

# Examples Guides

## Examples Guides

Example with "Interval training case"

The example here illustrates an interval workout operated in watch.

```
{
  "name": "Pyramid interval",
  "description": "Hard session which impacts an-aerobic threshold pace",
  "shortDescription": "Hard session",
  "localDate": "2021-05-28",
  "type": "sequence",
  "activities": [ 3 ],
  "usage": "workout",
  "owner": "CoachingPlatform",
  "url": "https://www.coachingplatform.com/planwebsitetoreadmore/123456789",
  "externalId": "123456789",
  "steps": [
    {
      "type": "fields",
      "trigger": { "type": "stepDuration", "value": 600 },
      "title": "10 min warmup",
      "fields": [
148   { "type": "targetHeartRate", "value": 111, "min": 104, "max":
        { "type": "heartRate" },
        { "type": "power" },
        { "type": "stepDurationCountdown", "value": 600 }
      ]
    },
    {
      "type": "notification",
      "createManualLap": true,
      "fields": [
        { "type": "text", "value": "Interval #1 5min @ 90%" }
      ]
    },
    {
      "type": "fields",
      "trigger": { "type": "stepDuration", "value": 300 },
      "fields": [
155   { "type": "targetHeartRate", "value": 150, "min": 145, "max":
        { "type": "heartRate", "window": "manualLap", "aggregate":
"average" },
        { "type": "power" },
        { "type": "stepDurationCountdown", "value": 300 }
      ]
    }
  ]
}
```

```

    ]
  },
  {
    "type": "notification",
    "fields": [
      { "type": "text", "value": "Interval set 3x1min / 1min" }
    ]
  },
  {
    "type": "repeat",
    "times": 3,
    "steps": [
      {
        "type": "fields",
        "createManualLap": true,
        "trigger": { "type": "stepDuration", "value": 60 },
        "title": "1 min int",
        "fields": [
          { "type": "targetHeartRate", "value": 180, "min": 170,
"max": 185},
          { "type": "heartRate" },
          { "type": "power" },
          { "type": "stepDurationCountdown", "value": 60 }
        ]
      },
      {
        "type": "notification",
        "createManualLap": true,
        "fields": [
          { "type": "text", "value": "Rest" }
        ]
      },
      {
        "type": "fields",
        "trigger": { "type": "stepDuration", "value": 60 },
        "title": "1 min rest",
        "fields": [
          { "type": "targetHeartRate", "value": 140, "min": 130,
"max": 145 },
          { "type": "heartRate" },
          { "type": "power" },
          { "type": "cadence" },
          { "type": "stepDurationCountdown", "value": 60 }
        ]
      }
    ]
  }
],
{
  "type": "fields",
  "createManualLap": true,

```

```

    "trigger": { "type": "stepDuration", "value": 600 },
    "title": "Cooldown",
    "fields": [
      { "type": "targetHeartRate", "value": 140, "min": 130, "max":
145},
      { "type": "heartRate", "window": "manualLap", "aggregate":
"average" },
      { "type": "power" },
      { "type": "stepDurationCountdown", "value": 600 }
    ]
  },
  {
    "type": "fields",
    "title": "Good Job"
  }
]
}

```

#### Example with Race Plan guide

The example here illustrates a race plan that give user information throughout the race.

1. "Steady start" step - Here the user will just see few key values heart rate, pace, distance and reminder to start easily.
2. "Uphill section starts!" notification step - Here the user will see a short information, that now the long uphill section will start.
3. "Uphill" step - Now the long uphill section starts, and screen will start to show ascent and motivational message, user can follow the whole time how long it will be until end of the climb.
4. "Aid station" step - The long uphill section has ended, and the aid station is coming. The aid stations can be bit off from where originally thought, user can skip this at any moment with manual button press.
5. "Technical section to finish line!" notification step - After the aid station user will arrive at long technical descent.
6. "Finish" step - During the long technical descent user is not able to look at the watch too much.. and at the end its the finish line, which if not in right place can be then skipped to with manual press.
7. "Good job" notification step - The race is about to finish, this will be shown until the workout is ended. There is no trigger, as there is nowhere to go anymore.

```

{
  "name": "Ultra Trailrun race plan",
  "description": "Race plan for 100km ultra marathon in May",
  "shortDescription": "100km ultra",
  "localDate": "2021-05-28",
  "type": "sequence",
  "activities": [22],
  "usage": "workout",
  "owner": "RunRacePlanner",
  "url": "https://www.runraceplanner.com/raceplan/234567890",
  "externalId": "234567890",
  "steps": [
    {
      "type": "fields",
      "trigger": { "type": "stepDistance", "value": 2150 },
      "title": "Steady start",
      "fields": [
        { "type": "targetPace", "value": 4.0 },

```

```

    { "type": "heartRate" },
    { "type": "pace" },
    { "type": "distance" }
  ]
},
{
  "type": "notification",
  "fields": [
    { "type": "text", "value": "Uphill section starts!" }
  ]
},
{
  "type": "fields",
  "trigger": { "type": "stepDistance", "value": 9250 },
  "title": "Uphill",
  "fields": [
    { "type": "heartRate" },
    { "type": "pace" },
    { "type": "ascent" },
    { "type": "stepDistanceCountdown", "value": 9250 }
  ]
},
{
  "type": "fields",
  "trigger": { "type": "or", "triggers": [ { "type":
"stepDistance", "value": 300 }, { "type": "manualLap" } ] },
  "title": "Aid station",
  "fields": [
    { "type": "duration" }
  ]
},
{
  "type": "notification",
  "fields": [
    { "type": "text", "value": "Technical section to finish line!" }
  ]
},
{
  "type": "fields",
  "trigger": { "type": "or", "triggers": [ { "type":
"stepDistance", "value": 2520 }, { "type": "manualLap" } ] },
  "title": "Finish",
  "fields": [
    { "type": "pace" },
    { "type": "stepDistanceCountdown", "value": 2520 }
  ]
},
{
  "type": "fields",
  "title": "Good job!",

```

```
    "fields": [  
      { "type": "duration" },  
      { "type": "pace", "aggregate": "average" }  
    ]  
  }  
]  
}
```