

Sheet1

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

MENU         1-DATA  
Enter Data - Select Month (January to June)  
{MENUBRANCH DATA1}

COMP         DISTANCE  
Compare Times at Given Distance  
{BRANCH DISTANCE}

DATA1        JAN  
Enter data for month of January  
{GOTO}jan~

DATA2        JULY  
Enter data for month of July  
{GOTO}jul~

Date	Distance
01/January	
02/January	
03/January	
04/January	
05/January	
06/January	
07/January	
08/January	
09/January	
10/January	
11/January	
12/January	
13/January	
14/January	
15/January	
16/January	

Date	Distance
01/February	
02/February	
03/February	
04/February	
05/February	

Sheet1

06/February  
07/February  
08/February  
09/February  
10/February  
11/February  
12/February  
13/February  
14/February  
15/February  
16/February

Date	Distance
01/March	
02/March	
03/March	
04/March	
05/March	
06/March	
07/March	
08/March	
09/March	
10/March	
11/March	
12/March	
13/March	
14/March	
15/March	
16/March	

Date	Distance
01/April	
02/April	
03/April	
04/April	
05/April	
06/April	
07/April	
08/April	
09/April	
10/April	
11/April	
12/April	
13/April	
14/April	

Sheet1

15/April  
16/April

Date	Distance
01/May	
02/May	
03/May	
04/May	
05/May	
06/May	
07/May	
08/May	
09/May	
10/May	
11/May	
12/May	
13/May	
14/May	
15/May	
16/May	

Date	Distance
01/June	
02/June	
03/June	
04/June	
05/June	
06/June	
07/June	
08/June	
09/June	
10/June	
11/June	
12/June	
13/June	
14/June	
15/June	
16/June	

Date	Distance
01/July	
02/July	
03/July	

Sheet1

04/July  
05/July  
06/July  
07/July  
08/July  
09/July  
10/July  
11/July  
12/July  
13/July  
14/July  
15/July  
16/July

Date

Distance

01/August  
02/August  
03/August  
04/August  
05/August  
06/August  
07/August  
08/August  
09/August  
10/August  
11/August  
12/August  
13/August  
14/August  
15/August  
16/August

Date

Distance

01/September  
02/September  
03/September  
04/September  
05/September  
06/September  
07/September  
08/September  
09/September  
10/September  
11/September  
12/September

Sheet1

13/September  
14/September  
15/September  
16/September

Date	Distance
01/October	
02/October	
03/October	
04/October	
05/October	
06/October	
07/October	
08/October	
09/October	
10/October	
11/October	
12/October	
13/October	
14/October	
15/October	
16/October	

Date	Distance
01/November	
02/November	
03/November	
04/November	
05/November	
06/November	
07/November	
08/November	
09/November	
10/November	
11/November	
12/November	
13/November	
14/November	
15/November	
16/November	

Date	Distance
01/December	

Sheet1

02/December  
03/December  
04/December  
05/December  
06/December  
07/December  
08/December  
09/December  
10/December  
11/December  
12/December  
13/December  
14/December  
15/December  
16/December

Date

Distance

4.00

2-DATA  
Enter Data - Select Month (July to December)  
{MENUBRANCH DATA2}

GRAPH  
View Graph  
{graph}

RACE  
View Race Results  
{BRANCH RACE}  
FEB  
Enter data for month of February  
{GOTO}feb~

Type Alt-M for Menu (Alt-H for Instructions)  
APRIL  
Enter data for month of April  
{GOTO}apr~

AUGUST  
Enter data for month of August  
{GOTO}aug~

OCTOBER  
Enter data for month of October  
{GOTO}oct~

	JANUARY		
Time		Pace	
			Err:502
			Err:502
			Err:502
			Err:502
			Err:502
			Err:502
			Err:502
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			Err:502
			Err:502
			Err:502

	FEBRUARY		
Time		Pace	
			Err:502
			Err:502
			Err:502
			Err:502
			Err:502

Sheet1

Err:502  
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MARCH

Time

Pace

Err:502  
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APRIL

Time

Pace

Err:502  
Err:502  
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Err:502  
Err:502

Time MAY Pace

Err:502  
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Time JUNE Pace

Err:502  
Err:502  
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Time JULY Pace

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Err:502  
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Sheet1

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Time AUGUST Pace

Err:502  
Err:502  
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Time SEPTEMBER Pace

Err:502  
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OCTOBER

Time

Pace

Err:502  
Err:502  
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NOVEMBER

Time

Pace

Err:502  
Err:502  
Err:502  
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Err:502  
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DECEMBER

Time

Pace

Err:502

Sheet1

Err:502  
Err:502  
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Err:502  
Err:502

