Also shown on the screen are the current target or range (left side), and either a secondary target, or a preview of the next step (right side).
- You will be prompted towards the end of each step about the next step, and also if the step requires you to press the main button on the headset when you're ready to progress (a step which would need to be set up when crafting the workout in TrainingPeaks).



POST WORKOUT

- When the workout is completed, you will be presented with the familiar 'Save or Discard' screen, providing a brief overview of the completed workout.
- Pressing 'Save' will automatically upload the workout data back to TrainingPeaks (if internet is available) and take you to the new Workout Summary screen.
- Similar to the Detailed Overview, these screens show you a breakdown of each step and your recorded performance.
- You can also switch to the traditional Solos metric view.



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