

TrainingBase 3.0 for 16 bit Windows -- Help

What's New

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TrainingBase 3.0 -- Introduction

TrainingBase is the athlete's database for Windows and provides the state of the art in computerized training logs. The TrainingBase application is designed to help you keep track of and analyze your sports workouts. To do this TrainingBase creates a database in which you enter information about your workouts. Each workout is stored in one record. Once you have entered the information TrainingBase allows you to analyze and review your workouts.

TrainingBase 3.0 -- Getting Started

To enter your workouts in TrainingBase you must first create a database. After creating a database, TrainingBase will open your database for entry of records in the database. The main TrainingBase window (titled the data view) contains a record view (displays a single record) and a grid view (displays all of your records at the same time in a table format) of your records that can be accessed by selecting a notebook tab. In the record view you can enter or edit information about your workouts. You cannot edit or enter records in the grid view. When you select a record in the grid view that record will be the record displayed in the record view. You should set two options before you enter any workout records in the database:

1. Set the Metric or English distance measure.
2. Designate your primary sport. You should set the workout type you do the most as your primary sport. The primary sport can be set on the Sport Options page of the Options dialog. You should also add any custom sports that you will use on this page.

Both options can be set on the General Options page of the Options dialog.

TrainingBase 3.0 -- Getting Help

To learn how to use TrainingBase you can use this help file. To learn how to use help select the "Help", "Using Help" menu item. You can get context sensitive help by pressing the "F1" key when a window, button, or other control has the focus while using TrainingBase. The Status bar, in the bottom left of the TrainingBase main window, also provides useful information as you move the mouse over items it will display text to explain what that item does. Tooltip help is also provided. When the mouse moves over the toolbar a window will appear with text explaining the button's function.

What's New - Notebook Metaphor

TrainingBase 3.0 uses a notebook metaphor to allow easy access to either a single record view of your database or a grid view of all the records in your database with a single click of the mouse.

What's New - Supports Metric or English Distances

You can now choose to use either Metric, meters and kilometers, or English, yards and miles, as the distance types in your databases.

What's New - New Workout Fields

You can now use TrainingBase to track your weight and heart rate. Both fields are optional and will only be displayed if you select them from the [display page](#) of the Options dialog

What's New - Workout Details Form

You can now enter and display detailed information about your workouts. For weight training workouts you can enter the exercise completed, the number of sets and repetitions completed, and the weight used. For other types of workouts you can enter split information: the type of split, the distance of the workout if that sport has a distance component, the time of the split, and your heart rate during that split. This allows you to divide your workout into its individual details to better monitor your workouts.

What's New - Append Command

You can now use the append database command to add all the records from another database to an open database. This command will add a database created in any version of TrainingBase (Except the 32 bit version) to a TrainingBase 3.0 database. You can use this command to update your old database to a TrainingBase 3.0 database or to combine several databases into one.

What's New - Reports Bound to the Current Recordset


Reports are now bound to the currently used recordset. If you filter the workout records using query by example the records in your query will be included in the report. It is no longer necessary to enter filtering information in the report dialog.

What's New - Ease of Use Enhancements


TrainingBase 3.0 is significantly easier to use and more powerful than previous versions. Here are some of the improvements:

- All operations can now be performed from the data entry form, including database operations.
- Graphing is a single Click operation.
- A notebook interface allows easy switching between single record and multiple record views of the database
- Totals are now automatically calculated upon opening the total dialog.
- The Find Roll-up will remain on screen after a search allowing multiple searches without reopening the Find Roll-up each time.
- A calendar is available to select a date for your workout. Double click the date text box to open the calendar.

Creating a New Database

TrainingBase uses a database to store your workout records. Before entering any workout information you must create a new database. You can create a database for each person who wishes to record their workouts. To create the database Click on . When the file "save as" dialog box opens select a directory to store your database and enter a file name. After you create a new database TrainingBase will open it in the data entry form to allow you to enter new workout records.

Opening an existing Database

To open an existing database Click . The file open dialog box appears to allow you to select an existing database. You can also select the last four opened databases from the file menu. If you exit TrainingBase with an open database it will automatically open that database the next time you start TrainingBase. This feature can be turned off on the Display Options page of the Options dialog.

