

\M {WINDOWSOFF} {PANELOFF} /WGZY {PANELON} {WINDOWSON}

MENU 1-DATA 2-DATA TOTALS GRAPH COMPARI
Enter Data ·Enter Data - SelecView Month arView Graph Distance R
{MENUBR}{MENUBRANCH}{GOTO}ao2~ {graph} {MENUBR

COMP DISTANCIRACE
Compare TiView Race Results
{BRANCH}{BRANCH RACE} Type Alt-M for Menu (Alt-H

DATA1 JAN FEB MARCH APRIL 1-MAY
Enter data fEnter data for morEnter data for rEnter data for morEnter data f
{GOTO}jar{GOTO}feb~ {GOTO}mar~ {GOTO}apr~ {GOTO}ma

DATA2 JULY AUGUST SEPTEMBER OCTOBER NOVEMBE
Enter data fEnter data for morEnter data for rEnter data for morEnter data f
{GOTO}jul{GOTO}aug~ {GOTO}sep~ {GOTO}oct~ {GOTO}no

JANUARY					
Date	Distance	Time	Timevalue	Pace	Date
1 January			Err:502	Err:502	17 January
2 January			Err:502	Err:502	18 January
3 January			Err:502	Err:502	19 January
4 January			Err:502	Err:502	20 January
5 January			Err:502	Err:502	21 January
6 January			Err:502	Err:502	22 January
7 January			Err:502	Err:502	23 January
8 January			Err:502	Err:502	24 January
9 January			Err:502	Err:502	25 January
10 January			Err:502	Err:502	26 January
11 January			Err:502	Err:502	27 January
12 January			Err:502	Err:502	28 January
13 January			Err:502	Err:502	29 January
14 January			Err:502	Err:502	30 January
15 January			Err:502	Err:502	31 January
16 January			Err:502	Err:502	Total:

FEBRUARY

Date	Distance	Time	Pace	Date
1 February			Err:502	Err:502 17 February
2 February			Err:502	Err:502 18 February
3 February			Err:502	Err:502 19 February
4 February			Err:502	Err:502 20 February
5 February			Err:502	Err:502 21 February
6 February			Err:502	Err:502 22 February
7 February			Err:502	Err:502 23 February
8 February			Err:502	Err:502 24 February
9 February			Err:502	Err:502 25 February
10 February			Err:502	Err:502 26 February
11 February			Err:502	Err:502 27 February
12 February			Err:502	Err:502 28 February
13 February			Err:502	Err:502
14 February			Err:502	Err:502
15 February			Err:502	Err:502
16 February			Err:502	Err:502 Total:

MARCH

Date	Distance	Time	Pace	Date
1 March			Err:502	Err:502 17 March
2 March			Err:502	Err:502 18 March
3 March			Err:502	Err:502 19 March
4 March			Err:502	Err:502 20 March
5 March			Err:502	Err:502 21 March
6 March			Err:502	Err:502 22 March
7 March			Err:502	Err:502 23 March
8 March			Err:502	Err:502 24 March
9 March			Err:502	Err:502 25 March
10 March			Err:502	Err:502 26 March
11 March			Err:502	Err:502 27 March
12 March			Err:502	Err:502 28 March
13 March			Err:502	Err:502 29 March
14 March			Err:502	Err:502 30 March
15 March			Err:502	Err:502 31 March
16 March			Err:502	Err:502 Total

APRIL

Date	Distance	Time	Pace	Date
1 April			Err:502	17 April
2 April			Err:502	18 April
3 April			Err:502	19 April
4 April			Err:502	20 April
5 April			Err:502	21 April
6 April			Err:502	22 April
7 April			Err:502	23 April
8 April			Err:502	24 April
9 April			Err:502	25 April
10 April			Err:502	26 April
11 April			Err:502	27 April
12 April			Err:502	28 April
13 April			Err:502	29 April
14 April			Err:502	30 April
15 April			Err:502	
16 April			Err:502	Err:502Total:

MAY

Date	Distance	Time	Pace	Date
1 May			Err:502	17 May
2 May			Err:502	18 May
3 May			Err:502	19 May
4 May			Err:502	20 May
5 May			Err:502	21 May
6 May			Err:502	22 May
7 May			Err:502	23 May
8 May			Err:502	24 May
9 May			Err:502	25 May
10 May			Err:502	26 May
11 May			Err:502	27 May
12 May			Err:502	28 May
13 May			Err:502	29 May
14 May			Err:502	30 May
15 May			Err:502	31 May
16 May			Err:502	Err:502Total:

JUNE

Date	Distance	Time	Pace	Date
1 June			Err:502	17 June
2 June			Err:502	18 June
3 June			Err:502	19 June
4 June			Err:502	20 June
5 June			Err:502	21 June
6 June			Err:502	22 June
7 June			Err:502	23 June
8 June			Err:502	24 June
9 June			Err:502	25 June
10 June			Err:502	26 June
11 June			Err:502	27 June
12 June			Err:502	28 June
13 June			Err:502	29 June
14 June			Err:502	30 June
15 June			Err:502	
16 June			Err:502	Err:502Total:

JULY

Date	Distance	Time	Pace	Date
1 July			Err:502	17 July
2 July			Err:502	18 July
3 July			Err:502	19 July
4 July			Err:502	20 July
5 July			Err:502	21 July
6 July			Err:502	22 July
7 July			Err:502	23 July
8 July			Err:502	24 July
9 July			Err:502	25 July
10 July			Err:502	26 July
11 July			Err:502	27 July
12 July			Err:502	28 July
13 July			Err:502	29 July
14 July			Err:502	30 July
15 July			Err:502	31 July
16 July			Err:502	Err:502Total:

OCTOBER

Date	Distance	Time	Pace	Date
1 October			Err:502	Err:502 17 October
2 October			Err:502	Err:502 18 October
3 October			Err:502	Err:502 19 October
4 October			Err:502	Err:502 20 October
5 October			Err:502	Err:502 21 October
6 October			Err:502	Err:502 22 October
7 October			Err:502	Err:502 23 October
8 October			Err:502	Err:502 24 October
9 October			Err:502	Err:502 25 October
10 October			Err:502	Err:502 26 October
11 October			Err:502	Err:502 27 October
12 October			Err:502	Err:502 28 October
13 October			Err:502	Err:502 29 October
14 October			Err:502	Err:502 30 October
15 October			Err:502	Err:502 31 October
16 October			Err:502	Err:502Total:

NOVEMBER

Date	Distance	Time	Pace	Date
1 November			Err:502	Err:502 ###
2 November			Err:502	Err:502 ###
3 November			Err:502	Err:502 ###
4 November			Err:502	Err:502 ###
5 November			Err:502	Err:502 ###
6 November			Err:502	Err:502 ###
7 November			Err:502	Err:502 ###
8 November			Err:502	Err:502 ###
9 November			Err:502	Err:502 ###
###			Err:502	Err:502 ###
###			Err:502	Err:502 ###
###			Err:502	Err:502 ###
###			Err:502	Err:502 ###
###			Err:502	Err:502 ###
###			Err:502	Err:502
###			Err:502	Err:502Total:

DECEMBER

Date	Distance	Time	Pace	Date
1 December			Err:502	Err:502
2 December			Err:502	Err:502
3 December			Err:502	Err:502
4 December			Err:502	Err:502
5 December			Err:502	Err:502
6 December			Err:502	Err:502
7 December			Err:502	Err:502
8 December			Err:502	Err:502
9 December			Err:502	Err:502
###			Err:502	Err:502
###			Err:502	Err:502
###			Err:502	Err:502
###			Err:502	Err:502
###			Err:502	Err:502
###			Err:502	Err:502
###			Err:502	Err:502
###			Err:502	Err:502
			Err:502	Err:502Total:

Date	Distance	Time	Timevalue	Pace
		4.00		

Distance	Time		Pace
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
0.00		Err:502	Err:502

Distance	Time		Pace
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
0.00		Err:502	Err:502

#DIV/0!

#DIV/0!

#DIV/0!