Time

Pace

COMPARISONS  
Distance Race  
{MENUBRANCH COMP}

WHAT-IF  
What-if Pace Chart  
{goto}aa39~

SAVE  
Save and Exit  
{BRANCH SAVE}

1-MAY  
Enter data for month of May  
{GOTO}may~

2-JUNE  
Enter data for month of June  
{GOTO}jun~

NOVEMBER  
Enter data for month of November  
{GOTO}nov~

DECEMBER  
Enter data for month of December  
{GOTO}dec~

	Date	Distance	Time	Pace
	17/January			Err:502
	18/January			Err:502
	19/January			Err:502
	20/January			Err:502
	21/January			Err:502
	22/January			Err:502
	23/January			Err:502
	24/January			Err:502
	25/January			Err:502
	26/January			Err:502
	27/January			Err:502
	28/January			Err:502
	29/January			Err:502
	30/January			Err:502
	31/January			Err:502
Total:			0.00	Err:502

	Date	Distance	Time	Pace
	17/February			Err:502
	18/February			Err:502
	19/February			Err:502
	20/February			Err:502
	21/February			Err:502

Sheet1

22/February	Err:502
23/February	Err:502
24/February	Err:502
25/February	Err:502
26/February	Err:502
27/February	Err:502
28/February	Err:502

Total:	0.00	Err:502
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Date	Distance	Time	Pace
17/March			Err:502
18/March			Err:502
19/March			Err:502
20/March			Err:502
21/March			Err:502
22/March			Err:502
23/March			Err:502
24/March			Err:502
25/March			Err:502
26/March			Err:502
27/March			Err:502
28/March			Err:502
29/March			Err:502
30/March			Err:502
31/March			Err:502

Total	0.00	Err:502
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Date	Distance	Time	Pace
17/April			Err:502
18/April			Err:502
19/April			Err:502
20/April			Err:502
21/April			Err:502
22/April			Err:502
23/April			Err:502
24/April			Err:502
25/April			Err:502
26/April			Err:502
27/April			Err:502
28/April			Err:502
29/April			Err:502
30/April			Err:502

Sheet1

Total: 0.00 Err:502  
Err:502

Date	Distance	Time	Pace
17/May			Err:502
18/May			Err:502
19/May			Err:502
20/May			Err:502
21/May			Err:502
22/May			Err:502
23/May			Err:502
24/May			Err:502
25/May			Err:502
26/May			Err:502
27/May			Err:502
28/May			Err:502
29/May			Err:502
30/May			Err:502
31/May			Err:502
Total:	0.00		Err:502

Date	Distance	Time	Pace
17/June			Err:502
18/June			Err:502
19/June			Err:502
20/June			Err:502
21/June			Err:502
22/June			Err:502
23/June			Err:502
24/June			Err:502
25/June			Err:502
26/June			Err:502
27/June			Err:502
28/June			Err:502
29/June			Err:502
30/June			Err:502
Total:	0.00		Err:502

Date	Distance	Time	Pace
17/July			Err:502
18/July			Err:502
19/July			Err:502

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	20/July			Err:502
	21/July			Err:502
	22/July			Err:502
	23/July			Err:502
	24/July			Err:502
	25/July			Err:502
	26/July			Err:502
	27/July			Err:502
	28/July			Err:502
	29/July			Err:502
	30/July			Err:502
	31/July			Err:502
Total:		0.00		Err:502
				00:00:00
				00:00:00
				00:00:00

	Date	Distance	Time	Pace
	17/August			Err:502
	18/August			Err:502
	19/August			Err:502
	20/August			Err:502
	21/August			Err:502
	22/August			Err:502
	23/August			Err:502
	24/August			Err:502
	25/August			Err:502
	26/August			Err:502
	27/August			Err:502
	28/August			Err:502
	29/August			Err:502
	30/August			Err:502
	31/August			Err:502
Total:		0.00		Err:502

	Date	Distance	Time	Pace
	17/September			Err:502
	18/September			Err:502
	19/September			Err:502
	20/September			Err:502
	21/September			Err:502
	22/September			Err:502
	23/September			Err:502
	24/September			Err:502
	25/September			Err:502
	26/September			Err:502
	27/September			Err:502
	28/September			Err:502



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29/September  
30/September

Err:502  
Err:502  
Err:502  
Err:502

Total:

0.00

Date	Distance	Time	Pace
17/October			Err:502
18/October			Err:502
19/October			Err:502
20/October			Err:502
21/October			Err:502
22/October			Err:502
23/October			Err:502
24/October			Err:502
25/October			Err:502
26/October			Err:502
27/October			Err:502
28/October			Err:502
29/October			Err:502
30/October			Err:502
31/October			Err:502
Total:		0.00	Err:502

Date	Distance	Time	Pace
17/November			Err:502
18/November			Err:502
19/November			Err:502
20/November			Err:502
21/November			Err:502
22/November			Err:502
23/November			Err:502
24/November			Err:502
25/November			Err:502
26/November			Err:502
27/November			Err:502
28/November			Err:502
29/November			Err:502
30/November			Err:502
Total:		0.00	Err:502