To Enter a New Workout Record in the Database


To enter information about your workout you must first insert a new record in the database. You can insert a new record in one of two ways:

- Click to insert the new record. TrainingBase will enter the current date in the date field, set the workout type as training, and set the sport to your primary sport. You must enter the rest of the information about your workout in the text boxes on the record view form.
- You can also insert a new record by selecting a frequent record from the frequent record dropdown list on the toolbar. A frequent record is used to save information about a workout that you do regularly. When you select a frequent record TrainingBase will enter the information into the new workout in addition to the date, workout type, and sport that you saved with the frequent record.

TrainingBase automatically saves the information you enter when you move to a new record or close TrainingBase. You can save without moving or closing by Clicking . If you decide you do not want to save the record Click to cancel the insertion of the new record.

Date

You may enter any valid date in the date text box. In order to save a record you must enter a valid date. The date field is the only field of a record that must be entered to save a record. The date field for each record need not be unique, i.e., you can enter as many workouts as you want with the same date. TrainingBase maintains your database in descending (most recent date first) date order. You can change the date by any one of four methods:

- **Date Spinner:**  Click the up arrow to add one day to the displayed date, down arrow to subtract one day.
- + or - keys on the keyboard: Press "+" to add one day to the displayed date or "-" to subtract one day.
- Type a valid date from the keyboard.
- Double click in the date text box to bring up a calendar. Click the arrows at the top of the calendar to change the month. To select a date double click on the date. If you decide to cancel the new date press the "ESC" key to close the calendar and restore the previous date.

Day: Next to the date text box is the day label that will show the day of the week for the date you entered.

Tips:







- You can plan future workouts by entering records with dates in the future and then updating them as they occur if needed.

Workout Type

You can designate each workout as either a training or competition workout. Upon adding a new record the workout type is initially listed as training. To change the selection click the appropriate option button in the Workout Type box.

Sport

The sport for the current record is shown as an icon in the top right corner of the record view form. The following seven sports are predefined by TrainingBase:

Sport	Icon	Shortcut Key
Cycling		Ctrl + B
Running		Ctrl + R
Swimming		Ctrl + Z
Walking		Ctrl + H
Weights		Ctrl + I
Aerobics		Ctrl + A
Misc.	MISC	Ctrl + M

You can not change the predefined sports except to set the type of pace to use for swimming or to select distance and pace options for the Misc sport.

Creating Custom Sports: You can set as many as twenty-five custom sports to use in your databases by using the [Sport Options](#) page of the Options Dialog box. For each sport you set up you can set a name, an icon to represent the sport, a distance measure, and a pace type.

When you insert a new record the sport will initially be set to your primary sport. You can change a workout record's sport by selecting the sport from the "Sport" menu, by using one of the short cut keys listed above (predefined sports only), or by Clicking on the sport icon. Left Clicking the icon moves the sport in order down the sports list, while right Clicking the icon moves the sport in order up sports list.

Distance

Enter the distance traveled for a sport in this text box. Below the distance text box will be displayed the distance measure. The distance measure will depend on whether you select Metric or English in the Options dialog and the workout record sport.

Converting Distances Between Metric and English: If you are using Metric as your distance measure you can enter a distance in English and, while the distance text box has the focus, press "M" to convert miles to kilometers or press "Y" to convert yards to meters. If you are using English as your distance measure you can enter a distance in Metric and, while the distance text box has the focus, press "K" to convert kilometers to miles or press "M" to convert meters to yards. Note: This only works with capital letters "M", "Y", or "K" not "m", "y", or "k". For example, if your distance measure is English and you enter a running workout of 10 Kilometers just enter 10, press "K" and the distance will be converted to 6.21 miles. Similarly, if your swimming workout is in a metric size pool and you use English as your distance measure, you may enter your workout distance in meters and press "M" to convert the distance to yards.

Time

Enter the time the workout took to complete. Enter the time in hours, minutes, and seconds in the appropriately labeled text boxes. If you enter a time for minutes or seconds equal to or greater than 60 you will be prompted to enter a figure less than 60 before you can save or move from the record.

