

Welcome to the PoolMate Pro MAC software

Here's the long awaited MAC software for the PoolMate Pro. If you have already been using the PC software you will find it quite different with new features, different upload and import system and a much simpler installation from a single file.

You can view data for a specific stroke, see your sets by the time of day you swam them, see your rest time for a session as well as all the data you are used to.

You can import your old data from your PC version too (see bottom of the page),

Installation

Download the PoolMate MAC installer from www.swimovate.com/beta.html

Double click to unzip (PoolMatePro.dmg.gz), this will create PoolMatePro.dmg

Double click on this to launch software.

When the welcome screen appears double click on Install

Enter your Admin user name and password (you need admin privileges to install) and click ok.

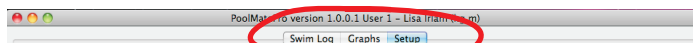
Click Install and restart your computer when prompted.

The application can now be accessed from your hard disc/Applications/PoolMatePro. When running, the PoolMate Pro icon can be seen in the dock at the bottom of your computer.

Make sure you have plugged in your pod before running the PoolMate pro application

Finding your way around

When you first load your software the Swim log screen will be shown. You will see tabs at the top of the page "Swim Log, Graphs, Setup"



Swim log shows the details of your swims in tabular form and edit your data or add a session manually

Graphs show your data visually

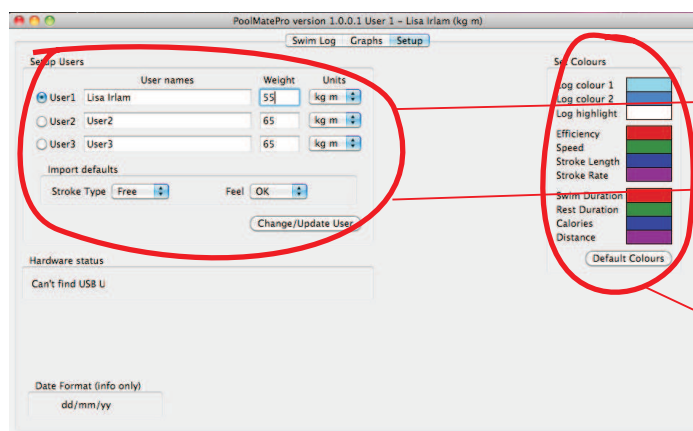
Setup allows you to add your details

Upload/Setup

Start with uploading some data and setting up values

Importing Data

- Plug your pod into a spare usb port
- Press Upload on the watch by pressing mode and place on pod.
- *Upload progress %* is shown on the screen and *Upload received correctly* when finished



Set up your users-Name, weight and units, click change to save

Set default stroke type and grading (Great, Good, Ok, Bad)-you can edit these for each swim later

Change default colours and date format

Import the data from your PC version by following these steps

In the PoolMate Pro PC software select the *magnifier icon* and click the *red arrow* at the bottom right to export all your data, save this csv file onto a USB memory stick

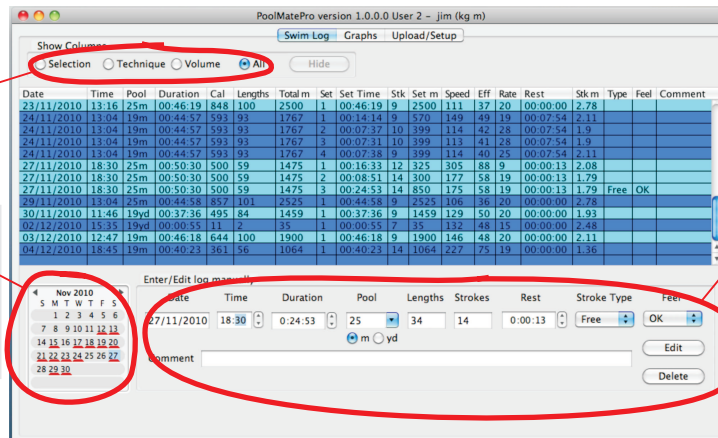
.On your MAC, run the PoolMate Pro software. When the program is active it will appear on your menu bar as PoolMate Pro. Click on *File* and you will have an option to *Import csv*. Click on this and search for your csv file on your memory stick and import.

