

Suuntoplus Guide Cloud API

This guide describes the steps necessary to upload Suuntoplus Guide to Suunto App using Cloud API.

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Registration and Auth

Please consult main [Suunto Cloud API quick start](#) to setup application and auth.

After that you should have access token and subscription key to use later.

Prepare Suuntoplus Guide File

You should create Suuntoplus Guide archive file, of the following format:

Zip file with 3 files:

- manifest.json
- guide.json
- icon.png

manifest.json:

```
{
  "name" : "Pyramid interval",
  "type" : "sequence",
  "owner" : "CoachingPlatform",
  "description" : "Hard session which impacts an-aerobic threshold pace"
}
```

guide.json:

```
{
  "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"
}
]
}

```

icon.png:

300x300 PNG image, should not contain any private data (may be accessible via public link)

Sample Guide described above attached as a file:



More detailed specification of guide json is provided in separate document

Important notice: `owner` field in manifest file should match your application name in OAuth settings (described in [Suunto Cloud API quick start](#))

Create Suuntoplus Guide

You can create Suuntoplus Guide using the following command:

```
curl -L -X POST "https://cloudapi.suunto.com/v2/guides/files" \  
-H "Authorization: AUTH_KEY_HERE" \  
-H "Ocp-Apim-Subscription-Key: SUBSCRIPTION_KEY" \  
-H "Content-Type: application/zip" \  
--data-binary "@/Path/to/guide.zip"
```

Response:

201 Created

Content-Type: application/json

```
{
  "error": null,
  "payload": {
    "id": "oxrgorwo",
    "username": "john1234",
    "modificationTime": 1634031291729,
    "fileModificationTime": 1634031291729,
    "name": "Pyramid interval",
    "description": "Hard session which impacts an-aerobic threshold
pace",
    "shortDescription": "Hard session",
    "owner": "CoachingPlatform",
    "url": "https://www.coachingplatform.com/planwebsitesetoreadmore
/123456789",
    "iconUrl": "https://suuntoplusplugins.blob.core.windows.net/guide-
icons/b930640f855f4d3432b8b331735e7762.png",
    "type": "sequence",
    "activities": [
      3
    ],
    "localDate": "2021-05-28",
    "usage": "workout",
    "pinned": false,
    "externalId": "123456789"
  },
  "metadata": {
    "ts": "1634031291785"
  }
}
```

After that if you reload list of guides Suunto App version which supports Suuntoplus Guides, you should see your uploaded Guide and sync to watch if there is a compatible one.

If the guide is invalid response is:

```
400 Bad Request
Content-Type: application/json

{
  "error": {
    "description": "Invalid step type: 'notfication'"
  },
  "payload": null,
  "metadata": {
    "ts": "1621925931041"
  }
}
```

If the guide has an `externalId` and user has another guide with the same `externalId` the request will fail with response like this:

```
409 Conflict
Content-Type: application/json

{
  "error": {
    "description": "Conflict"
  },
  "payload": null,
  "metadata": {
    "ts": "1621925931041"
  }
}
```

Additional Guide API operations

List Guides

You can list user's guides. Only guides created by you will be returned.

```
curl --location --request GET \
  "https://cloudapi.suunto.com/v2/guides/items" \
  -H "Authorization: AUTH_KEY_HERE" \
  -H "Ocp-Apim-Subscription-Key: SUBSCRIPTION_KEY"
```

Response:

```
200 OK
Content-Type: application/json
```

```
{
  "error": null,
  "payload": [{
    "id": "oxrgorwo",
    "username": "john1234",
    "modificationTime": 1634031291729,
    "fileModificationTime": 1634031291729,
    "name": "Pyramid interval",
    "description": "Hard session which impacts an-aerobic threshold
pace",
    "shortDescription": "Hard session",
    "owner": "CoachingPlatform",
    "url": "https://www.coachingplatform.com/planwebsitetoreadmore
/123456789",
    "iconUrl": "https://suuntoplusplugins.blob.core.windows.net/guide-
icons/b930640f855f4d3432b8b331735e7762.png",
    "type": "sequence",
    "activities": [
      3
    ],
    "localDate": "2021-05-28",
    "usage": "workout",
    "pinned": true,
    "externalId": "123456789"
  },
  {
    "id": "kfusvysl",
    "username": "john1234",
    "modificationTime": 1621903258750,
    "fileModificationTime": 1621903258750,
    "name": "CI, hill",
    "description": "BT: Hill Cruise Intervals. Climb a 6 minute hill
(4-6% grade), 5 times in heart rate 4-5a zones. Stay seated. Smooth
pedaling. Higher gear than usual. 60-70 rpm.",
    "shortDescription": "Hill Cruise Intervals",
    "owner": "CoachingPlatform",
    "url": "https://www.coachingplatform.com/planwebsitetoreadmore
/234567890",
    "iconUrl": "https://suuntoplusplugins.blob.core.windows.net
/guides-images/f5970352382cc3add3862e78b35bbb4a.png",
    "type": "sequence",
    "activities": [
      2
    ],
    "localDate": "2021-05-25",
    "usage": "workout",
    "pinned": false,
    "externalId": "234567890"
  },
  },
}
```

```

    {
      "id": "vy5600g9",
      "username": "john1234",
      "modificationTime": 1621903289710,
      "fileModificationTime": 1621903289710,
      "name": "HIM intervals (2h+)",
      "description": "BT: HIM intervals. Warm up 20 minutes. Then
complete 4 x 20 minute intervals at HR zone 3 (5 minute recoveries).
Aero position. Refuel as you will do in race.",
      "shortDescription": "HIM intervals",
      "owner": "CoachingPlatform",
      "url": "https://www.coachingplatform.com/planwebsitetoreadmore
/345678901",
      "iconUrl": "https://suuntoplusplugins.blob.core.windows.net
/guides-images/f5970352382cc3add3862e78b35bbb4a.png",
      "type": "sequence",
      "activities": [
        2
      ],
      "localDate": "2021-05-26",
      "usage": "workout",
      "pinned": false,
      "externalId": "345678901"
    }
  ],
  "metadata": {
    "ts": "1621925931041"
  }
}

