URSOT（训练计划制定）
URSOT （Training plan formulation）

1、 点选训练计划功能（1）进入游泳训练计划制定页面。

选择单元（2），进入训练单元数据页面。

点击新增模块（3），开启训练单元创建功能。

1. Select the training plan function (1). Enter the page for setting up the swimming training plan.

Choose the unit (2), and enter the page for training unit data.

Click on the "Add Module" button (3), and activate the function for creating the training unit.

2、 进入创建计时模块页面中

（4）单一训练模块

（5）组合训练模块

2. Entering the creation timing module page

(4) Single training module

(5) Combined training module
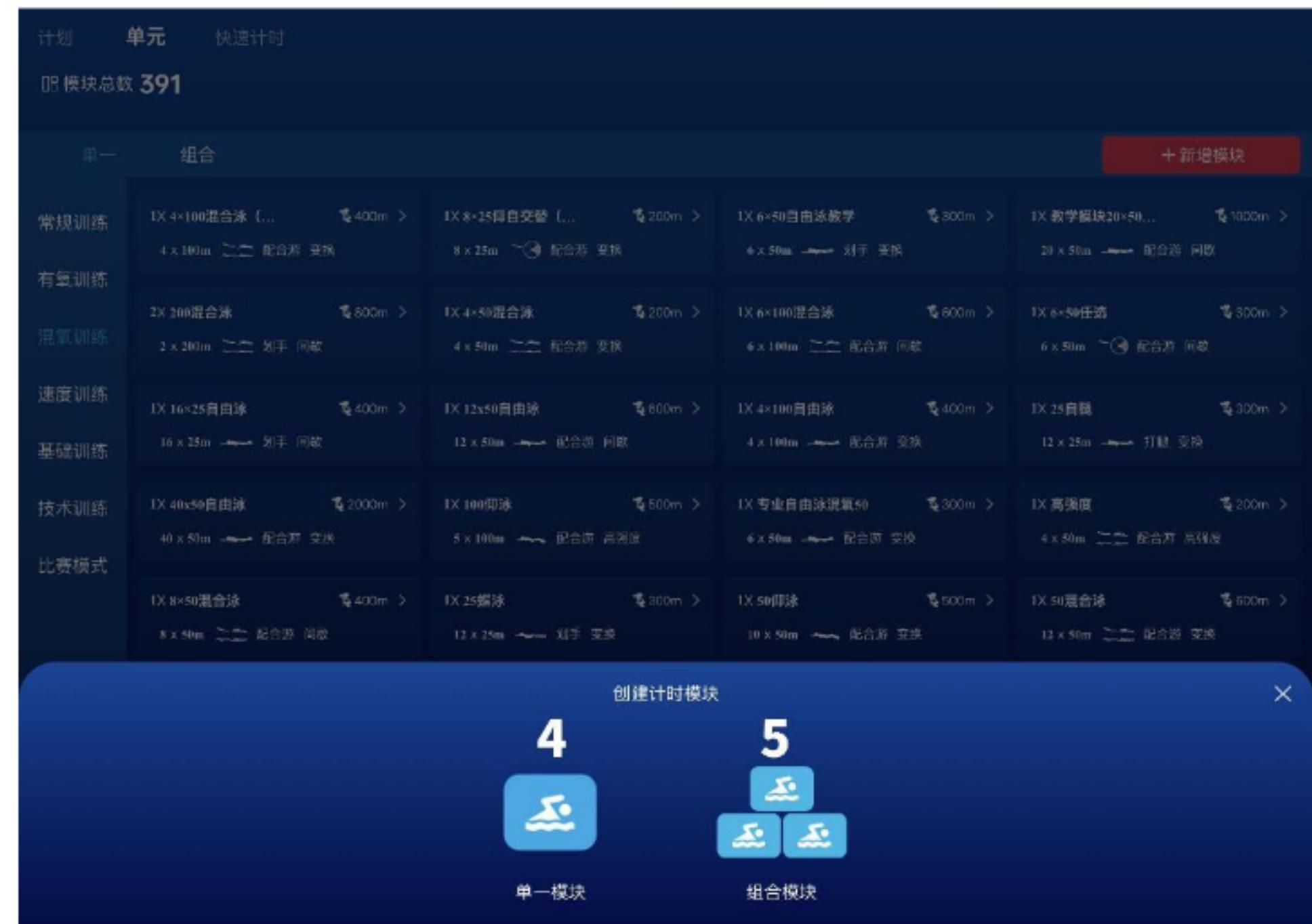
单一训练模块

   （1） 设置名称

   （2） 组次

   （3） 距离

   （4） 泳姿

   （5） 方式

   （6） 方法

   （7） 类型

   （8） 次数

   （9） 包干时间

   （10） 目标时间

Single Module