Distance	Time		Pace
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
0.00		Err:502	Err:502

Distance	Time		Pace
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
0.00		Err:502	Err:502

Distance	Time		Pace
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
0.00		Err:502	Err:502

Distance	Time		Pace
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
		Err:502	Err:502
0.00		Err:502	Err:502

TABLE

Distance	Time	Timevalue	Pace	Date	Miles	Time
----------	------	-----------	------	------	-------	------

To Access Menu, Type Alt-M

Timevalue

Pace

DISTANCE {GETNUMBER "Enter Distance You Want to Compare Tir
 {windowsoff} {paneloff}/rel25..u66~/rea265~
 /dqia24..e260~ol24..p24~e
 if24..j260~oq24..u24~eq{goto}q25~/m. {r 4} {end} {d}~{1 5
 /dsrd. {end} {d} {r 4}~p~a~g {goto}k20~{windowson} {pane

RACE {WINDOWSOFF} {paneloff} {GOTO}A265~/REA265..E2
 /rel25..u66~
 /dqia24..e260~ol24..p24~e
 if24..j260~oq24..u24~eq{goto}l22~
 {windowson} {panelon}

SAVE {HOME}/fs~r/qy

CHART
 PACE FINISHING TIME

0.0029513889	0:04:15	02:59:21Marathon
0.0028356481	0:04:05	02:02:3030K
0.0027199074	0:03:55	01:22:39Half-Marathon
0.0025462963	0:03:40	00:36:4010K
0.0024884259	0:03:35	00:28:408K
0.0024305556	0:03:30	00:17:305K

nes For: ",b265}

} {end} {d} {d} {end} {up} {d}~{goto}l24~
lon}

65~r~

Err:502

Err:502

Err:502

Err:502

Err:502

Err:502

MONTH

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec

Total:

Total Previous Yrs:

Lifetime Total

TOTALS

DISTANCE	PACE	PACE	HOURS	
0.00	Err:502###	Err:502	Err:502	
0.00	Err:502###	Err:502	Err:502	
0.00	Err:502###	Err:502	Err:502	
0.00	Err:502###	Err:502	Err:502	
0.00	Err:502###	Err:502	Err:502	
0.00	Err:502###	Err:502	Err:502	
0.00	Err:502###	Err:502	Err:502	
0.00	Err:502###	Err:502	Err:502	
0.00	Err:502###	Err:502	Err:502	
0.00	Err:502###	Err:502	Err:502	
0.00	Err:502###	Err:502	Err:502	
0.00	Err:502###	Err:502	Err:502	
0.00	Err:502	Err:502	Err:502	Err:502
0.00				

Instructions

1. Entering Training/Race Results

Pressing Alt and M together will give you two choices, 1-DATA and 2-ENTRY. 1-DATA is for the month for data entry. 1-DATA is for the month, 2-DATA is for the year, 2-DATA is for the year.

After selecting the appropriate choice, you will be taken to the data entry screen. Move the cursor to the appropriate column for each run you will have to fill in the appropriate columns. Distance can be in miles or kilometers as long as you are consistently using the same unit. Calculations will be the average time per mile/minute depending on what you select.

The only (I think) cumbersome part of the data entry is the time entry. You have to make sure you enter the time in the proper format. This is:

It is essential that the quotation marks be used when you enter the time (the " " this is okay). Then, the time should be entered in the format of hours:minutes:seconds. So, a run that is forty-five minutes and five seconds would be entered as "0:45:05. If for some strange reason you have hours or more, the program will accept that as well.

Once you enter the information, you will be taken to the main menu and that run will be added to the database.

If you wish to keep separate training and race results, you can enter the date of the race. This will allow you to collect the race results for a date and you will be able to enter the entry as you normally would.

2. Viewing Monthly and Yearly Totals

The TOTALS selection on the main menu will take you to the

summary table of the year. If previous years to come up with number in cell AR19.

3. Viewing Graphs

The GRAPHS option on the menu to date. In order to have the average as the total miles, the pace has to be minute average pace would show

4. Comparing runs and race results

The COMPARISONS-DISTANCE shows the entries for a given distance, the distance, and once it is entered all the runs of that distance.