```

The guides are sorted by `fileModificationTime` descending.

Request parameters

`offset` (Optional) Default value: 0

`limit` (Optional) Default value: 50 Limits the number of returned guides

`fileSince` (Optional) Epoch time in milliseconds. If set the endpoint returns only guides with `fileModificationTime` is equal or greater than the parameter value.

Update Guide File

It's possible to update guide file (content).

This call will update only guide content (instructions), but not certain guide metadata such as `pinned`, `username`, `id`.


```
curl -X PUT \  
"https://cloudapi.suunto.com/v2/guides/files/oxrgorwo" \  
-H "Content-Type: application/zip" \  
-H "Authorization: AUTH_KEY_HERE" \  
-H "Ocp-Apim-Subscription-Key: SUBSCRIPTION_KEY" \  
--data-binary '@/Path/to/guide.zip'
```

Response:

```
200 OK  
Content-Type: application/json  
  
{  
  "error": null,  
  "payload": {  
    "id": "oxrgorwo",  
    "username": "john1234",  
    "modificationTime": 1634087654321,  
    "fileModificationTime": 1634087654321,  
    "name": "Pyramid interval",  
    "description": "Hard session which impacts an-aerobic threshold  
pace",  
    "shortDescription": "Hard session",  
    "owner": "CoachingPlatform",  
    "url": "https://www.coachingplatform.com/planwebsitesetoreadmore  
/123456789",  
    "iconUrl": "https://suuntoplusplugins.blob.core.windows.net/guide-  
icons/b930640f855f4d3432b8b331735e7762.png",  
    "type": "sequence",  
    "activities": [  
      3  
    ],  
    "localDate": "2021-05-28",  
    "usage": "workout",  
    "pinned": false,  
    "externalId": "123456789"  
  },  
  "metadata": {  
    "ts": "1634031291785"  
  }  
}
```

fileModificationTime and modificationTime properties in Guide metadata are updated when file updated.

If the guide is invalid the response is:

```
400 Bad Request
Content-Type: application/json

{
  "error": {
    "description": "Invalid step type: 'notfication'"
  },
  "payload": null,
  "metadata": {
    "ts": "1621925931041"
  }
}
```

If the guide does not exist, belongs to someone else or was updated by a different partner who created it, response is:

```
404 Not Found
```

If the guide has an externalId and user has another guide with the same externalId the request will fail with response like this:

```
409 Conflict
Content-Type: application/json

{
  "error": {
    "description": "Conflict"
  },
  "payload": null,
  "metadata": {
    "ts": "1621925931041"
  }
}
```

Delete Guide

You can delete guide created by you

```
curl -X DELETE \
'https://cloudapi.suunto.com/v2/guides/files/oxrgorwo' \
-H "Authorization: AUTH_KEY_HERE" \
-H "Ocp-Apim-Subscription-Key: SUBSCRIPTION_KEY"
```

Response:

```
200 OK
```

If the guide does not exist, belongs to another user or created by another partner the response is:

```
404 Not Found
```

Download Guide File

You can download guide file created by you

```
curl -X GET \  
"https://cloudapi.suunto.com/v2/guides/files/oxrgorwo" \  
-H "Authorization: AUTH_KEY_HERE" \  
-H "Ocp-Apim-Subscription-Key: SUBSCRIPTION_KEY" \  
--output guide.zip
```

Response:

```
200 OK  
Content-Type: application/zip  
Content-Disposition: attachment; filename="oxrgorwo-guide.zip"
```

Returns a zip file in body.

