Virtual Swim Trainer ONE

Ver. 1.1 Quick Guide

1 The Virtual Swim Trainer ONE includes the LED Strip and Control Unit Case

2 Connect the LED Strip to the Control Unit:

A = LED STRIP
B = BATTERY CHARGER
C = POWER ON & System Status

A   B   C

3 System SWITCH ON by Pushbutton C
(Reset system by Pushbutton C off-on)

The first section of the LED Strip will flash
RED - GREEN - BLUE indicating system is ready properly connected.

Pushbutton C light:

1. Flashing: WiFi ready to be connected
2. Fast flashing: Battery low
3. ON steady: LED strip in operation
3. OFF: System off or fault

Battery RECHARGING: plug charger connector to plug B

4 Switch your SmartPad, SmartPhone or PC ON

5 Page into your Wifi the name:
SwimONE_xxxx

Password: swimtrainer
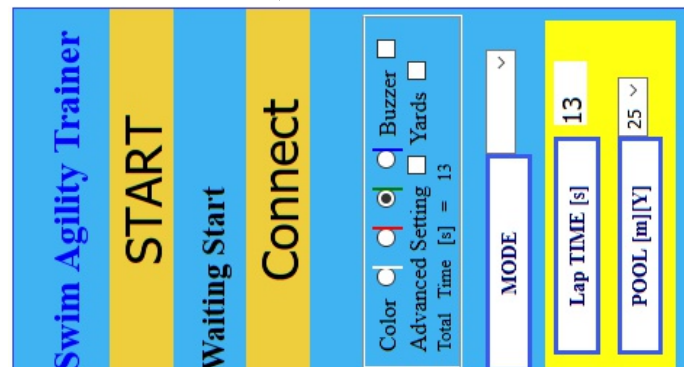
6 On your browser address bar write:
http://192.168.4.1

Q 192.168.4.1/

Add a shortcut in your browser for future easy access.

The user interface page will appear.
Size it to your screen dimension.

7 Press "Connect": "Waiting Start" will appear

Choose:
Strip Color, Buzzer On-Off,
Advanced Setting, Yard

Swim Agility Trainer
START
Waiting Start
Connect
Color
Advanced Setting
Total Time [s] = 13
Buzzer
Yards
MODE
Lap TIME [s]   13
POOL [m][Y]   25

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8248 Nieman Rd
Lenexa, KS 66214, USA

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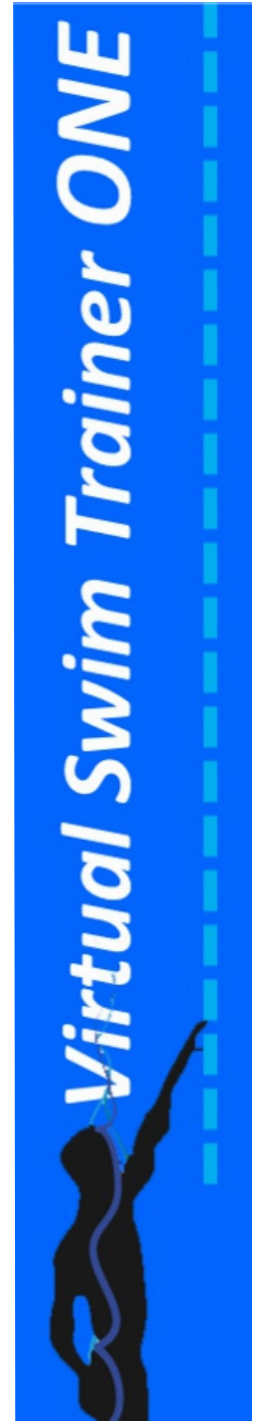
The LED Rabbit

INDICOTECH s.r.l.s.

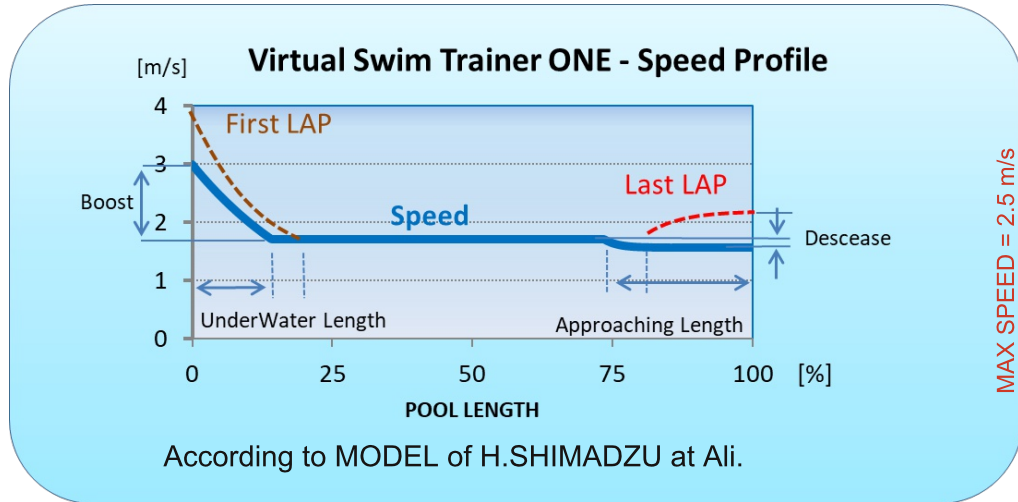Via Rovigo, 4 - 10152
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Swim Agility Trainer

www.counteck.com

Virtual Swim Trainer ONE

Virtual Swim Trainer ONE

8 SELECT MODE

Virtual Swim Trainer ONE - Speed Profile

[m/s]

First LAP

Last LAP

Boost

Speed

Descease

UnderWater Length

Approaching Length

POOL LENGTH

MAX SPEED = 2.5 m/s

According to MODEL of H.SHIMADZU at Ali.