Swim Log

The default view of your software is the Swim Log screen. This shows your downloaded data in tabular form and allows you to edit and add more information

You can choose what data you want to view by selecting either *technique related*, *volume related* data or *both* at the top of the screen.

Dates with swims recorded will be underlined in red on the calendar, clicking on a specific date will highlight those from that day in white in the table and the first will be shown in the boxes below.



Edit existing sets or sessions Change stroke type, grading (Great, Good, Ok, Bad) and add comments.

Add new session by selecting the date in the calendar and type in your data. Click *add* when finished you can then *add sets* within that session.

Delete sessions or sets by simply selecting the required session in the table and press the delete button.

Graphs

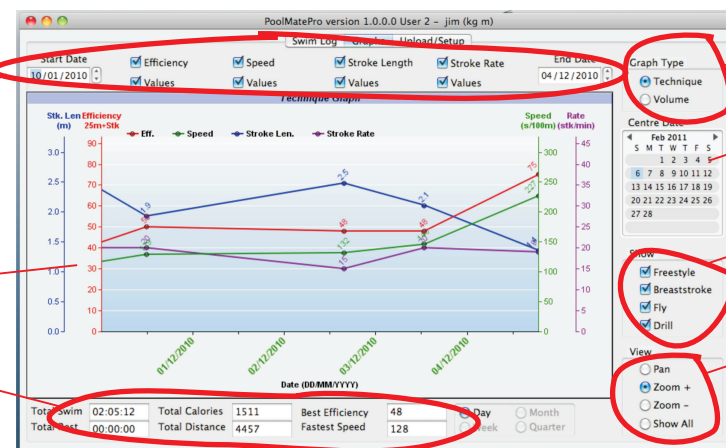
The graphs screen lets you view your progress visually. There are two different graphs to choose from and lots of ways to show selected data Check out the zoom functions to pin point specific data ranges and view sets within sessions

Change date range and turn off selected data and add or remove numerical values by unticking the boxes

NOTE: By default you can change days, to change between month and year you need to highlight that part of the date then you can edit it.

Values shown on scales at side

Total and best data from your date selection



(technique graph shown here)

Select either **Technique** (Efficiency, Stroke Rate, Speed and Stroke Length) or **Volume** (Laps, Distance, Rest Time and Calories) to show graphically

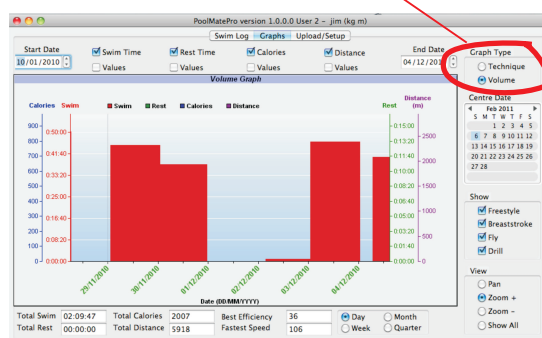
Centre your view on a specific date

Just show data for selected strokes

The **view functions** are really useful click on your required function to select

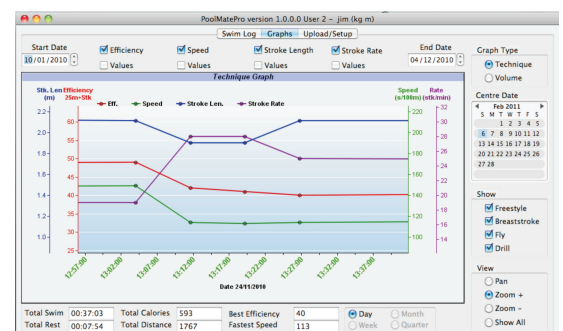
Pan across more data by dragging your mouse across the graph
Zoom + Hold down the left mouse button and drag across selected data range then release
Zoom - Click on graph to see larger data range
Show all

The **volume graph** has exactly the same functions but is shown in bar graph format



Volume graph

You will find the **Zoom+** function very powerful! You can zoom right in to see **individual sets** within a session. Sets are displayed by the time of day you swam and you can see your rest time for the session in the bottom left box too



looking at sets

Exporting

From the PoolMate Pro menu bar, click on **File** and select **Save Log**. Choose name and location and you can save a .csv file of your data.

By default your data is saved into Users\Username\Library\ApplicationSupport\PoolMatePro