Pace

If you enter a value in the distance and time text boxes greater than zero TrainingBase will calculate a pace for your workout. If you enter values that produce meaningless pace results the pace field will be blank. (For example, enter values which result in MPH or KPH speeds over 999.99 will result in a blank pace.) Sports without a distance field do not show a pace. The pace depends on the type of workout you have entered and whether you have selected Metric or English as your distance measure. Pace is calculated as one of the following:

Pace Caption	Description	Sport
MPH	Miles per Hour	Cycling, User Defined
KPH	Kilometers per Hour	Cycling, User Defined
MPM	Minutes per Mile	Running, Walking, Swimming, User Defined
MPK	Minutes per Kilometer	Running, Walking, Swimming, User Defined
MPHY	Minutes per Hundred Yards	Swimming, User Defined
MPHM	Minutes per Hundred Meters	Swimming, User Defined

For Swimming, Misc, and custom sports you can select which pace to use on the [Sports Page](#) of the Options dialog.

Location

Enter a description of the location of your workout.

Tips:


- Entering location information will be important later if you want to query your database to find records of interest. By entering descriptive information in the workout fields you will be able to make more specific queries of your database. In this manner you can select specific records for examination.
- A location for running or cycling might describe the street taken or a name you have given to a particular route taken. For swimming, aerobics, or weight workouts you could enter the location of the workout, like home, Gold's gym, YMCA pool, Lake Tahoe, etc.

Workout

Enter a description of your workout.

Tips:

- The more descriptive the information the easier it will be to specify the records returned when doing a query.
- Workouts might be entered as follows: Running: LSD (long slow distance), Fartlek; Cycling: sprints, time trial, etc.; Weights: free weights, circuit training; Aerobics: jazz, step; etc.

Entering or Viewing Workout Details: Click  to open or view the workout details form. In this form you will be able to enter or view split information or for weight workouts you can enter or view information about individual exercises completed.

Comments

Enter any comments about your workout.

Tips:

- Comments might include any of the following: a rating of how the workout felt or how hard it was, a description of who you worked out with, the weather, or any other information that may not fit in the other fields.
- You can also use this field to track equipment usage. For example, by listing in the comments that you had started wearing a new pair of shoes (or used new tires on your bike) you could later query the database to find the entry and then query the database to only show the records since the equipment change. Finally, by totaling the records in the Totals dialog you would have the distance you got on the shoes.

Weight


Enter you body weight. To obtain a graph select the "*Tools*" / "*Graph*" / "*Weight*" menu item or double Click in the weight text box.

Heart Rate

Enter a heart rate in the text box. To obtain a graph select the "*Tools*" / "*Graph*" / "*Heart Rate*" menu item or double Click in the Heart Rate text box.

Tip: You should decide what rate you want to keep track of and enter that figure consistently. For example, some people might want to keep track of resting heart rate. (A resting heart rate is taken upon waking in the morning. A variance of resting heart rate of over ten beats is usually a sign of over training. Therefore, by tracking resting heart rate an athlete can be aware of when to rest.) Others might want to track the maximum heart rate achieved during that workout. Any scheme you choose will work as long as you remain consistent.

Entering Workout Details Information


To show the workout details form Click . The appearance of the form will depend on the sport selected for the record displayed in the record view. For all sports except weight training you can enter workout details in the following fields: Split (maximum of 30 characters), Distance (for sports with a distance field only), time of workout, and heart rate. [Weight training fields are based on exercises.] Workout details for a particular workout are viewed in a grid at the top of the form. Information is entered into the database in the labeled edit boxes below the grid. To enter information in the workout details form perform the following steps:

1. Click the Insert button at the bottom left of the form.
2. Type the information in the edit boxes below the grid that you wish to enter.
3. Click the Save button to save the record and view it in the grid.

To make a record appear in the text boxes select that record in the grid. Edits made in the text boxes will be updated to your database. To delete a record, select it in the grid so that it appears in the text boxes and Click the Delete button. To return to the TrainingBase record view Click Close.

Splits drop down edit box: After you have entered splits in the database details form the next time you open the details form you will be able to select the split from the drop down edit box by selecting the down arrow. For example, if you always enter a warm up split for your workouts instead of typing it each time you will be able to select it from a list.

