

URSOT (Training plan formulation)

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

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

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

组合训练模块

- (1) 设置名称
- (2) 类型
- (3) 组次
- (4) 添加

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)

Combination Module

- (1) Set Name
- (2) Type
- (3) Group Sequence
- (4) Add

+

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

- 1. 点击训练计划功能（1）进入游泳训练计划制定页面。
- 2. 选择计划（2），进入训练计划数据页面。
- 3. 点击新增模块（3），开启训练计划创建功能。

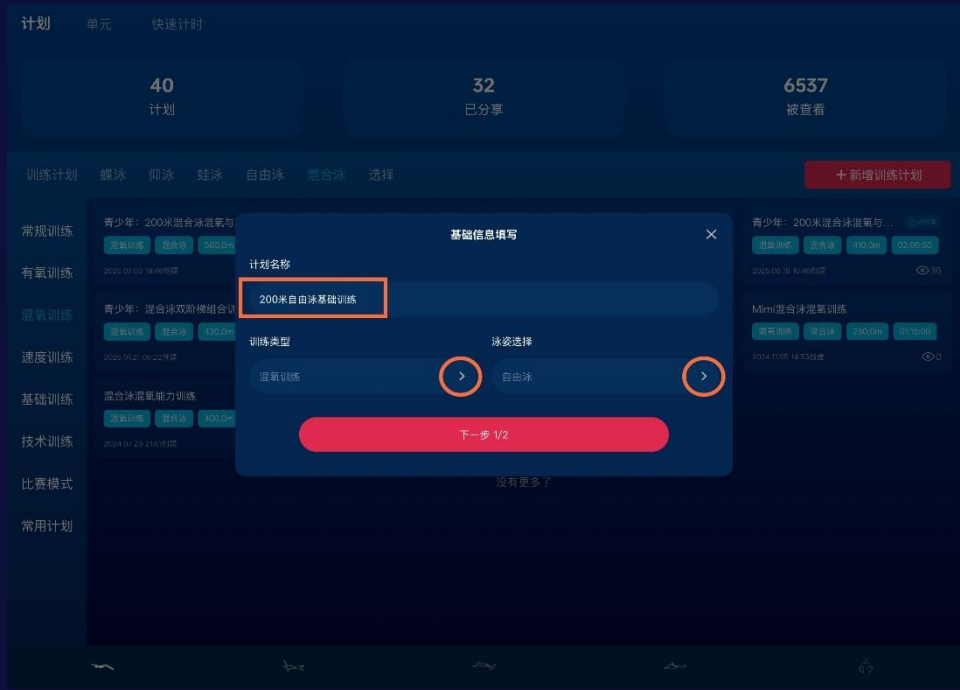
3. Create Training Plan

- 1. Select the training plan function (1) to enter the swimming training plan creation page.
- 2. Choose the plan (2) and enter the training plan data page.
- 3. Click on the "Add Module" (3) to activate the training plan creation function.



- 1. 填写训练计划名称
- 2. 选择训练计划类型
- 3. 选择训练泳姿
- 4. 点击下一步

- 1. Enter the name of the plan
- 2. Select the type of training plan
- 3. Choose the swimming stroke
- 4. 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



10×100 米自由泳

10×100 FR @1:30

Enter the training plan creation page

Select the previously designed training unit



4× (2×25 自由泳+ 2×50 自由泳)

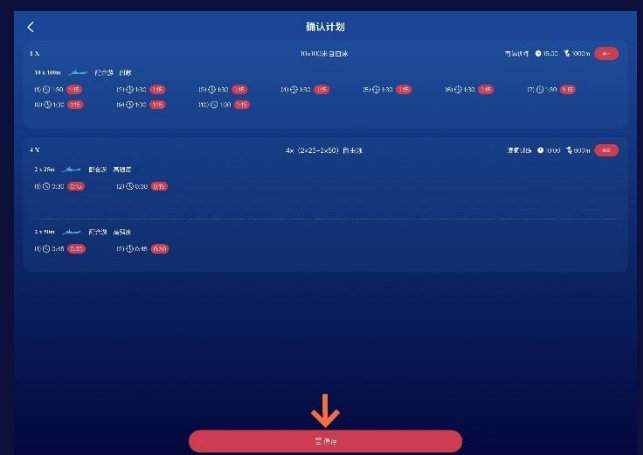
4× (2×25 FR + 2×50 FR)

