

Nokia Sports Tracker 2.0 User Guide

Issue 1

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This product runs on Series 60 – 3rd edition operational system. Before purchasing or installing an application, please check with the application developer or provider for application compatibility with this specific edition.

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Get started

About Nokia Sports Tracker

Nokia Sports Tracker is a GPS-based workout tracker. You can monitor, analyse, and share your sports activities. The application automatically stores information such as speed, distance, and time to your training diary. You can visualise and replay your workouts, and analyse your progress. You can also share workouts over a mobile network, and compete against yourself or a friend.

To use the application, you need a compatible Nokia device and an external GPS receiver, or a compatible Nokia device with an integrated GPS receiver.

About GPS

The Global Positioning System (GPS) is operated by the government of the United States, which is solely responsible for its accuracy and maintenance. The accuracy of location data can be affected by adjustments to GPS satellites made by the United States government and is subject to change with the United States Department of Defense civil GPS policy and the Federal Radionavigation Plan. Accuracy can also be affected by poor satellite geometry. Availability and quality

of GPS signals may be affected by your location, buildings, natural obstacles, and weather conditions. The GPS receiver should only be used outdoors to allow reception of GPS signals.

Any GPS should not be used for precise location measurement, and you should never rely solely on location data from the GPS receiver and cellular radio networks for positioning or navigation.

The trip meter has limited accuracy, and rounding errors may occur. Accuracy can also be affected by availability and quality of GPS signals.

Assisted GPS (A-GPS) is used to retrieve assistance data over a packet data connection, which assists in calculating the coordinates of your current location when your device is receiving signals from satellites.

Install Nokia Sports Tracker

If you do not have Nokia Sports Tracker pre-installed in your device, use the Download! application in your device, or see www.sportstracker.nokia.com, and install the Nokia Sports Tracker to your device, or download the installation package

to your PC, and use Nokia PC Suite to install the application to your device.

If you want to upload your workouts to the Nokia Sports Tracker web service, and share them with your friends, create a user account at the website.

Set your personal details

Before using the Nokia Sports Tracker application, set your personal details:

1. Select **Settings** > **Users**.
2. Select the pre-created user.
3. Enter your name or nickname, age, gender, height, and weight.

Pair your heart rate monitor strap with Nokia Sports Tracker

To pair your heart rate monitor strap with Nokia Sports Tracker, select **Settings** > **Heart rate** > **Options** > **Heart rate wizard**.

To monitor your heart rate during a workout, scroll down to view the heart rate histogram. An easy workout is marked in the histogram in blue, moderate in green, and hard in red.

The parameters for these are defined in the heart rate settings.

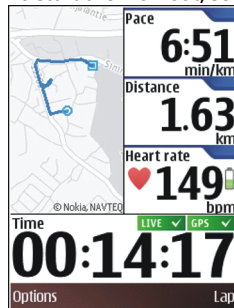
Start a workout

Start a workout

To start a new workout, select **New Workout**, and define the following:

- **Activity** — Select the activity. You can change the names of activities in the activities settings.
- **Live sharing** — Share your workout online in the Nokia Sports Tracker web service. If you do not have an account in the service, you are prompted to create one.
- **Route** — Use a saved route, if needed.
- **Autolap** — Divide the workout into laps.
- **Target** — Select a target from a previous workout, if needed.
- **Replay** — Replay a previous workout, if needed.

To start the workout, select **Start**.



To pause the workout, select **Options** > **Pause**.

To stop the workout, select **Options** > **Stop**.

To view details about the workout, scroll up or down.

GPS indicators

During a workout, Nokia Sports Tracker displays the status of the GPS connection:

- GPS** ✓ The GPS connection is active.
- GPS** ✗ The device is looking for a GPS signal.
- GPS** ✗ There is no GPS connection.

If your device cannot find the satellite signal, consider the following:

- Move to a more open space.

- Ensure that your hand does not cover the GPS antenna of your device.
- If the weather conditions are bad, the signal strength may be affected.