Entering Details for Weight Workouts

To show the workout details form Click . When the record view sport is weight training the workout details form will allow you to enter information in the following fields: Exercise (maximum 30 characters), Sets, Reps, and Weight. Workout details for a particular workout are viewed in a grid at the top of the form. Information is entered into the database in the labeled edit boxes below the grid. To enter information in the workout details form perform the following steps:







1. Click the Insert button at the bottom left of the form.
2. Type the information in the edit boxes below the grid that you wish to enter.
3. Click the Save button to save the record and view it in the grid.

To make a record appear in the text boxes select that record in the grid. Edits made in the text boxes will be updated to your database. To delete a record select it in the grid so that it appears in the text boxes and Click the Delete button. To return to the TrainingBase record view Click Close.


Splits drop down edit box: After you have entered details in the database the next time you open the details form you will be able to select the exercises from the drop down edit box by selecting the down arrow.

Moving Through the Records

The workout records in TrainingBase are kept in descending (most recent to the oldest) order. You can move about in the database and display the record in the record view by using the grid view and selecting the record you want to display or by:


- Clicking  to move to the most recent workout in your database.
- Clicking  to move ahead in time by the number of records you have set in the options dialog (the default amount is seven records.)
- Clicking  to move ahead one record in time.
- Clicking  to move back one record in time.
- Clicking  to move back in time by the number of records you have set in the options dialog (the default amount is seven records.)
- Clicking  to move to the oldest record in your database.


Finding Records by Date

To search your database and display a workout record in the record view use the Find Roll-up. Click  to show the Find Roll-up. In the Find Roll-up enter a date in the text box and Click "Go" to display the workout record with the date closest to the date you entered. The Find Roll-up will remain displayed until you click "Close". Click the up arrow on the menu bar to roll-up the form into the menu bar. The Find Roll-up will return to the upper right corner under the toolbar whenever the TrainingBase form is resized.


Using Bookmarks

You can set a bookmark on a record so that you can immediately return to that record from any other place in your database. To set a Bookmark take the following steps:


1. Display the record you want to Bookmark in the record view.
2. Click  to set the Bookmark.

To return to a Boomarked record Click .

Editing Workout Records

You can edit workout records in the record view form and your changes will be automatically saved when you move to another record or close TrainingBase. Any changes you make can be canceled by Clicking  before you move to another record.

Deleting Workout Records

Click  to delete the record displayed in the record view. **Caution:** Once you delete a record it can not be recovered. You will be prompted to confirm your deletion to prevent the inadvertent loss of records.

Creating a Saved Frequent Record

To eliminate repetitive typing of similar records into your database you can save frequently used workouts and enter the data by clicking on the dropdown list on the toolbar. For example, If you run the same course every Wednesday morning by creating a saved record you could enter the location, sport, workout and distance fields by clicking on the saved record. To create a saved record take the following steps:

1. Display the workout record on which you want to base your saved record.
2. Modify the fields of the displayed record so that only those fields that would not change are displayed.
3. Select the "*Tools*" / "*Frequent Records...*" menu item.
4. In the Frequent Records form enter a name for the frequent workout.
5. Click the "Add" button.


Your frequent record workout name will then be added to the drop down list and the fields that you changed to create the frequent record will return to the original value entered for the base record.


Deleting a Frequent Record: Open the frequent record form by Clicking on the "*Tools*" / "*Frequent Records...*" menu item. Select the name of the record you want to delete and press the "Delete" button.

Inserting a Saved Frequent Record

Click the name of the frequent record that you want to use from the drop down list on the toolbar. A new record will be inserted and the information about that workout you previously saved will be entered. You must create a frequent record before the drop down list will become enabled.

Filter the Recordset Using Query by Example

When you first open TrainingBase all of your records are displayed. Using the query by example dialog box you can filter your database to display only those records that meet the criteria that you specify. To open the query by example dialog box Click . When you have a recordset open which is based on a query you will not be able to insert new records in the database.