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)



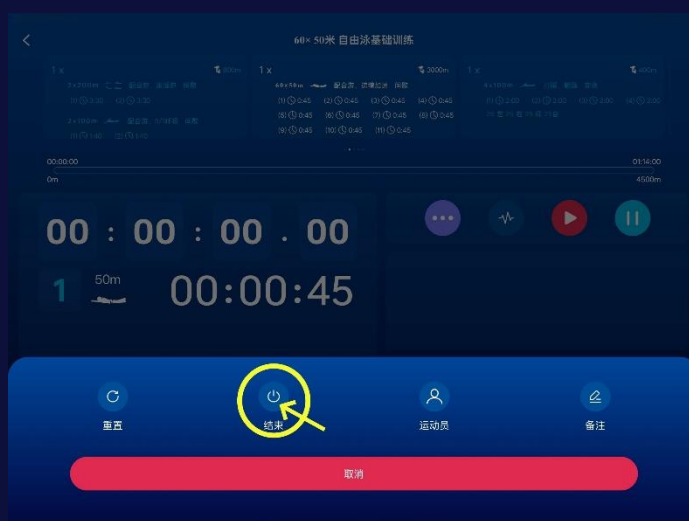
7、手动游速记录 (Manual speed statistics)

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。

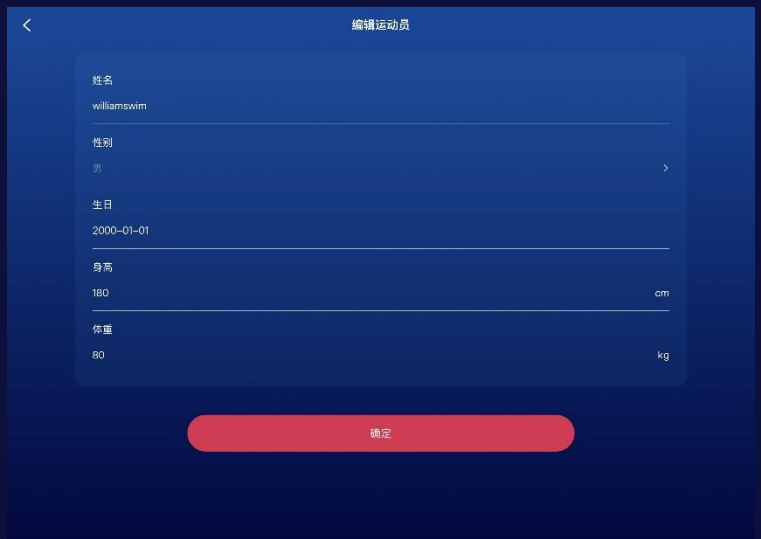
1. Establish an athlete training database

On the athlete data page, click "Add Athlete" to enter the athlete database page.



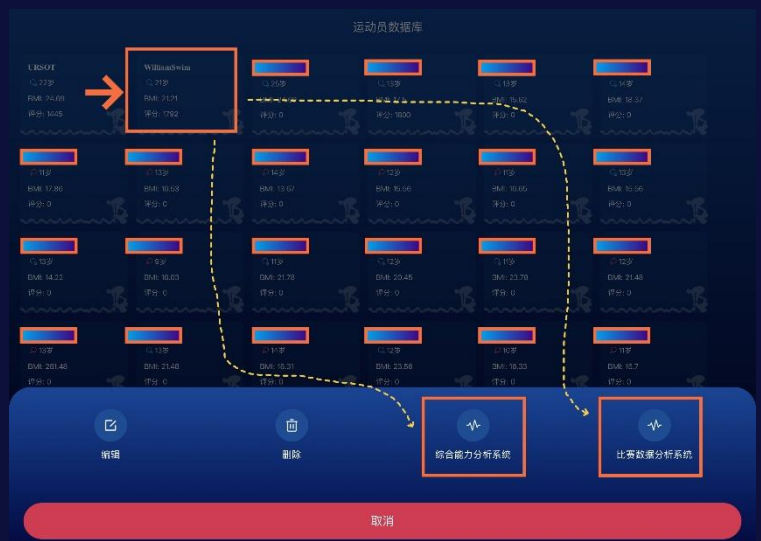
2、创建运动员基础数据

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)



- (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

- (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

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

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

- (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

- (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.

