

Runner's World/Bicycling Training Log

Functional Requirements, draft 2
January 6, 2014

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Requirements to come

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Requirements to come

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Requirements to come

1. Global Requirements

1.1. The Training Log will be built in Drupal.

1.2. There can be multiple instances of the training log for various brands (one for Runner's World U.S., one for Bicycling, one for Runner's World U.K. etc.).

1.3. All text strings within the application can be translated for localization.

1.4. All pages will include Coremetrics tags. (Coremetrics specs to come.)

1.5. Shortly before the launch of the new training log, all user data from the classic RW training log will be imported into the new log. (Import specs to come.)

1.6. Pages are rendered by responsive design. The desktop view appears when the screen width is greater than 600 pixels or greater. The smartphone view appears when the screen width is less than 600 pixels. Tablets will display a shrunken version of the desktop view.

1.7. All pages in the [desktop view](#) include a brand-specific navigation bar at the top of the page. (In the wireframes, it shows links to RunnersWorld.com.) The navigation bar can be authored as html for each instance of the training log.

1.8. All pages include a training log logo image, which can be specified for each instance of the training log.

1.9. All pages include a 728x90 banner ad at the top, a 150x186 magazine subscription ad, two 300x250 ads in the right rail, and two 300x250 ads at the bottom. Ads will be served by Rodale Ad Ops. 2.4. All pages includes links labeled "Calendar," "Summary," "Activities," "Shoes," "Bikes," and "Settings," which go to their respective landing pages. When a user is on one of those six pages, the color of the link changes as a you-are-here indicator.

1.10. All pages include a brand-specific footer. The footer can be authored as html for each instance of the training log.

1.11. The overall width of the page is 978 pixels. This includes a 668-pixel main column, a 10-pixel gutter, and a 300-pixel right rail.

1.12. Standard scroll bars and standard window elements (title bar, close box, size box) appear on all pages.

2. Log In

2.1. Login for the Runner's World U.S. and Bicycling instances of the log is handled through CAS.

2.2. Each instance of the training log has a brand-specific CAS login page (functionally equivalent to the CAS login page currently being used for SmartCoach). The top of the page includes a brand-specific logo image. The bottom of the page includes html marketing content.

RUNNER'S WORLD
TRAINING LOG

Email:

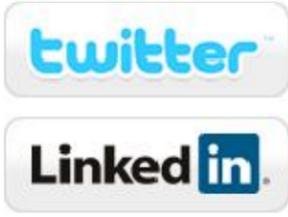
Password:

[Create Account](#)

[Forgot Password](#)

TRAINING LOG

Log in with your social account



OR

Log in to RunnersWorld.com

Email:

Password:

Keep me signed in for 30 days unless I sign out.
(Uncheck this box if you are on a shared computer.)

[Forgot Your Login?](#)

LOG IN

Cancel

Not a RunnersWorld.com user? Register now.

SIGN UP

Marketing Content! Lorem ipsum dolor sit amet!

Proin nec posuere urna, vitae pulvinar lorem. Suspendisse eu massa et dui venenatis volutpat eu sed lectus. Ut viverra lectus eros, et viverra lectus accumsan ut.

Curabitur fringilla bibendum mauris sit amet blandit. Nulla varius mi eget cursus dignissim. Maecenas fringilla auctor pharetra. Aliquam condimentum pulvinar justo, eu pulvinar arcu ullamcorper sed. Vivamus aliquet ligula a tellus vestibulum, vitae laoreet nibh sollicitudin. Cras egestas auctor nisi.

Fusce euismod velit neque, ut consectetur turpis pharetra eu. Vivamus condimentum metus vitae diam faucibus sagittis. Cras leo nisi, pretium quis metus ut, volutpat placerat lorem. Nulla rhoncus diam sit amet quam congue sagittis. Suspendisse egestas aliquam aliquam. Aliquam erat volutpat. Duis nec lacinia sapien.

Marketing Content! Aliquam accumsan ac nisl vitae!

Vivamus ultrices a felis et rutrum. Vestibulum faucibus sagittis pellentesque. Vivamus vel pharetra urna. Aenean in nisl at dui eleifend pulvinar. Suspendisse pellentesque diam mi, vitae convallis metus viverra ut. Donec enim libero, tristique a dui vel, imperdiet imperdiet velit.