Query by Example Dialog: First place a checkmark next to the fields that you want to use to perform your query. You must select at least one field to perform a query. After selecting a field you must specify what criteria you wish to use to select records based on that field in your database. For example, if you want to select your records based on the date field you would check the box next to date and then enter a start date and an ending date. You can also change the order of your records in the query by example dialog. After specifying your criteria Click "Apply QBE" to return to the main TrainingBase form and only those records between the dates you specified will be displayed. When you want to return to displaying all records Click . You may perform a query on the following fields:

Date: Enter any valid dates. The start date (the first date entered) must be less than or equal to the end date. If you enter the same date in both boxes your results will consist of all workouts on that date.

Workout Type: Select a workout type from the drop down list.

Sport: Select a sport from the drop down list.

Time and Distance: Select an operator (equal, less than, etc.) and then enter a time or distance value in the text boxes. If you use the equal operator TrainingBase will select all times or distances within 10% of the amount you enter. (For example, if you enter 20 in the distance text box your records will include those with distances between 22 and 18.) You can change this by entering a different value in the increment text box. If you enter 0 in this box you will only get records that match exactly the distance or time value.

Route, Workout Comments: Select an operator from the drop down list then enter text to search for in the text box next to each check mark. If you select the "=" operator your query will return only records that have those exact characters in the text box. If you choose the like operator you may search for one or more characters at any location in the text by using wild card characters(*,?). The query you create is not case sensitive. (For example, using liKe will return record with like, LIKE, Like, etc.)

Order Records in a Query

Workout records in TrainingBase are normally kept in descending date order. You can order your queries by the descending date order, by time, or by distance. Order by distance can only be selected when you query a sport that uses a distance field. If you order the records by time or distance you will not be able to graph the records.


Tips:

- You can find your personal best times by selecting all the records for a particular course or distance and then ordering by time. The fastest time will be shown first.
- Another possible use is to find the longest distance you have cycled. Check sport and select cycling then order by distance.


Use of the Like Operator



Purpose:	Example:	Returns:
Match any text that contains the characters	[Like] *am*	ram, rams, damsel, amnesty
Match any text beginning with the characters	[Like] John*	Johnson, Johnsson
Match any text ending with the characters	[Like] *son	Johnson, Anderson
Match any text and a single trailing character	[Like] Glen?	Glenn, Glens
Match any text and any single preceding character	[Like] ?am	dam, Pam, ram
Match the text with one preceding character and any trailing characters	[Like] ?am*	dam, Pam, Ramses

Calculating Totals

Click  to open the Totals dialog box. When the dialog box opens totals will be calculated for your primary sport based on the automatic total values set in the options dialog. By default weekly and monthly totals will be calculated for the primary sport. To calculate totals for another sport or time period select the sport or time period and Click "Calculate." When you have a recordset that has been filtered by using query by example and then sorted by time or distance you can only calculate a grand total.


Graphing Records

To display a graph for your primary sport Click . To display a graph for other sports select the sport you want to graph in the "Tools" / "Graph" / menu list. The graph displayed will show either weekly or monthly totals for the time span of the workouts. By default TrainingBase will display the graph as weekly totals for the last year prior to the date of the record displayed in the record view. (You can display any time period you want to display by positioning the displayed record in your database. For example to graph records from 1992 make the last record in 1992 the record displayed in the record view.) You can change these defaults on the [Graph/Totals](#) page of the Options dialog. **Warning:** In order to show a graph you must have at least two points to graph, i.e., you must have workouts in the database from either two different weeks or months.

Graph View Form: In the graph view you can show a graph for other totals or time periods by Clicking the option button for the time period (monthly or weekly) or the totals (Time, Distance, Pace, or Number of Workouts) and Clicking "Graph Data." Besides showing a line depicting your data on the graph two other lines will appear. One will show the mean (an average figure for the period graphed, therefore a line parallel to the x-axis) (Mean line style: ) for the data graphed, and the other is the best fit line. (which will indicates the trend of the data) (Best fit line style: )

Printing: To print a copy of the currently displayed graph Click "Print Data."