(1) Set the name

(2) Group sequence

(3) Distance

(4) Swimming style

(5) Method

(6) Technique

(7) Type

(8) Number

(9) @

(10) time

10×100 米自由泳　（包干时间）@1:30　（训练要求）1:15

10×100 FR @1:30　1:15

组合训练模块

   （1） 设置名称

   （2） 类型

   （3） 组次

   （4） 添加
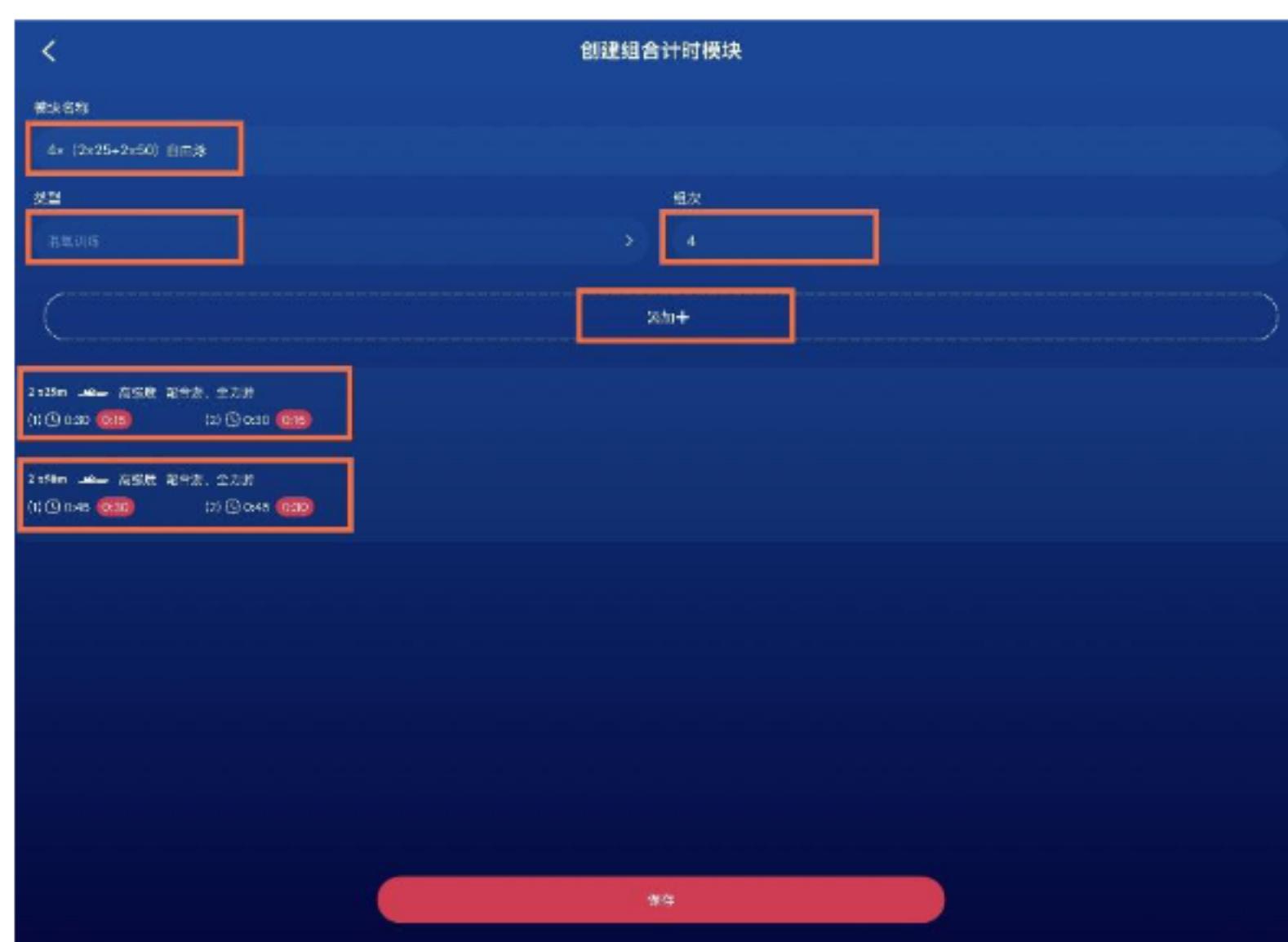
Combination Module

(1) Set Name

(2) Type

(3) Group Sequence

(4) Add

4×（2×25 自由泳@0:30　+　2×50 自由泳@0:45）

4×（2×25　FR@0:30　+　2×50　FR@0:45）

 +
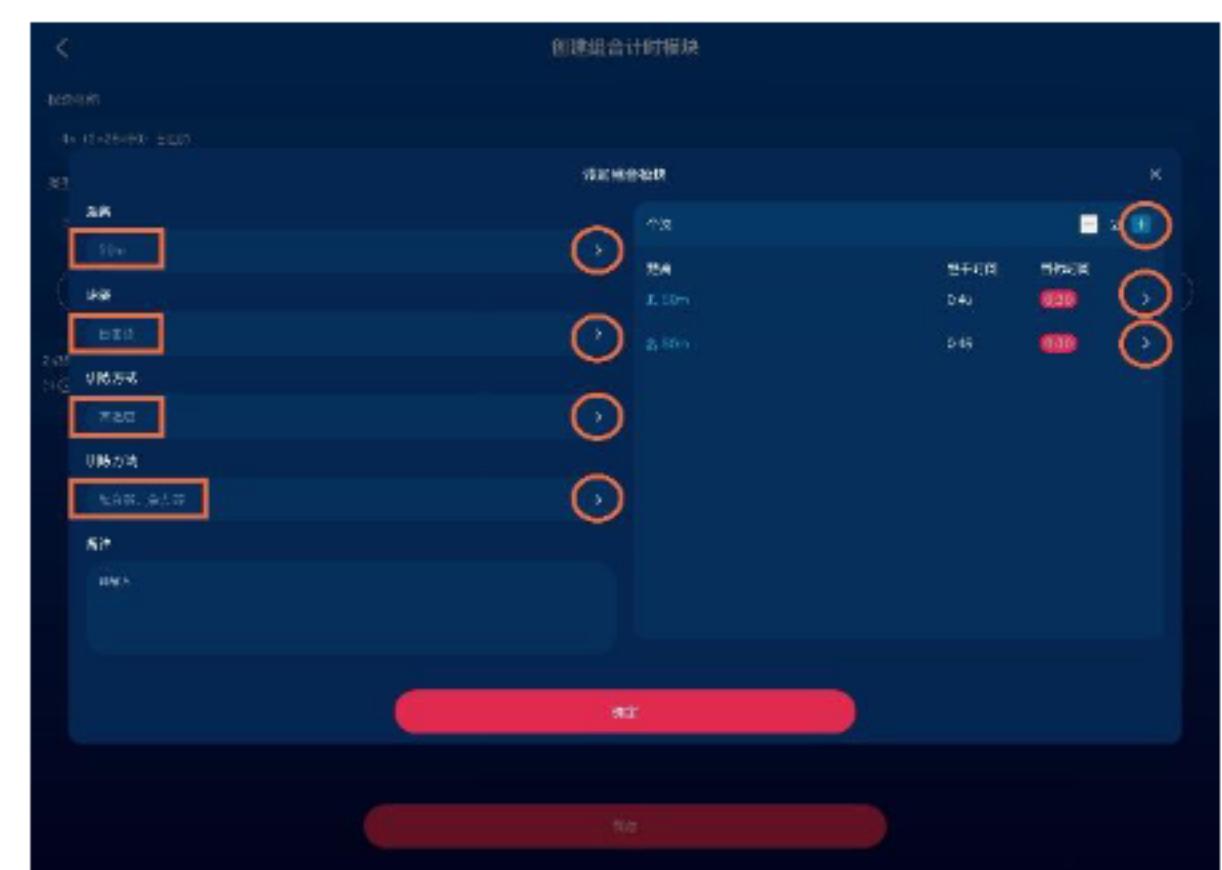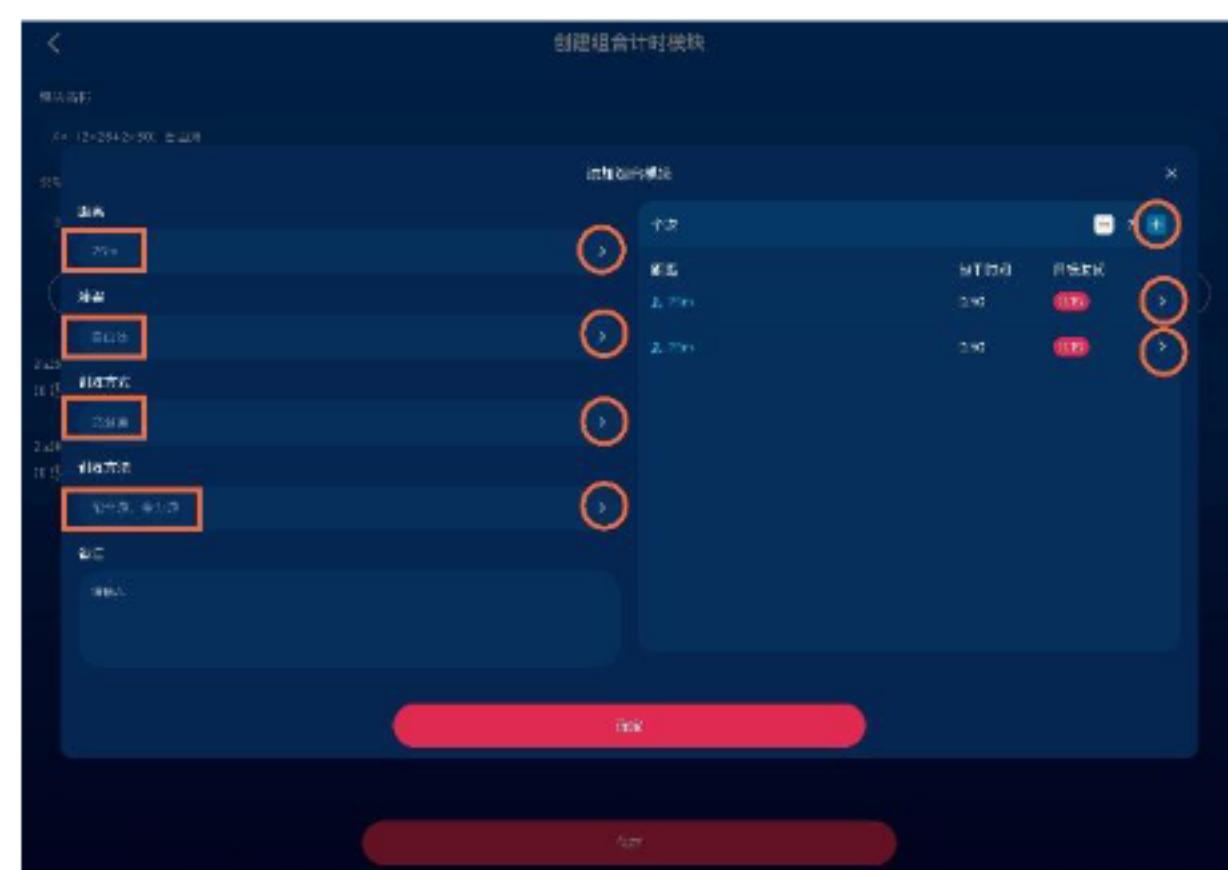
选择：距离、泳姿、训练方式、训练方法、个次、包干时间、目标时间，创建分组训练单元。

Options: Distance, swimming style, training method, training approach, number of sessions, dedicated training time, target time. Create group training units.