Date	Distance	Time	Pace
17/December			Err:502

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	18/December		Err:502
	19/December		Err:502
	20/December		Err:502
	21/December		Err:502
	22/December		Err:502
	23/December		Err:502
	24/December		Err:502
	25/December		Err:502
	26/December		Err:502
	27/December		Err:502
	28/December		Err:502
	29/December		Err:502
	30/December		Err:502
	31/December		Err:502
Total:		0.00	Err:502

Pace

TABLE

Date	Distance	Time	Pace	Date	Miles	Time	Pace
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Sheet1

DISTANCE

RACE

SAVE

Sheet1

```
{GETNUMBER "Enter Distance You Want to Compare Times For: ",b265}  
{windowsoff}{paneloff}/rel25..u66~/rea265~  
/dqia24..e260~ol24..p24~e  
if24..j260~oq24..u24~eq{goto}q25~/m.{r 4}{end}{d}~{l 5}{end}{d}{d}{end}{up}{d}~{goto}l24~  
/dsrd.{end}{d}{r 4}~p~a~g{goto}k20~{windowson}{panelon}
```

```
{WINDOWSOFF}{paneloff}{GOTO}A265~/REA265..E265~r~  
/rel25..u66~  
/dqia24..e260~ol24..p24~e  
if24..j260~oq24..u24~eq{goto}l22~  
{windowson}{panelon}
```

```
{HOME}/fs~r/qy
```

PACE

FINISHING TIME

0:04:15	02:59:21
0:04:05	02:02:30
0:03:55	01:22:38
0:03:40	00:36:40
0:03:35	00:28:40
0:03:30	00:17:30

CHART

Marathon	Err:502
30K	Err:502
Half-Marathon	Err:502
10K	Err:502
8K	Err:502
5K	Err:502

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MONTH	DISTANCE
Jan	0.00
Feb	0.00
Mar	0.00
Apr	0.00
May	0.00
June	0.00
July	0.00
Aug	0.00
Sept	0.00
Oct	0.00
Nov	0.00
Dec	0.00
Total:	0.00

Total Previous Yrs:	
Lifetime Total	0.00

TOTALS

PACE		HOURS	
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



## Instructions

### 1. Entering Training/Race Results

Pressing Alt and M together will bring up the menu. The first two choices, 1-DATA and 2-DATA will allow you to select the month for data entry. 1-DATA is for the first six months of the year, 2-DATA is for the second six months.

After selecting the appropriate month, you will come to the data entry screen. Move the cursor to the right date. For each run you will have to fill in the distance and time columns. Distance can be in either kilometres or miles, as long as you are consistently using one or the other. The pace calculations will be the average minutes/kilometre or minutes/mile depending on which you use.

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

It is essential that the quotation marks " precede the numbers when you enter the time (the " won't show up on the screen - this is okay). Then, the time format is hours:minutes:seconds. So, a run which took one hour, eight minutes and twelve seconds would be entered as "1:08:12. A forty-five minute and five second run would be entered as "0:45:05. If for some strange reason you decide to run for 10 hours or more, the program will accommodate you as well.

Once you enter the information, the pace will be calculated and that run will be added to the monthly total.

If you wish to keep separate track of your race results, type r over the date of the race. This will allow the program to collect the race results for a display. Type in the rest of the entry as you normally would.

### 2. Viewing Monthly and Yearly Totals

The TOTALS selection on the main menu will bring you to a summary table of the year. If you want to add a total from previous years to come up with a lifetime total, enter the number in cell AR19.

### 3. Viewing Graphs

The GRAPHS option on the menu presents a bar graph of the year to date. In order to have the average pace on the same graph as the total miles, the pace has been multiplied by ten (a 7.1

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minute average pace would show up as 71 on the graph).

### 4. Comparing runs and race results

The COMPARISONS-DISTANCE selection allows you to view all of the entries for a given distance. You will be prompted for the distance, and once it is entered the screen will display all the runs of that distance.

The COMPARISONS-RACE selection will present all of your race results on a single screen. This option will only work if you have been entering r in the date cell for your race entries (see above)

### 5. What is WHAT-IF

The WHAT-IF selection is used to estimate finishing times for different length races based on a given pace. They are currently setup for kilometres, so the pace you enter will have to be minutes/kilometre. Enter the desired pace in the pace column beside the race with the appropriate length. The pace will have to be entered in the usual format: "0:00:00

### 6. Saving and exiting

The SAVE selection on the menu will both save the file and exit the program. If you want to save without exiting, use the standard 1-2-3 menu system.

### 7. Rename the file

One final suggestion: This program is set up to collect information on an annual basis, which means if you want to use it for a second year, you'll have to erase all of the data you've entered during the previous year. To save the bother of doing this, I would suggest you rename the file the first time you add data to it. I keep the blank file named run.wk1, and then rename the others run93.wk1, run94.wk1, etc. To do this, use the 1-2-3 menu File-Save option, and type in run93 (or whatever) for the filename. This will create a new file while also retaining the original blank one for future use.

"0:00:00