Keep a training diary

Training diary

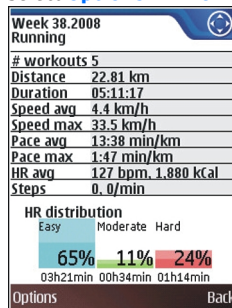
To see how many workouts you have done, select **Training Diary**.

To view the workouts of a specific day, select the day from the calendar.

To view the details of a workout, select the workout from the list. Scroll down to see all the graphs and details related to the workout.

To view your workouts in a list, select **Options > List view**.

To view a summary of your workouts for a certain period, select **Options > Workout summary** and the period.



To plan a new workout for the selected day, select **Options > Add workout**.

Save and send workouts

Select **Training Diary**.

To upload the workout to the Nokia Sports Tracker web service, select **Options > Send**. If you do not have an account in the service, you are prompted to create one.

To upload the workout to Google Earth, select **Options > Export > Export to Google Earth**.

To capture a screenshot of your workout summary and send it to a compatible device or upload it to the web, select **Options** > **Workout summary**, a period, and **Options** > **Export** > **Send screenshot**.

To save a workout as a route, select the day and the workout, and **Options** > **Save as route**.

Save routes

To save the route of a workout to your device, select **Training Diary**, the day from the calendar, and the workout. Select **Options** > **Save as route**.

To view the saved routes, select **Routes**.

To view a route, select the route from the list.

To browse the route details, scroll up and down.

To browse the routes, scroll left and right.

To upload the route to the Nokia Sports Tracker web service, select **Options** > **Upload to service**.

To view the workouts related to the route, select **Options** > **View workouts**.

Settings

Edit the settings

To edit the settings, select **Settings** and from the following:

- **General** — Edit the general settings.
- **Users** — Edit the user settings.
- **Activities** — Edit the activities.
- **Heart rate** — Edit the heart rate settings.

Edit the general settings

To edit the general settings, select **Settings** > **General** and from the following:

- **Access Point** — Select the access point to use when connecting to the Nokia Sports Tracker web service.
- **Memory in use:** — Select where to save workouts and routes.
- **Check for updates** — Set the device to check automatically for updates to the Nokia Sports Tracker application.
- **Measurement unit** — Select the measurement unit used.
- **Map material** — To use maps stored in the device memory, if available, select **Phone**. To fetch maps both from the device memory and the internet, select **Phone and network**. To use an empty background, select **Empty background**.

- **Autolap signal** — Set the device to play a tone when a lap is completed, and select the tone.
- **Use automatic keylock** — Set the device to lock the keypad automatically.
- **GPS filtering** — Select the level for filtering out unreliable GPS data, such as sudden changes in speed and location. For example, **High** filters the data heavily and is thus suitable for walking. To use the GPS data without any filtering, select **Off**.
- **Altitude offset** — Enter the altitude offset from sea level.

Edit the user settings

Several users can use the Nokia Sports Tracker application in your device.

To view the users, select **Settings** > **Users**.

To add the user to the Nokia Sports Tracker web service, select **Options** > **Pair with service**.

To remove the user from the Nokia Sports Tracker web service, select **Options** > **Unpair with service**.

To edit your personal details, select your profile from the list.

Edit the activities settings

To view the available activities, select **Settings** > **Activities**.

To edit the properties of an activity, select the activity from the list.

Edit the heart rate settings

To define the heart rate settings, select **Settings** > **Heart rate** and from the following:

- **Maximum heart rate** — Enter your maximum heart rate.
- **Threshold 2** — Enter the lowest limit of your moderate heart rate.

These rates are used in various workout graphs.

Keypad shortcuts

To switch the backlight on or off, press **9**.

To open the list view of the training diary, press the scroll key.

To switch between workout or route summaries, scroll left or right.

To switch between workouts or routes, scroll left or right.

To replay a workout, press **#**. To speed up the replay, press **3**. To slow down the replay, press **1**. To see the workout on the map, press **7**.

To zoom in on the maps and graphs, press **5**.

To zoom out on the maps and graphs, press **0**.