3、创建训练计划

点选训练计划功能（1）进入游泳训练计划制定页面。

选择计划（2），进入训练计划数据页面。

点击新增模块（3），开启训练计划创建功能。

3. Create Training Plan

Select the training plan function (1) to enter the swimming training plan creation page.

Choose the plan (2) and enter the training plan data page.

Click on the "Add Module" (3) to activate the training plan creation function.

填写训练计划名称

选择训练计划类型

选择训练泳姿

点击下一步

Enter the name of the plan

Select the type of training plan

Choose the swimming stroke

Click "Next"
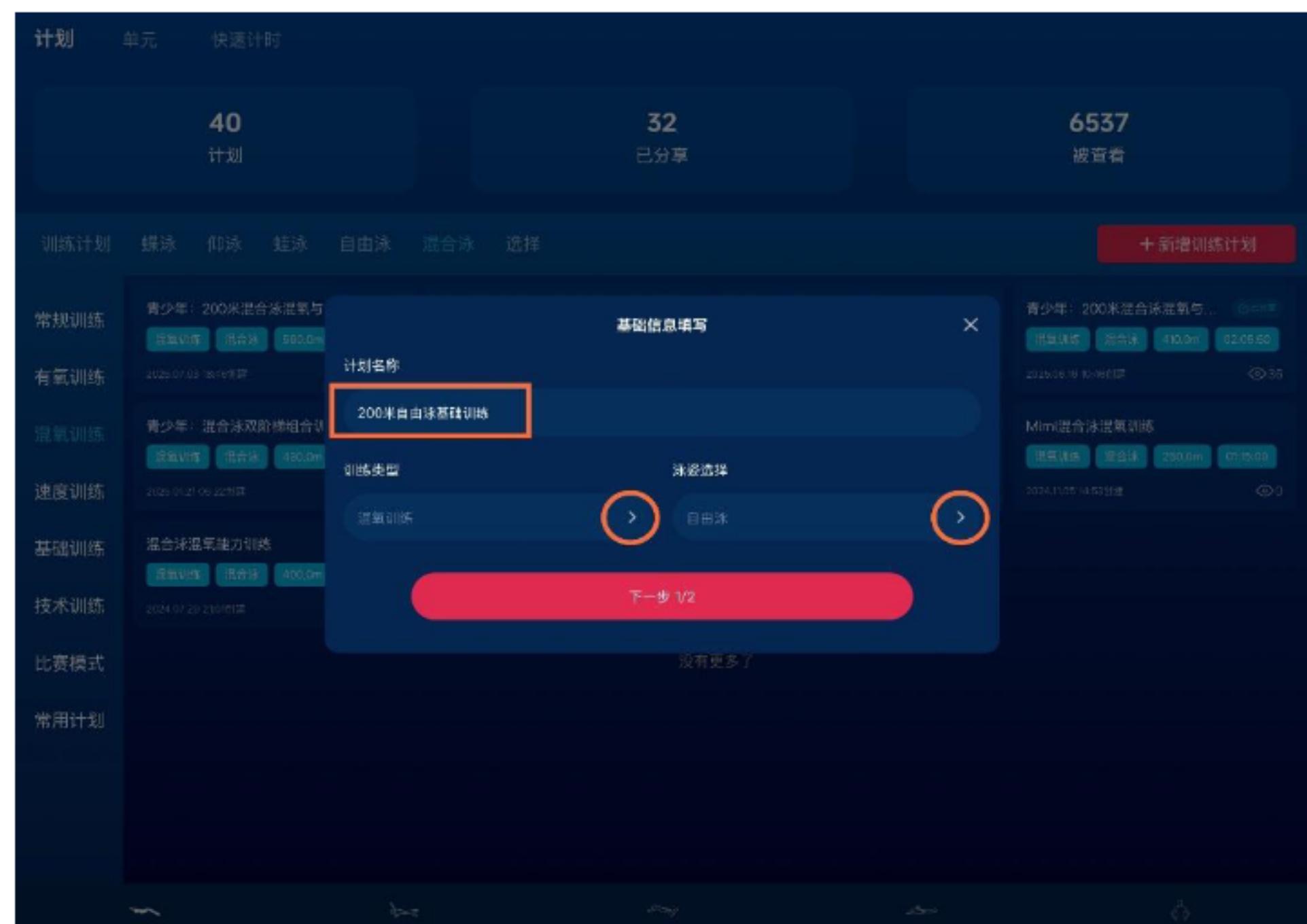
进入训练计划创建页面
选择之前制定的训练单元模块

Enter the training plan creation page
Select the previously designed training unit

10×100 米自由泳
10×100 FR @1:30

4×（2×25 自由泳+ 2×50 自由泳）
4×（2×25 FR +2×50 FR）

点击"确认"完成训练计划创建，进入训练计划预览页面
Click "Confirm" to complete the creation of the training plan and then proceed to the training plan preview page.

点击"保存"，完成训练计划的全部创建过程

Click "Save" to complete the entire creation process of the training plan.
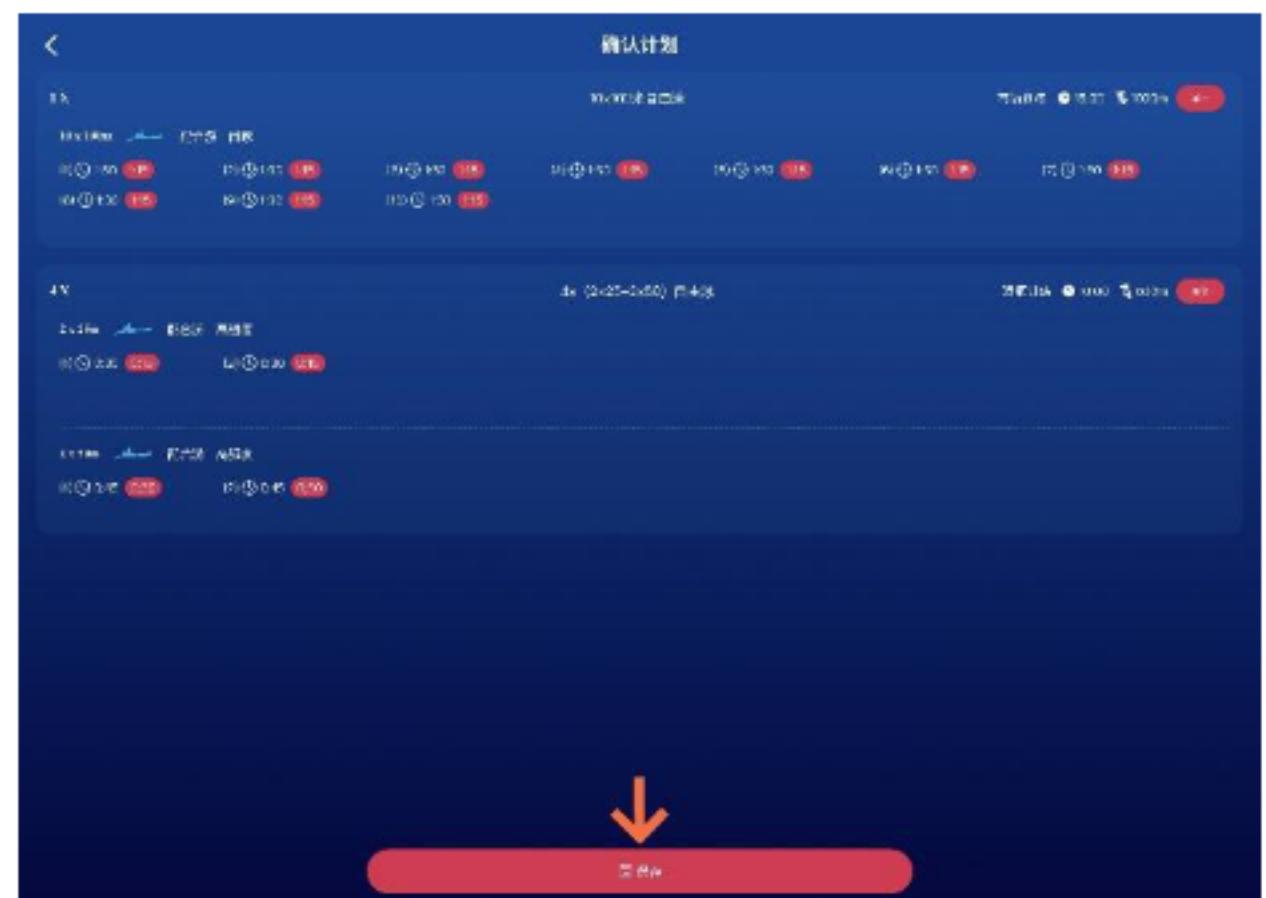
完成训练计划创建后，选择泳姿、训练类型，查找已经制定完成的训练计划，点击进入实时训练系统功能页面。

After the training plan is created, select the swimming style and training type, search for the already completed training plan, and click to enter the real-time training system function page.

URSOT（实时训练系统使用）
URSOT （Real-time training system usage）

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.
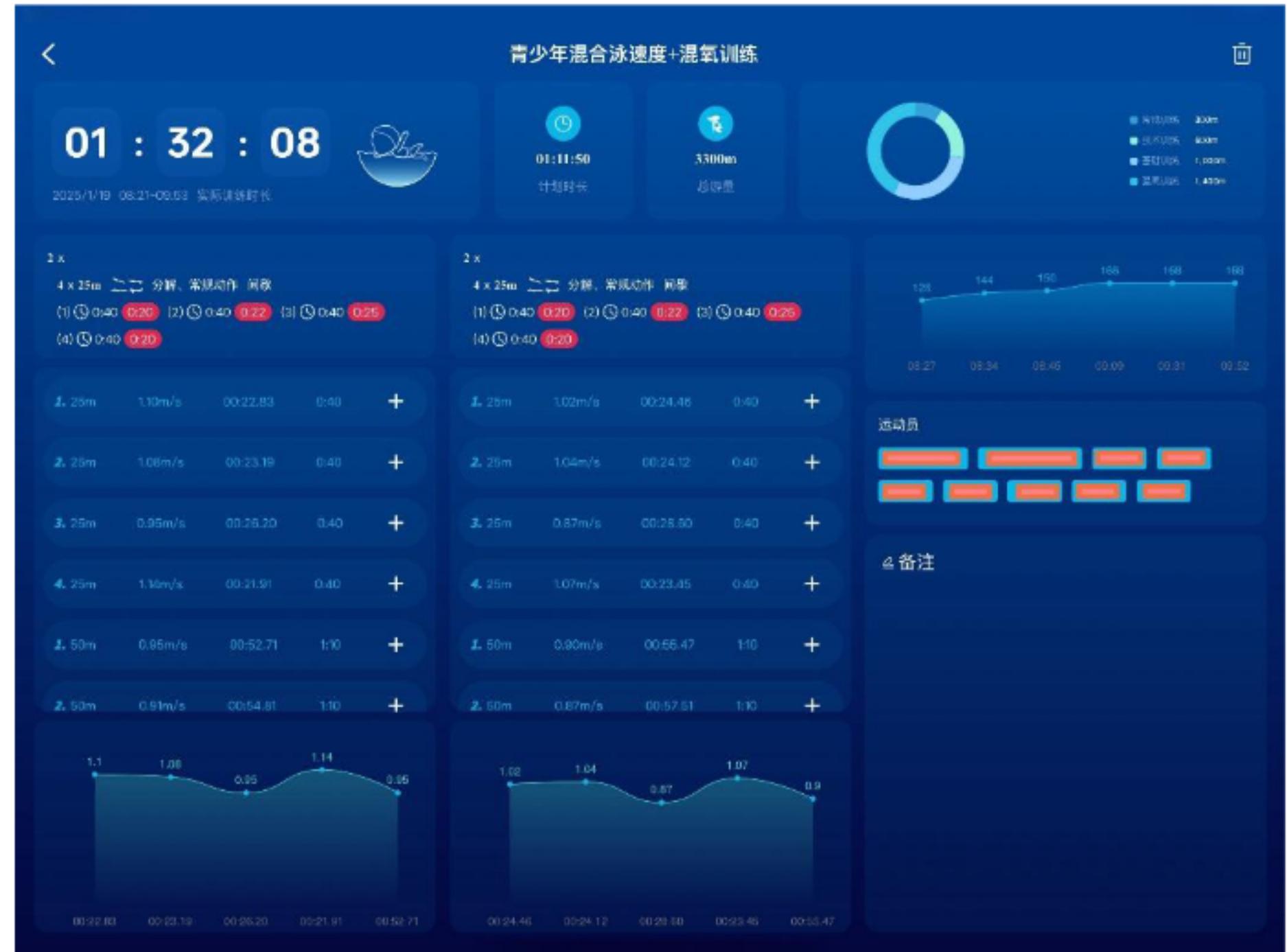
1、快速选择 URSOT 在线提供的游泳训练计划（VIP 用户）

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.

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）
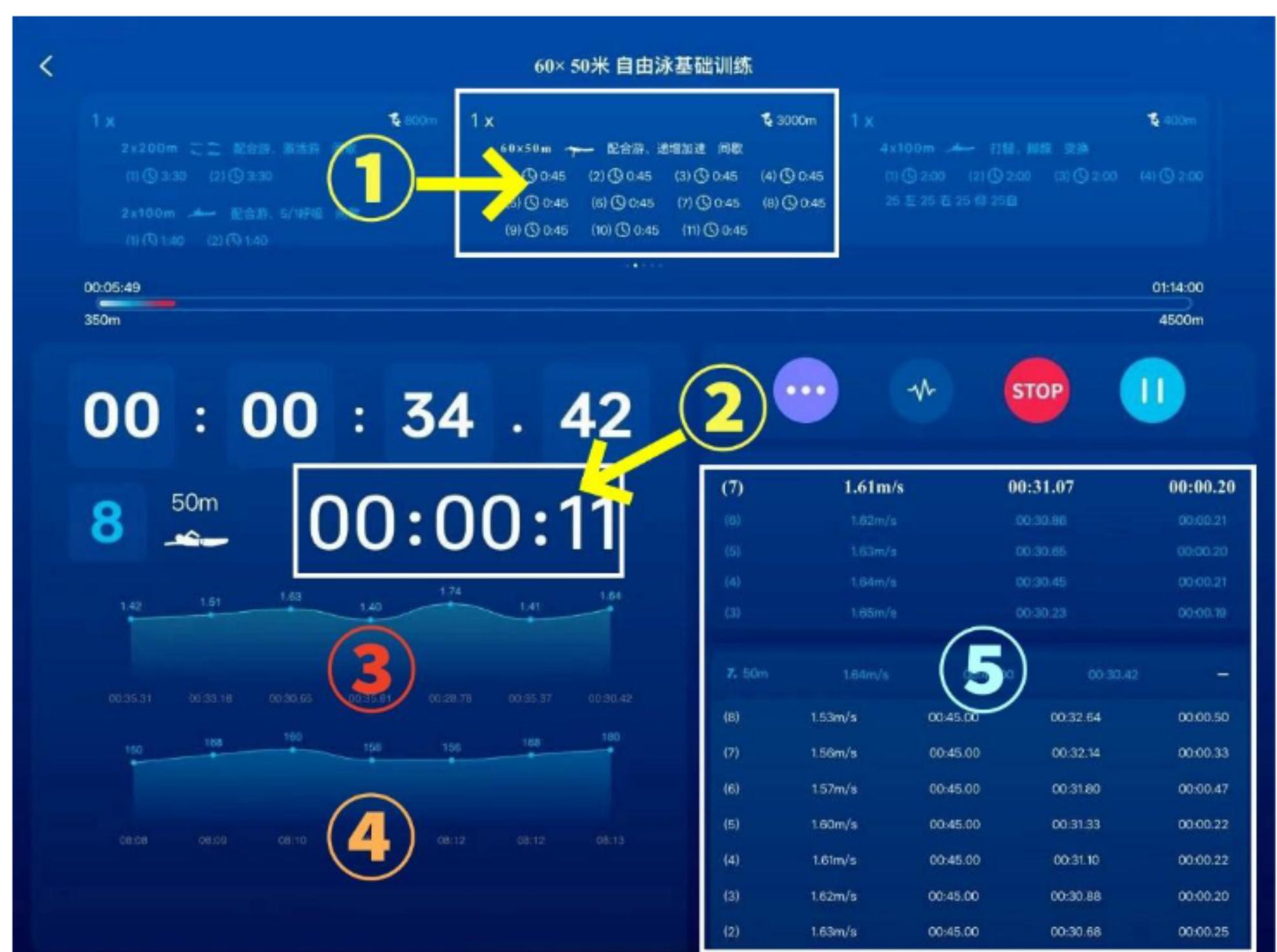
③游速图表（Swimming speed chart）

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）
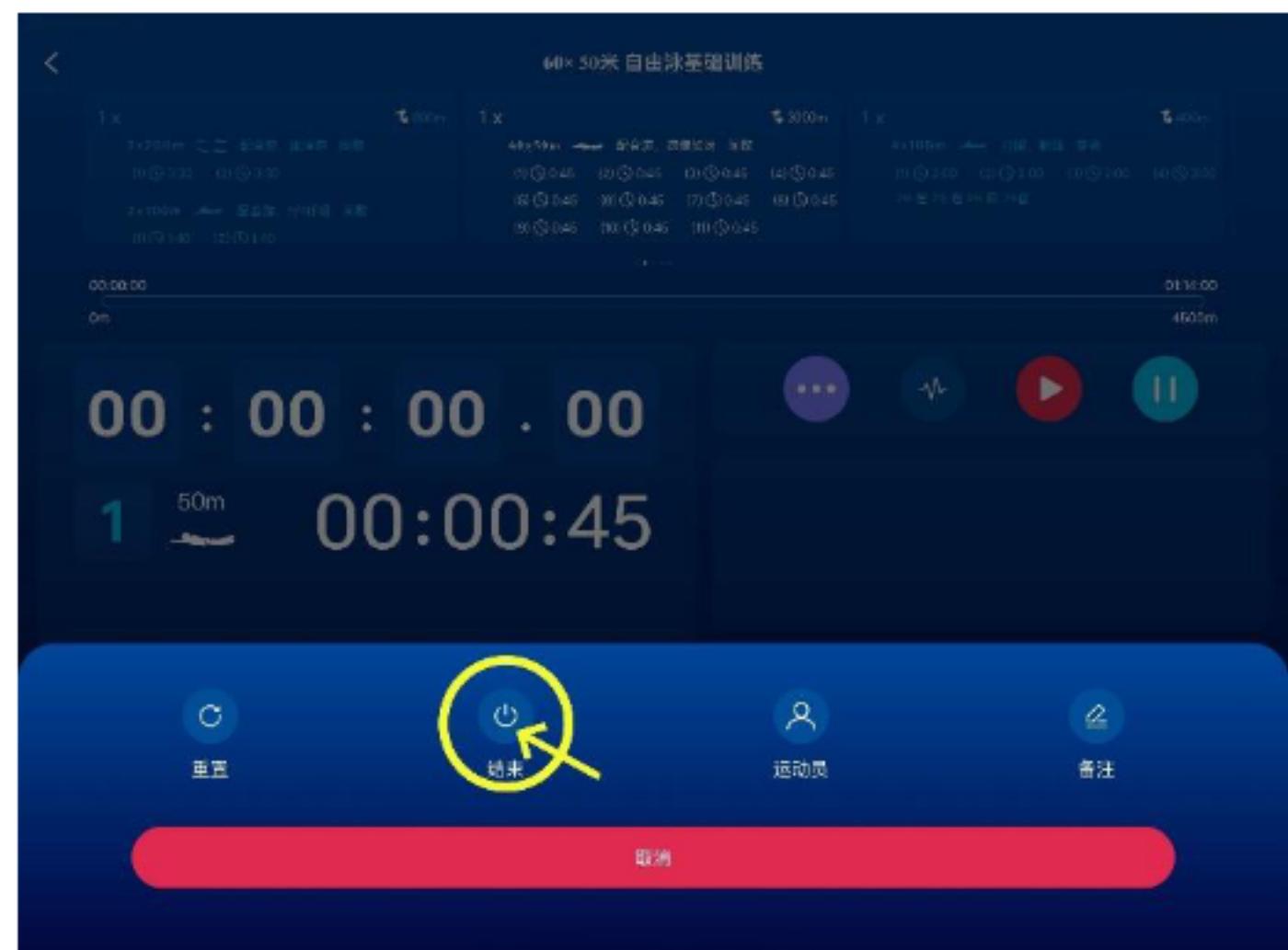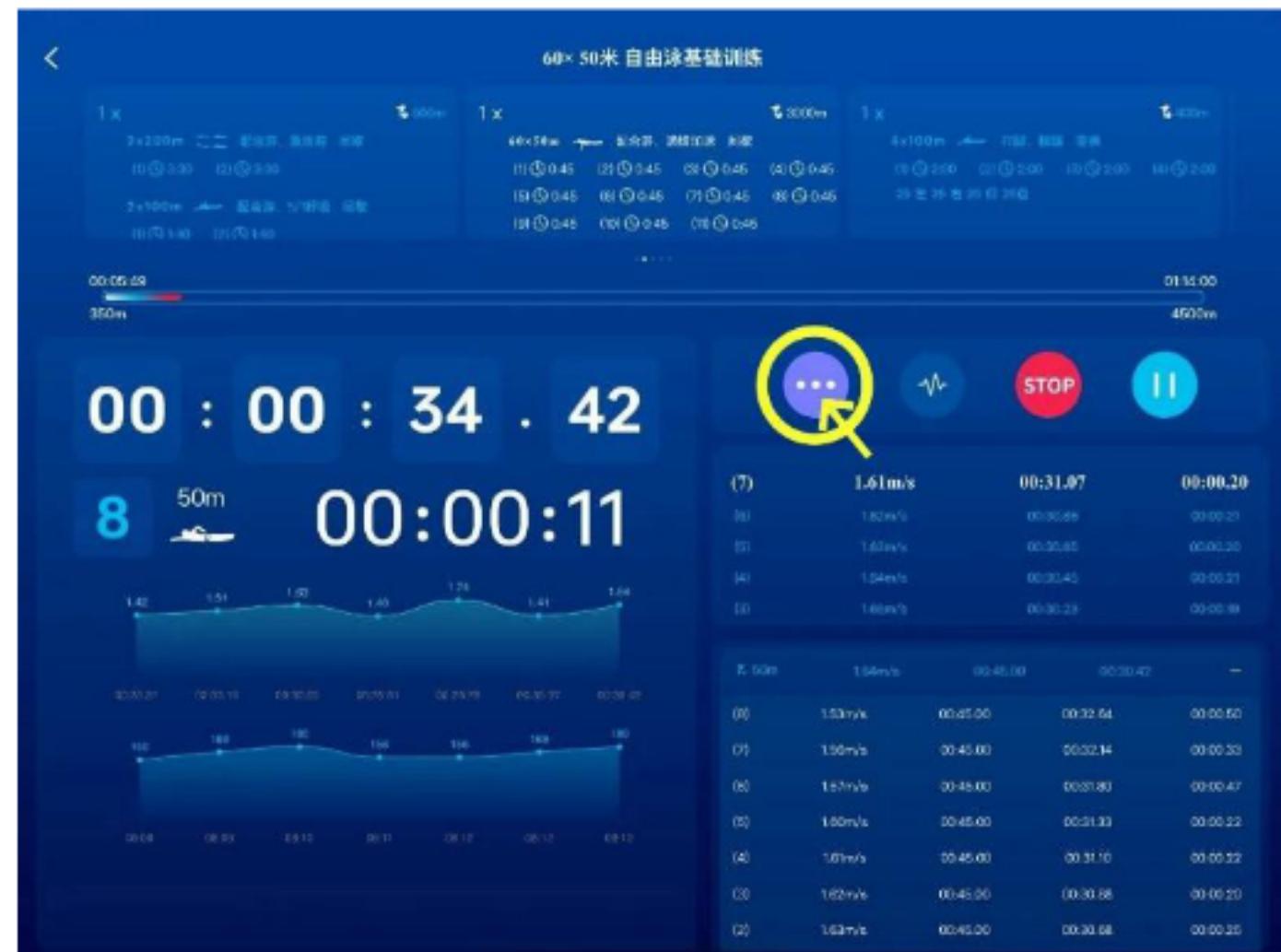
点击更多选项标识，进入多选功能界面，选择点击结束按钮，完成训练课。