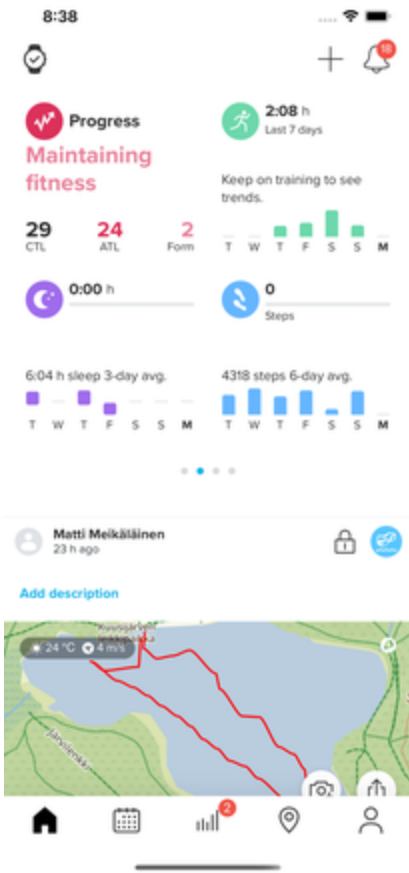
If the guide does not exist, belongs to someone else or is requested by a different partner who created it, response is:

```
404 Not Found
```

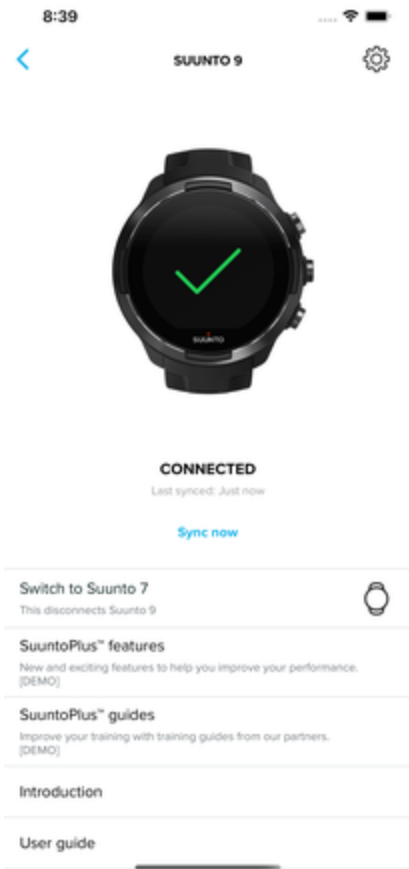
Working with Guides in Mobile App

If you have a Suunto App version which supports SuuntoPlus Guides and Suunto watch with firmware which supports guide.

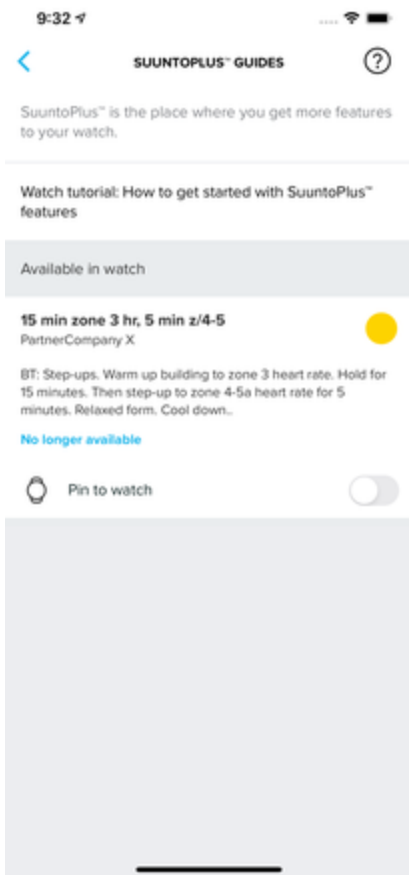
Open the app, click on the watch icon:



Select SuuntoPlus guides in the list:



And you can see your uploaded Guide in the list:

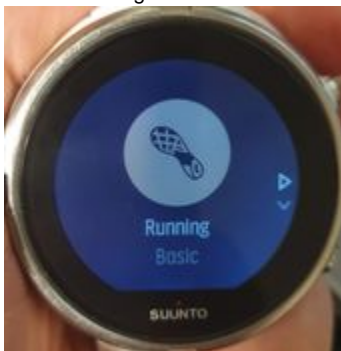


All UIs in the document are work in progress and subject to change.

Then you can upload guide to the watch. Check "Pin to watch", go back to previous screen and press "Sync now".

Working with Guides on the watch.

On the watch go to Exercises and select proper activity type (Running for the sample above):



Then press down button to open options:



Select SuuntoPlus (middle button or tap):



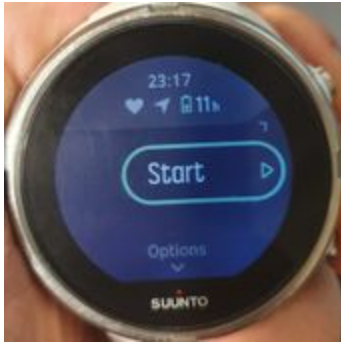
In the list scroll down to the button, you'll the guide you just uploaded. Select it by pressing middle button:



Now your guide is selected in options:



Go back to start screen (press up button) and start exercise (middle button):



Now exercise started, scroll all screens (using middle button) and you finally see the UI which represents the first step of your guide:

