

# URSOT 游泳运动训练系统 APP (训练课应用篇)

## URSOT Swimming Training System APP (Training Course Application)

对于有游泳成绩提升需求的教练员,在每次训练结束后,需要整理选手的练习数据,为训练工作进行分析与参考,URSOT 游泳运动训练系统 APP,将结合训练计划与实际操作,完成此类的数据整理工作,如图所示。

For coaches with swimming performance improvement needs, after each training, they need to sort out the players' practice data for analysis and reference of training work. URSOT Swimming training System APP will combine training plans and actual operations to complete such data sorting work, as shown in the figure.

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### 1、快速选择 URSOT 在线提供的游泳训练计划 (VIP 用户)

在游泳教练圈或训练计划仓库中,直接选择相应的训练计划方案,进入选择运动员界面,即可初步完成训练计划与选手的正确对接。(备注:运动员建立,需要提前完成)



Quickly use the swimming training plan provided by URSOT online (VIP user)

directly select the corresponding training plan in

the swimming coach circle or training plan warehouse, enter the selection of athletes interface, you can initially complete the correct docking of the training plan and players. (Note: Athlete establishment, need to be completed in advance)

## 2、游泳实时训练系统初始说明

在运动员页面点击确定后，进入游泳训练系统的初始界面，①训练单元序列展示在界面最上方位置，②分隔线为训练课进度条，③训练单元时间、已经完成次数、泳姿、倒计时面板，④计时、停止、脉搏、更多选项区。

### Use of real-time swimming training system

Click OK on the athletes page to enter the initial interface of the swimming training system, ① training unit sequence is displayed at the top of the interface, ② the separation line is the training course progress bar, ③ training unit time, completed times, strokes, countdown panel, ④ timing, stop, pulse, more options area.



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## 3、游泳实时训练单元显示说明

### ①训练单元详情显示

(Training unit details display)



### ②训练时间实时显示

(Display of training time)



### ③游速图表 (Swimming speed chart)

### ④心率图表 (Heart rate chart)

### ⑤成绩记录区 (Time statistics area)

#### 4、训练单元实时数据说明

( Training unit real-time data description)

- ①包干时间 (@)
- ②目标成绩 (Target time)

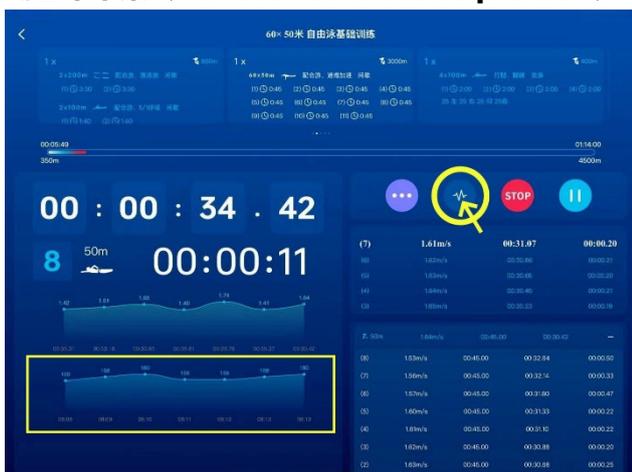


#### 5、训练时间实时显示 (Training time is displayed in real time)

- ①项目时间 (Project time)
- ②当前目标成绩 ( Current target time)
- ③下一个项目的目标成绩 ( Target achievement for the next project)
- ④倒计时 (Countdown)
- ⑤训练单元的距离与时间的完成进度条 (Training unit distance and time to complete the progress bar)



#### 6、手动心率采集 (Manual heart rate acquisition)



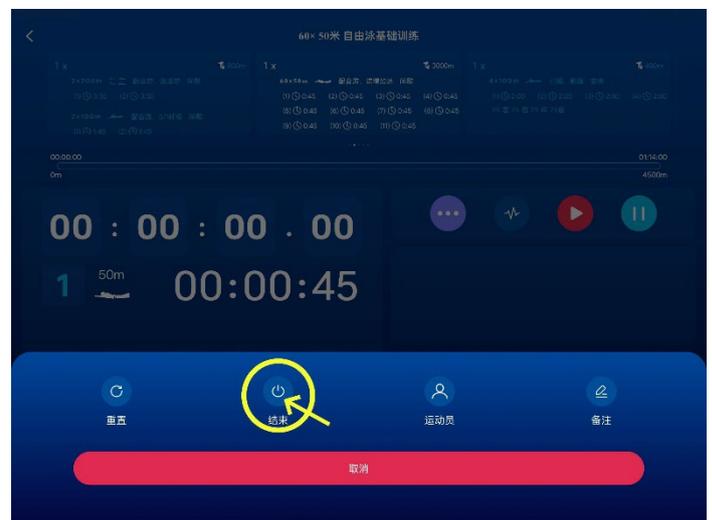
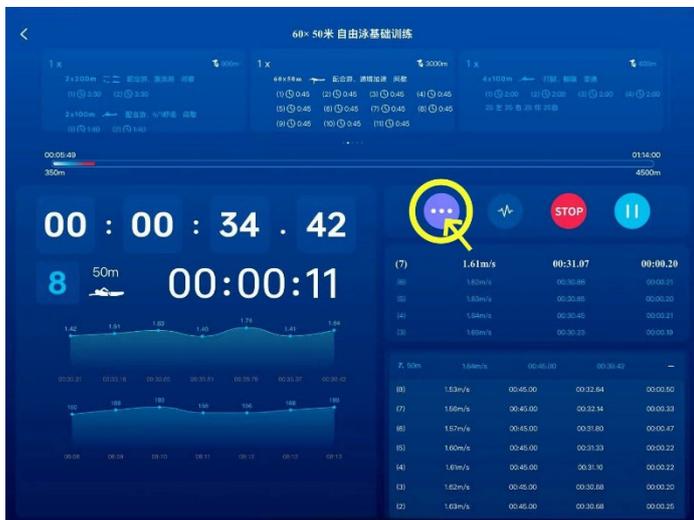
## 7、手动游速记录 (Manual speed statistics)

点击计时键，系统将对第 1 个时间进行计算，以速度表的形式①显示。在第 2 个之后的成绩，将以列表形式②进行统计。

Click the timing button, and the system will calculate the first time and display it in the form of a speedometer①. After the second time, the statistics will be in the form of a list②.



## 8、结束这次训练 (Finish a training session)



点击更多选项标识，进入多选功能界面，选择点击结束按钮，完成训练课。

在训练课结束后，可以进入训练课的数据统计页面，了解各训练单元的完成情况。

Click the "More options" logo to enter the multi-choice function interface, select and click the "end" button to complete the training session.

At the end of the training session, you can go to the data statistics page of the training session to understand the completion of each training module.