Create a Report

To create a report Click . In the report dialog you can select the destination of the report as to a window (similar to print preview), to a file, or to a printer. Your report will include the records that are in your current Recordset. (If you have done a query prior to starting a report the records will only include those in the query) The report will print in the standard TrainingBase order, which is in descending order by date, unless you Check the "Sort Ascending" check box. You can select the type of report. The standard report that comes with TrainingBase is the default report. If you select a file type report you must select the type of file you want to output from the option list either Tab Separated (Presents data in tabular form. Encloses alphanumeric field data in quotes and separates fields with tabs.), Text (Saves the data in ASCII text format), DIF (Data Exchange Format, is often used for the transfer of data between different spreadsheet programs) , or Excel 5.0. After making your selections Click "Create Report" to show your report.

Obtaining Custom Formatted Reports: If you have access to Crystal Report 4.5 you can create custom reports by creating your own reports and placing them in the TrainingBase directory. In order for your reports to show in the drop down list you must name your report customX.rpt where X is a number between 1 and 5. (If you want custom bound reports modify a copy of tbase32.rpt, found in your TrainingBase directory, otherwise your reports must be based on the underlying "*.MDB" file.) If you do not have access to Crystal Reports you can contact [Customer Support](#) at Aimbie Software for reports customized to your needs. Additional reports will be made available on the Aimbie Software Home Page.

General Options

To set general options open the Options dialog by selecting the "Edit" / "Options" menu item. The following options can be set from the general options page:

Distance Measure: You can select to have TrainingBase recognize the distance values you enter as either Metric (Meters and Kilometers) or English (Yards and Miles). The default value is English. **Warning:** Once you select a value for the database you should keep it the same. If you change the distance measures you will have to go through the records and change the values you have previously entered to the new distance measure.

Week Start: This option controls when the week starts for the purpose of calculating totals and graphs. You can select either Monday or Sunday as the week start. The default is Sunday.

Page Up/Down Amount: Enter a value to move through the database when either the move Page Up or Page Down buttons are Clicked. The default amount is 7.

After making your selections Click "OK" to save the changes and return to the main TrainingBase form. If you decide you do not want to save your option changes Click "Cancel."

Display Options

To set display options open the Options dialog by selecting the "Edit" / "Options" menu item. The following options can be set from the display options page:

Autoload Last Database: You can have the database that was used the last time TrainingBase was run by selecting the on option. Otherwise you will have to open a database each time you start TrainingBase. The default is on.

Tooltips: You can turn the display of Tooltips (Hints which display when you leave the mouse cursor over the button bar.) on or off.

Start Window State: If you start the TrainingBase program other than normally with a command line option the main form may not be properly sized. To have TrainingBase start with the form maximized use this option instead of the command line. The default is to open the TrainingBase main window in normal sized mode.

Show Fields: By default TrainingBase will not show the weight or heart rate fields. If you wish to use these fields to track data check the box next to the field or fields that you want to show.

After making your selections Click "OK" to save the changes and return to the main TrainingBase form. If you decide you do not want to save your option changes Click "Cancel."

Graph/Totals Options

To set graph / totals options open the Options dialog by selecting the "Edit" / "Options" menu item. The following options can be set from the graph / totals options page:

Graph Default Time Period: The options you select here, monthly or weekly, determine the time period that sport totals are calculated and then graphed when you first display the graph. The default is weekly.

Graph For: Determine the time span of the records to include in the graph. Records will be selected for either the last year or six months from the date of the record displayed in the record view. The default is one year.

Calculate Totals on Open: Check the box for the time period you want to have calculated upon opening of the Totals dialog. The default is to show all totals on open.

After making your selections Click "OK" to save the changes and return to the main TrainingBase form. If you decide you do not want to save your option changes Click "Cancel."

Sport Options

On the center of this page is the sports list that you can use in your databases. By default the seven predefined sports will always be in the list. You can add up to twenty-five custom sports to use in your databases. To create a custom sport click the Add button on the Sports page. A dialog box will ask you to type a name for your custom sport. The name is limited to a maximum of 15 characters. After entering your new sport it will be added in the sport list box along with your other custom sports and the seven predefined sports.

When you select a sport in the sport list its properties will be displayed to the right. Each sport has an icon, a distance measure, and a pace measure. The predefined sports have fixed properties except for Swimming and Misc sports. If you can make changes to the sports properties the option boxes to make the changes will become enabled. You can delete the selected sport by clicking the Remove button. The predefined sports cannot be removed.