UnderWater Length = Distance covered under water after turn (or track start)

Boost = Speed Increase after turn (or track start)

Approaching Length = Speed decreasing distance covered while approaching pool end

Decrease = Speed decrease at end of approach
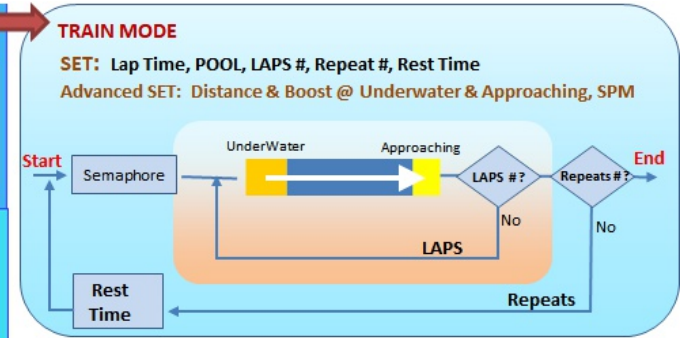

MODE   TRAIN

Lap TIME [s]   13

POOL [m][Y]   25

LAPS #   1

Repeats #   1

Rest time [s]   0

Distance   Boost
[m][Y]   [p.u.]

7.0   1.75   UnderWater

12.5   0.92   Approaching

0   Strokes Per Minute

TRAIN MODE

SET: Lap Time, POOL, LAPS #, Repeat #, Rest Time

Advanced SET: Distance & Boost @ Underwater & Approaching, SPM

Start   Semaphore   UnderWater   Approaching   LAPS #?   Repeats #?   End

No   No

LAPS

Rest Time   Repeats

POOL = Pool length

LapTime = Time to cover the pool distance

Under water: Set Length & Boost

Approaching: Set Length & Decrease=Boost<1

Stroke Per Minute (SPM)

if SPM > 0   The Led light spot changes color to show strokes rate

When Yard is checked distance measures are in Yard, othewise in Meter

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MODE   RACE

Lap TIME [s]   13

POOL [m][Y]   25

LAPS #   1

Repeats #   1

Rest time [s]   0

Distance   Boost
[m][Y]   [p.u.]

9.2   2.20   FirstLAP

5.0   1.10   LastLAP

RACE MODE

SET: Lap Time, POOL, LAPS #, Repeat #, Rest Time

Advanced SET: Distance & Boost @ First Lap & Last Lap

First Lap Dive   Last Lap Boost

Start   Semaphore   UnderWater   Approaching   LAPS #?   Repeats #?   End

No   No

LAPS

Rest Time   Repeats

FirstLap: Set Length & Boost (after track dive)

LastLap: Set Length & Boost

All other LAPs: Set advanced parameter of TRAIN mode

if Rest time > 0   A Led light spot shows the remaining Rest Time
 by decreasing its position along the strip

In case of system error:
The first section of LEDs will be RED: reset needed
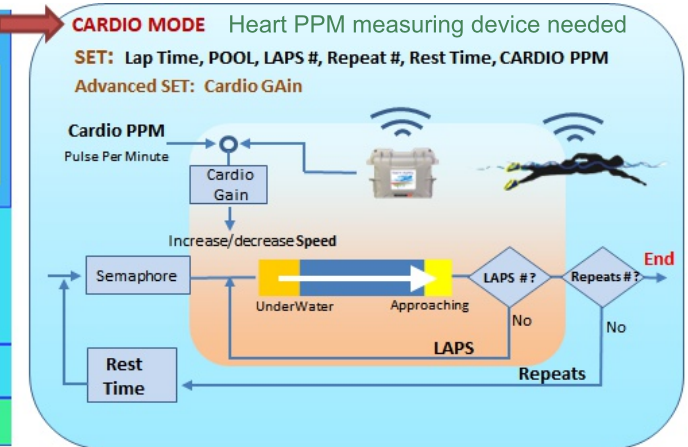

MODE   CARDIO

Lap TIME [s]   25

POOL [m]   25

LAPS #   1

Repeats #   1

Rest time [s]   0

Cardio [PPM]   130

Cardio Gain [%]   0

CARDIO MODE   Heart PPM measuring device needed

SET: Lap Time, POOL, LAPS #, Repeat #, Rest Time, CARDIO PPM

Advanced SET: Cardio GAin

Cardio PPM
Pulse Per Minute

Cardio Gain

Increase/decrease Speed

Semaphore   UnderWater   Approaching   LAPS #?   Repeats #?   End

No   No

LAPS

Rest Time   Repeats

Cardio [PPM] = desired hearth pulses per minute (PPM)

Cardio Gain = rate of speed change to regulate PPM

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9 TOUCH START

Swim Agility Trainer
START
Waiting Start
Connect

Semaphore

On your Marks   Set   Shot

Beep   Beep   Beep

1 sec   1 sec   2-3 sec Random