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.

URSOT（运动员机能与训练数据分析）
URSOT (Athlete Performance and Training Data Analysis)

1、建立运动员训练资料库

　　在运动员数据页面，点击"添加运动员"，进入运动
　　员数据库页面。

1. Establish an athlete training database
On the athlete data page, click "Add Athlete" to
enter the athlete database page.

2、创建运动员基础数据

2. Create athlete basic data

3、点击运动员，进入综合能力与比赛数据分析系统选
项页面（仅限 VIP 用户）

3. Click on the athlete icon to enter the option
page of the comprehensive ability and
competition data analysis system (available
only to VIP users)
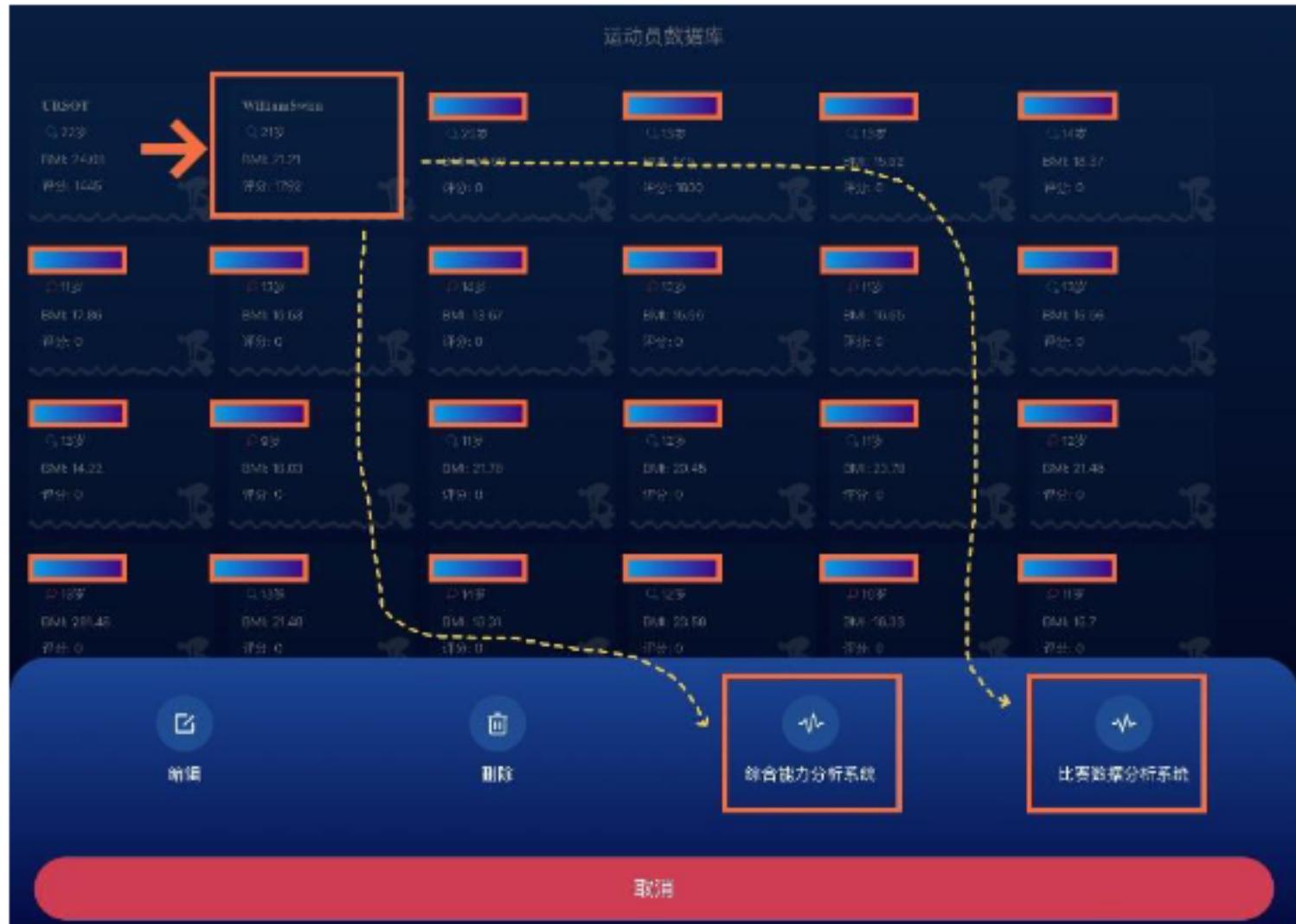
4、运动员综合能力页面

    （1）　生理机能、综合力量、专项打腿、水下打腿

    （2）　自定义时间筛选

    （3）　新增综合训练数据

    （4）　训练数据的编辑与删除

4. Page for Athlete's Comprehensive Ability

    (1) Physiological functions, overall strength, specialized kicking in water, underwater kicking

    (2) Customized time filtering

    (3) New addition of training data

    (4) Editing and deletion of training data

运动员综合能力数据添加与编辑，根据项目提示要求，添加近期的训练或测试数据

Addition and editing of athlete's comprehensive ability data. According to the prompts of the project, add recent training or test data.