Sport Icon: You can select any icon you want to show on the record view form to identify your custom sport. The icons for the seven predefined sports cannot be changed. To change the icon click on the Browse button and use the dialog box to select an icon to use. The TrainingBase installation program will place icons you can use in your TrainingBase directory for Roller Blading, X-Country Skiing, Rowing, and Hiking. You can make your own icons or find icon collections from many online services or other sources. If you do not select an icon or if TrainingBase cannot find an icon file it will use the icon for the predefined Misc sport.

Primary Sport: Select the sport workout you do the most as your primary sport. This is the sport that will be used when new records are added, when getting totals, and creating graphs from the toolbar. To make a sport the primary sport select that sport in the sport list and check the make primary box in the bottom right of the sport page.

Warning: If you remove a custom sport that has been used in your database thereafter TrainingBase will use the Misc sport icon whenever you select that record.

After making your selections Click "OK" to save the changes and return to the main TrainingBase form. If you decide you do not want to save your option changes Click "Cancel."

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Append Records

You can append the records from a database created with any version of TrainingBase, except the 32 bit version of TrainingBase. To append all the records from a database follow these steps:

- Open the database to which you want to add the records in TrainingBase.
- Select the "*File*" / "*Append Database...*" menu item.
- In the file append dialog select the database that contains the record you want to add.

Depending on how large the file is it may take a few minutes to append the records.

Compacting the Database

In the course of long-term use of your database, you may find that the .MDB database file seems to grow more than you had expected, based on the amount of data you've added and deleted. In order to maintain a high state of performance, TrainingBase defers the removal of discarded pages until you shut down the database and compact the discarded pages. Compacting the database copies all the data from one database into another, and in the process, organizes the data in the resulting database contiguously so that disk space is recovered. To protect your data you should never give the same source and destination names for the database being compacted, as your database will be deleted if the compacted database process is not completed.

To compact your database first close any open database by selecting the "File" / "Close" menu item and then select the "File" / "Compact Database..." menu item. Select the name and location of the database you want to compact and then a name and location for the new compacted database.

Tip: To prevent data loss it is a good idea to keep a backup copy of your database files. A good way to make a back up is to Compact your old database to a new one that you can then use as a back up copy.

Repairing a Database

If your database is damaged, TrainingBase can attempt to repair it by deleting damaged records so that the remaining undamaged records can be used. The most common cause of this type of damage is an incomplete data page read/write operation. This damage can occur when the system is not shut down normally (such as a power failure).

Warning: To minimize any loss of data occurring from damaged files be sure to make a regular backup of your TrainingBase "*.MDB" files. You can use the compact database command to easily make a backup.

You must close any open database by using the "*File*" / "*Close*" menu item. Then select the "*File*" / "*Repair Database...*" menu item. In the file open dialog select the name of the file to repair.

Update from a Previous Version of TrainingBase

To use a database made in a previous version of TrainingBase with the current version of TrainingBase take the following steps:

1. Create a new database in the current version of TrainingBase.
2. Append the records from your old database to the new database created in step 1.

Contacting Technical Support

For the latest information and updates check our Web Site at <http://www.psnw.com/~aimbie/>. We are committed to making TrainingBase the best computerized training log available. If you have any problems with TrainingBase please contact us and we will make every effort to insure your satisfaction.

For Product Support or suggestions for future features contact Aimbie Software Concepts at:

CompuServe: CIS 70323,763 or aimbie
America Online: RobertR484
Internet email: aimbie@psnw.com

Regular mail:
Aimbie Software Concepts
908 East Salem Ave.
Fresno, California 93720-2130

Registration

The unregistered version of TrainingBase is limited to a maximum of 50 records in a database. When you register TrainingBase you will be given a code that will remove the 50 record limit from your database.

To register your copy of TrainingBase:

With a Credit Card (Visa, Mastercard, American Express) \$39.95 (plus tax for Calif. residents):

If you want a set of 3.5" disks include: \$6.00 (US and Canada, first class mail), \$10 (International Postage), \$15 (USPS Express Mail)

ORDERING INSTRUCTIONS: TrainingBase by Aimbie Software Concepts

HOW TO ORDER:

For your convenience, you may order by credit card in any of the following ways:

1. Online: <http://www.axxis.com/cgi-bin/order-train>

You can order over the World Wide Web using a secured form. All information sent this way is encrypted for your protection. This is the fastest way to order. Your order will be sent within minutes to Aimbie Software Concepts for fulfillment.