The COMPARISONS-RACE shows results on a single screen. This has been entering r in the data (see above)

5. What is WHAT-IF

The WHAT-IF selection is used for different length races based on what is currently setup for kilometres, minutes have to be minutes/kilometre. The pace column beside the race will have to be entered in

6. Saving and exiting

The SAVE selection on the menu to exit the program. If you want to use the standard 1-2-3 menu system

7. Rename the file

One final suggestion: This pro
information on an annual basis
it for a second year, you'll hav
you've entered during the prev
of doing this, I would suggest
time you add data to it. I keep
and then rename the others run
this, use the 1-2-3 menu File-9
(or whatever) for the filename
while also retaining the origin:

/h

will bring up the menu. The first
DATA will allow you to select the
A is for the first six months of
second six months.

month, you will come to the
cursor to the right date. For
n the distance and time
either kilometres or miles, as
sing one or the other. The pace
e minutes/kilometre or
nch you use.

e part of the program is the time
the time is entered in the

"0:00:00

n marks " precede the numbers
won't show up on the screen -
format is
run which took one hour, eight
ould be entered as "1:08:12. A
ond run would be entered as
reason you decide to run for 10
ill accomodate you as well.

n, the pace will be calculated
he monthly total.

ack of your race results, type
is will allow the program to
splay. Type in the rest of
ild.

als

: main menu will bring you to a

you want to add a total from
h a lifetime total, enter the

menu presents a bar graph of the year
verage pace on the same graph
been multiplied by ten (a 7.1
ow up as 71 on the graph).

.NCE selection allows you to view all of
e. You will be prompted for
ered the screen will display

selection will present all of your race
is option will only work if you
e cell for your race entries

ed to estimate finishing times for
i a given pace. They are
so the pace you enter will
Enter the desired pace in the
with the appropriate length. The
i the usual format: "0:00:00

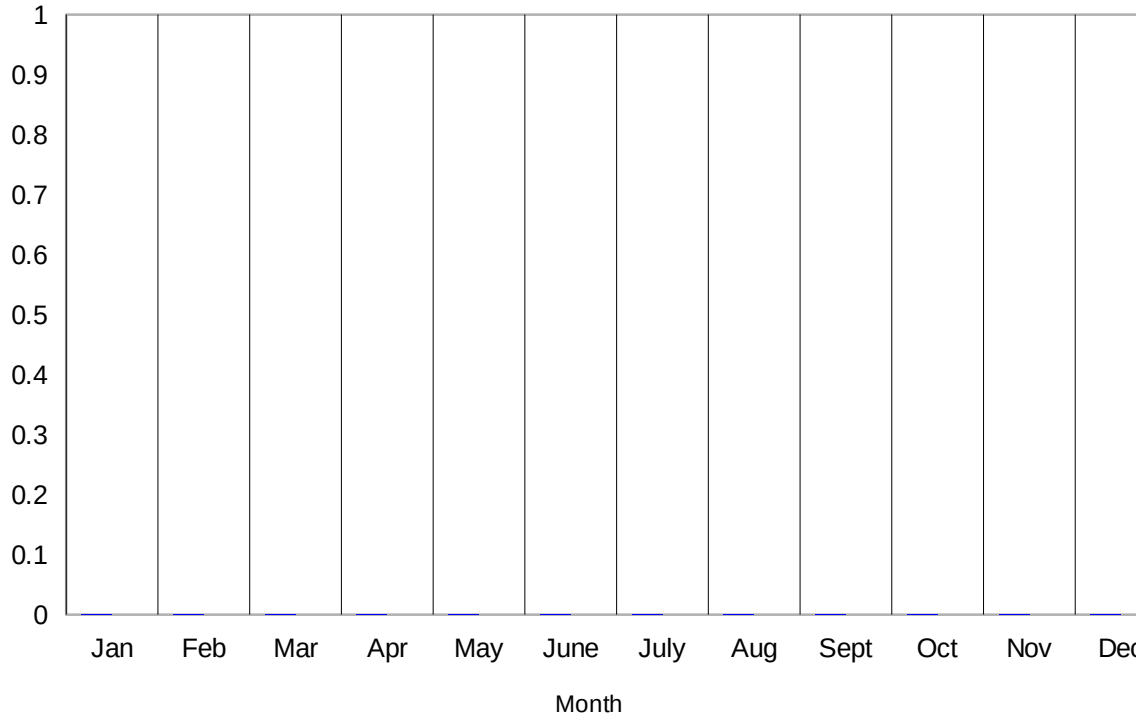
enu will both save the file and
to save without exiting, use
m.

rogram is set up to collect
s, which means if you want to use
e to erase all of the data
rious year. To save the bother
you rename the file the first
the blank file named run.wk1,
193.wk1, run94.wk1, etc. To do
save option, and type in run93
. This will create a new file
al blank one for future use.

{goto}bj1~

Results

January to December



Results

January to December