备注：本数据仅为功能演示，无实际意义。

Note: This data is merely for demonstration purposes and has no practical significance.
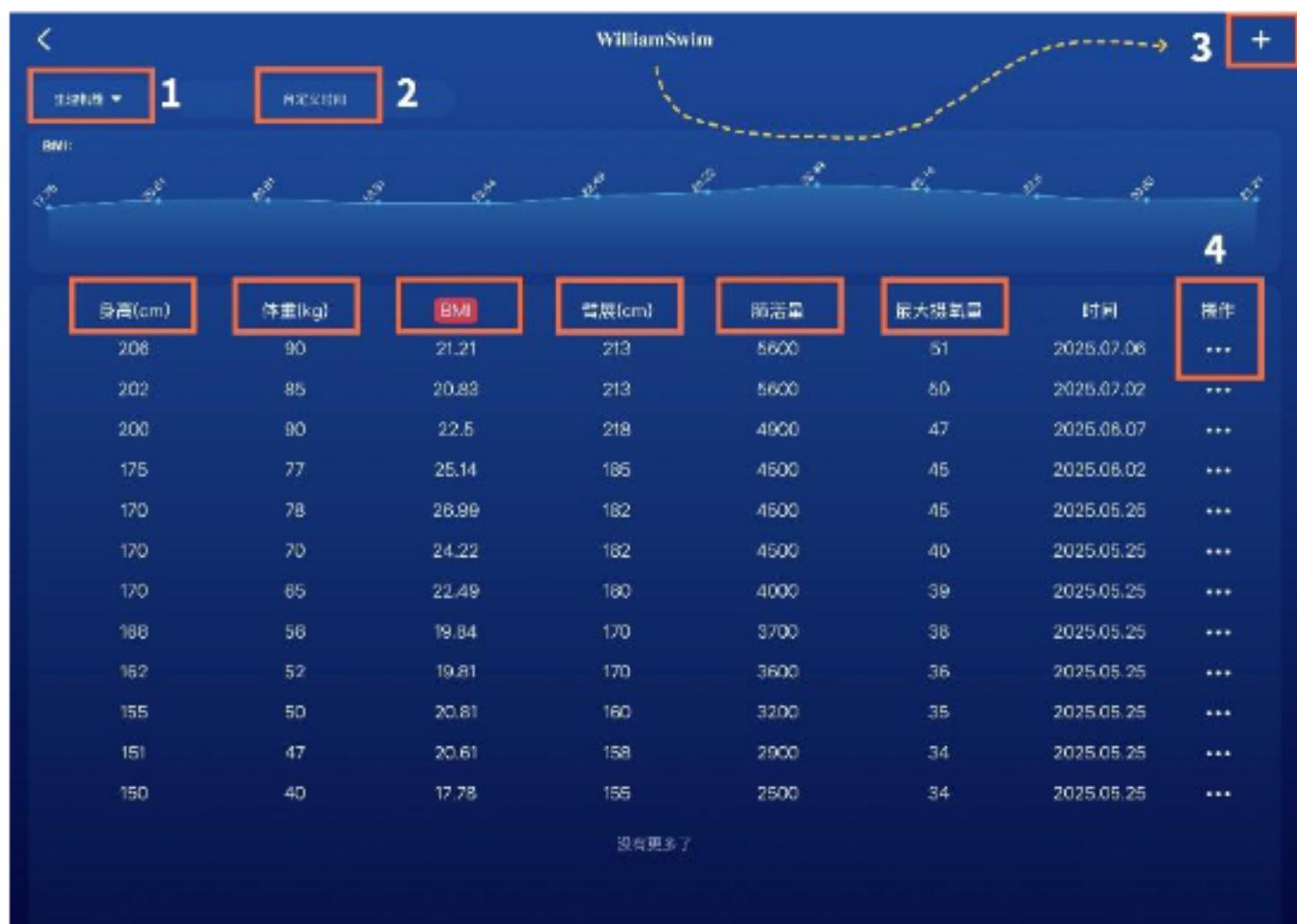
5、运动员比赛数据分析系统

    （1）　选择泳姿

    （2）　选择距离

    （3）　选择泳池（25/50）

    （4）　数据排序

    （5）　自定义时间筛选

    （6）　新增比赛数据

    （7）　比赛数据的编辑与删除

5. Athlete Competition Data Analysis System

    (1) Select swimming style

    (2) Select distance

    (3) Select swimming pool (25/50)

    (4) Sort data

    (5) Customize time filtering

    (6) Add new competition data

    (7) Edit and delete competition data

游泳比赛的分段速度数据分析系统，采用同一项目的多次比赛数据，结合分段游速、划频、划水次数等数据进行比对。

The system for analyzing the speed data of swimming competitions is based on multiple competition data of the same event. It compares the data such as the speed at each segment, stroke frequency, and stroke count.

备注：本数据仅为功能演示，无实际意义。

Note: This data is merely for demonstration purposes and has no practical significance.

比赛成绩数据录入为手动点选模式，对照比赛成绩资料输入，分段时间自动计算。

划水频率：以 10 次划水动作的时间进行计算，需要自行在比赛中进行数据记录。

划水次数：以分段距离为标准，需要自行在比赛中进行数据记录。

The competition result data entry is in a manual selection mode. It is based on the input of competition result information and automatically calculates the time intervals.

Stroke frequency: It is calculated based on the time of 10 strokes. Data needs to be recorded by oneself during the competition.

Stroke count: It is based on the distance of each segment. Data needs to be recorded by oneself during the competition.

备注：本数据仅为功能演示，无实际意义。

Note: This data is merely for demonstration purposes and has no practical significance.

URSOT（训练搭档工作区）
URSOT （Training Partner Work Area）

用于为"训练搭档"的用户提供的一个专属协作区。在此工作区内，训练搭档间可以进行数据共享、对比与修正功能，实现训练资源的同步协作与数据分析，为达成共同训练目标，提供一体化协作支持。

This is an exclusive collaboration zone provided for the users of "training partners". Within this work area, training partners can share data, compare and correct, achieving synchronous collaboration and data analysis of training resources, and providing integrated collaboration support to achieve the common training goals.

在点击分享后，进入教练员分享选择页面，填写训练拍档专属名称，即可完成训练资源的共享协作。

After clicking the "Share" button, you will be directed to the page for selecting the coach's sharing option. Fill in the exclusive name for the training partner and you can complete the sharing and collaboration of training resources.