2. Phone toll free: 1-888-AT-ALTUS (1-888-282-5887)
9:00 a.m. to 12:00 Midnight MST Monday - Saturday.

3. Phone Voice-mail: 801-523-8221

When ordering by phone, please provide the information requested below. Orders placed by phone may take up to 48 hours to be verified and sent to Aimbie Software Concepts

4. FAX: 801-576-5663

When ordering by FAX, please provide the information requested below. Orders placed by FAX may take up to 48 hours to be verified and sent to Aimbie Software Concepts.

5. E-mail: altus@axxis.com

When ordering by e-mail, please provide the information requested below. Order placed by e-mail may take up to 48 hours to be verified and sent to Aimbie Software Concepts.

ORDERING INFORMATION:

When ordering by Voice-mail, FAX, or e-mail, you must provide the following information:

Your Name:

Billing Address (the address your credit card bill is sent to)

Street:

City:

State:

Zipcode:

Country:

Mailing Address (if different than billing address)

Street:

City:
State:
Zipcode:
Country:
Home Phone Number:
Work Phone Number:
E-mail Address:
Credit Card Information
Type (Visa, MasterCard, American Express)
Account Number:
Expiration Date:
Software to Order
Title (32 or 16 bit version):
Quantity:
Total Dollar Amount:

If faxed or e-mailed, please include the following language (and sign if faxed):

I authorize AXXIS(TM) Internet to bill my credit card and agree to pay the total amount according to my card issuer agreement.

Signature

Date

By Check or Money Order:

Send \$39.95 (plus sales tax for California residents) along with an order form to:

Aimbie Software Concepts

908 East Salem Avenue

Fresno, California 93720-2130

The unregistered version of TrainingBase is share ware and is protected by copyright laws. You may try out the software and freely distribute it for that purpose in it unregistered form. If you decide to use the product you must register it at the above address.

Order Form

TrainingBase Registration Form.

To order: Send this order form and a check (made out to "Aimbie Software Concepts") to "TrainingBase", Aimbie Software Concepts, 908 East Salem Ave., Fresno, CA 93720-2130, USA. Payments must be in US dollars drawn on a US bank, or you can send international postal money orders in US dollars.

TrainingBase is distributed electronically unless you request it sent on 3.5" disks. (The file you have downloaded contains all the necessary files for the registered version and by registering you will receive a personal code to unlock the record limitation.)

TrainingBase:		at \$39.95 each =	
___ 32 bit Version (for		(Upgrade for current	
Windows 95 and		registered users \$25)	
Windows NT 3.51 or >)			
___ 16 bit Version (for			
Windows 3.x or >)	_____ Copies		_____
		at \$6 each U.S. and	
		Canada, \$10 elsewhere	
		(includes shipping and	
Set of Disks	_____ Copies	handling) =	_____
California Residents add			
Sales Tax		x 7.85 %	
		Total =	_____

PLEASE BE SURE TO PRINT CLEARLY!

Name: _____ Date: _____
Organization: _____
Address: _____
City, State, Zip: _____
Country: _____
Day Phone: _____ Eve: _____
Electronic Mail Address: _____

(If you enter your email address your registration code will be sent by email with a confirming letter.)

How did you hear about this Product? _____

Comments:

A database is a file that contains information in records. TrainingBase uses the same format for its database files as Microsoft Access version 7.0.

A Record contains information about a single workout. A record consists of fields that hold information about the workout.

The group of workout records that TrainingBase displays. A recordset can consist of all the records in the database or a subset of the records if you have performed a query.

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Adding information in the Record View

Entering Records in the Database

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Workout Type

Sport

Distance

Time

Pace

Location

Workout

Comments

Weight

Heart Rate

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What's New - Custom Sports

TrainingBase now allows the creation and use of as many as 25 custom sports. You can select a name, icon, distance measure and pace measure for each sport.