当完成与合作拍档的共享协作后，训练拍档重启APP 后，在训练拍档"分享给我"的工作区中，就会出现对应的训练数据选项，并具有除训练计划之外的数据资源修正功能。

After completing the collaborative sharing with the partner, when the training partner restarts the APP, in the "Share to Me" workspace of the training partner, the corresponding training data options will appear, and there will be the function of modifying data resources in addition to the training plan.
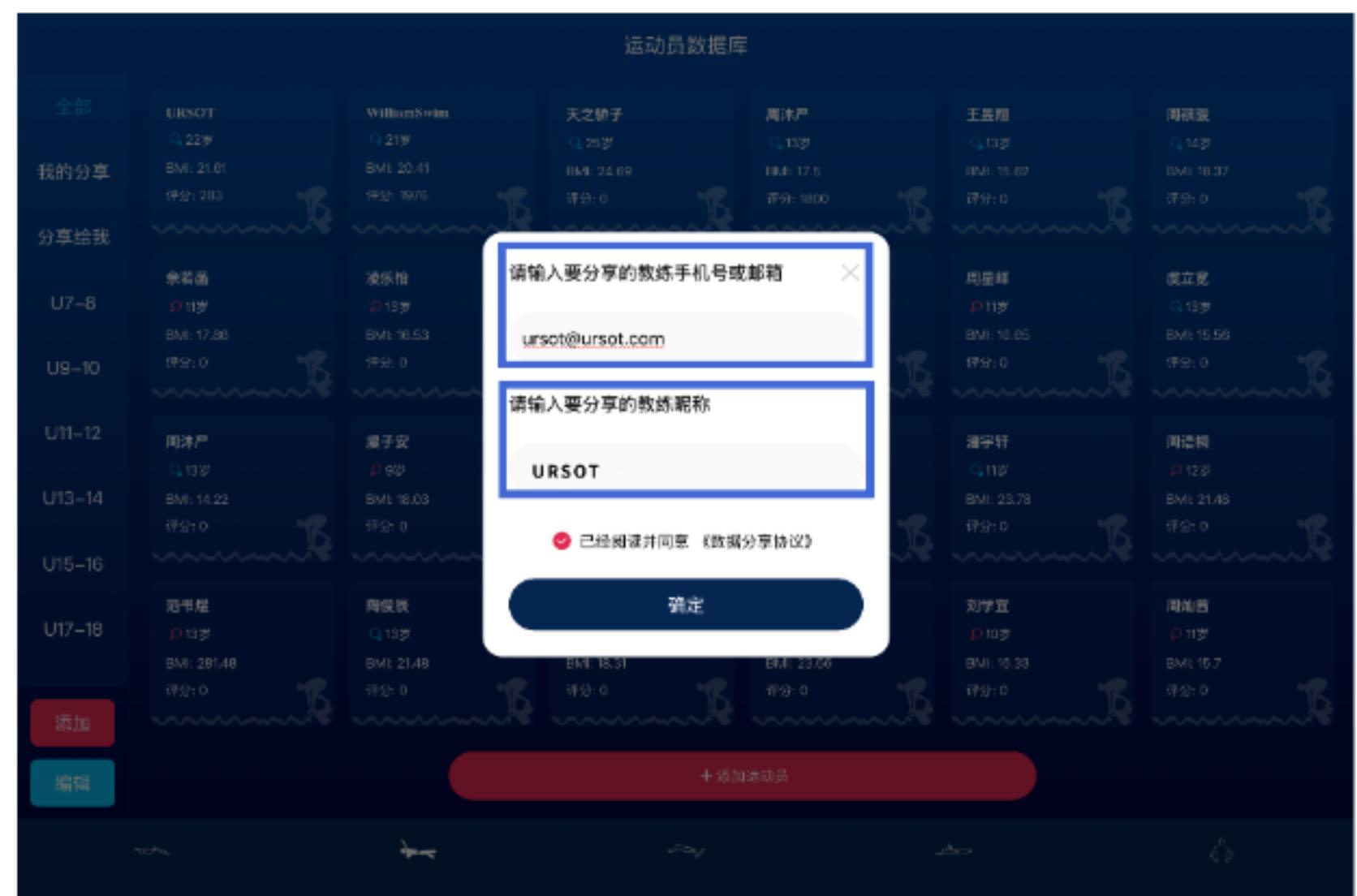
URSOT（运动员分组功能）
URSOT （Athlete grouping function）

"运动员分组"是为教练及训练团队设计的组织工具。它允许您将 APP 内的运动员成员，按需划分为不同小组（如：按年龄、项目、团队、训练课时间），从而在执行训练计划时，便捷的进行操作与管理。

"The athlete grouping" is an organizational tool designed for coaches and training teams. It enables you to divide the athletes within the app into different groups as needed (such as by age, event, team, or training session time), facilitating efficient operation and management when implementing the training plan.
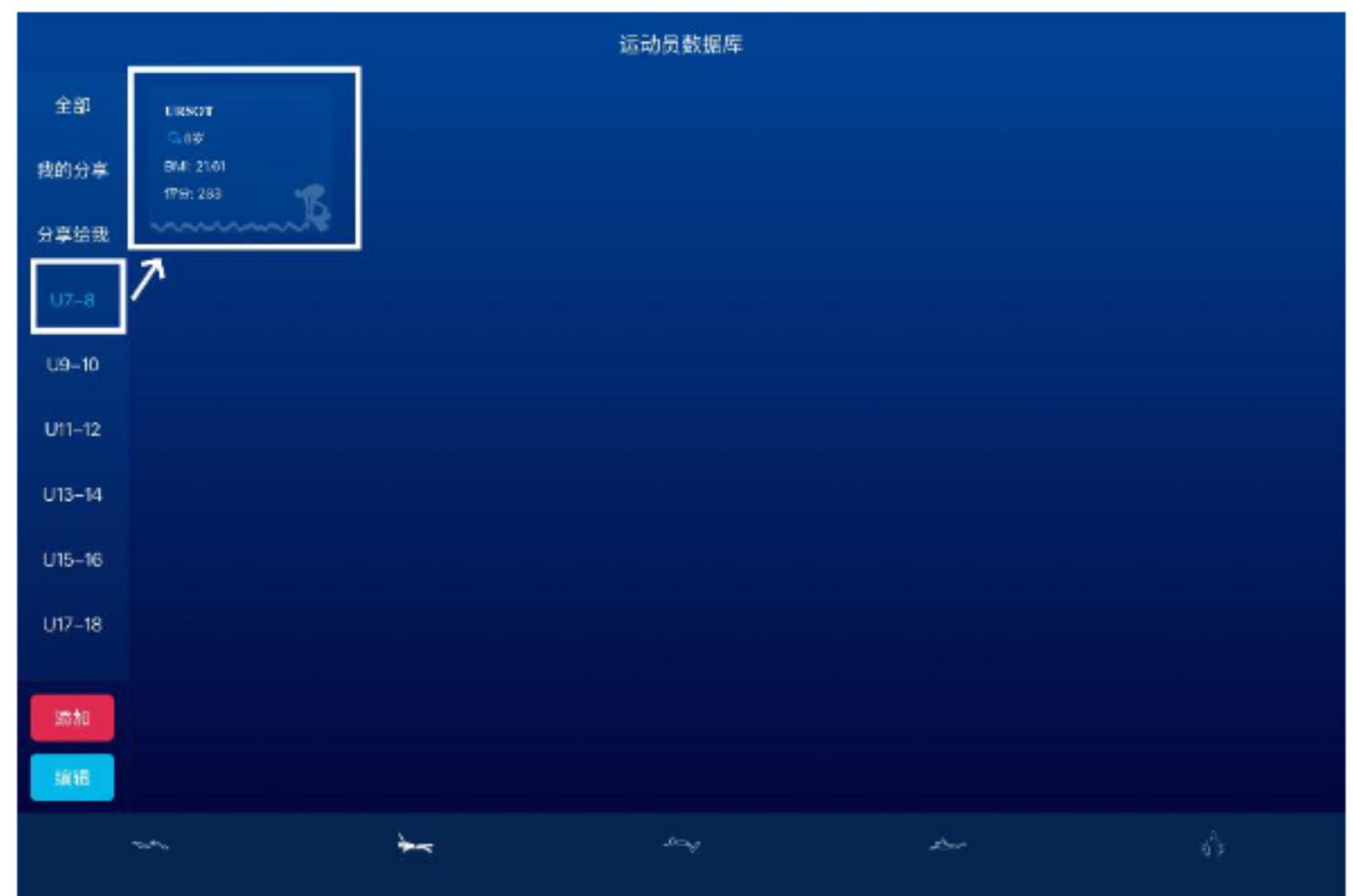
通过快速创建分组：支持自定义命名分组（如"U7-8"年龄组），根据训练工作分类进行分组添加。

By quickly creating groups: Support custom naming of groups (such as "U7-8" age group), and add groups based on the classification of training work.

通过在运动员选项中"编辑分组"，将运动员添加到对应的训练分组中。并在训练计划执行阶段的选择运动运动员时，通过分组的形式选择运动员，完成训练计划的运动员加入。

By "editing groups" in the athlete options, add the athletes to the corresponding training groups. During the execution stage of the training plan, when selecting the athletes for training, the athletes are chosen in groups, and those who complete the training plan are included.