Sed tristique luctus elementum. Nullam libero lorem, porttitor a quam ac, accumsan congue est. Praesent nec purus a est condimentum cursus aliquam id neque. Suspendisse vulputate eros id hendrerit fringilla. Vivamus libero urna, eleifend et massa sit amet, suscipit cursus risus. Curabitur in pellentesque arcu, at vehicula mauris. Praesent pellentesque luctus nunc. Proin placerat ipsum sit amet aliquet dictum.

3. Calendar

3.1. Upon logging in to the training log, the user lands on the calendar page.

3.2. The calendar defaults to the current month. A pagination interface (left and right arrows) allows a user to click to the previous or next month.

3.3. The calendar displays 6 full weeks. Weeks begin on **Monday**. The column headings “M,” “T,” “W,” “T,” “F,” “S,” “S,” and “WEEK” appear at the top of the columns. The number appears for each date. The first day of the month appears in the first week. Days from the end of the previous month and days from the beginning of the next month are displayed in a different background color. The current date is displayed in another different background color.

3.4. The “New **Activity**” menu includes “Run,” “Bike,” “Swim,” “Walk,” “**Mountain Bike**,” “**Elliptical**,” “Strength Training,” and “Other.” When a user chooses an item from the menu, the user goes to the New Workout page for the chosen sport.



3.5. The order of items in the “New Activity” menu can be specified for each instance of the training log. For example, Bicycling could make “Bike” the first item in the menu.

3.6. When an activity is added, the activity is displayed on the given date in the calendar. For each activity, the following data is displayed:

- the sport (e.g., “Run”)
- the distance to within one-hundredth of a mile or meter, and either “mi” or “m,” depending on the user’s unit of measure preference
- the duration (in hh:mm:ss format)

If the distance and/or duration is not specified for a workout, those lines are left blank.

3.7. If there is more than one activity for a given date, the activities are displayed in the order in which they were created.

3.8. If there is more than one activity for a given date, the row gets taller to accommodate the data.

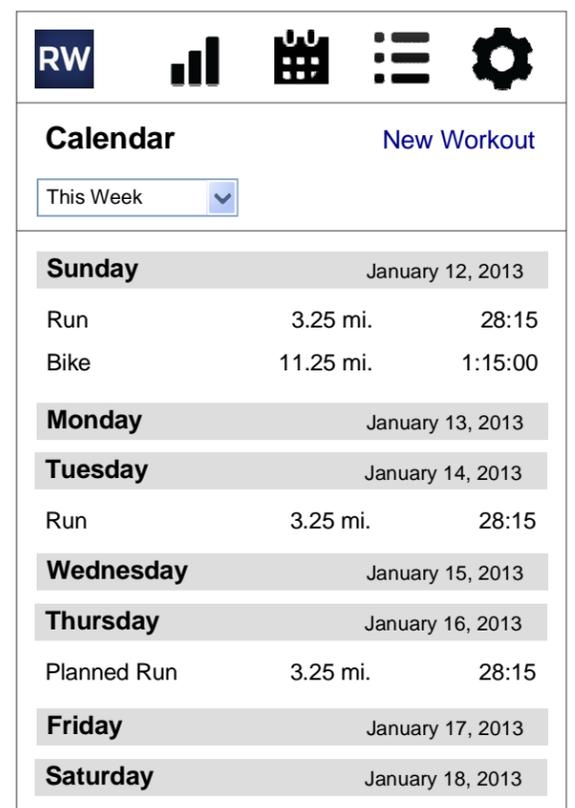
3.9. When a user mouses over an activity in the calendar, the sport becomes underlined.

3.10. When a user clicks any text associated with an activity in the calendar, the View Activity page for the activity is displayed.

3.11. In the WEEK column, for each week, the total distance and duration for each sport is displayed. If there is more than one sport, the sports are listed in the same order as in the New Activity menu.

3.12. If there is more than two different sports per week, the row gets taller to accommodate the data in the WEEK column.

3.13. Content modules authored in Drupal can be included in the right rail of the Calendar page.

A screenshot of a mobile application's calendar interface. At the top, there are navigation icons: 'RW', a signal strength indicator, a calendar icon, a list icon, and a settings gear. Below the icons, the word 'Calendar' is displayed in bold, with a 'New Workout' link to its right. A dropdown menu shows 'This Week'. The calendar grid shows days from Sunday to Saturday. Each day has a header with the day name and date. Below each header, activities are listed with their sport, distance, and duration. For example, on Sunday, January 12, 2013, there is a 'Run' activity (3.25 mi, 28:15) and a 'Bike' activity (11.25 mi, 1:15:00). On Thursday, January 16, 2013, there is a 'Planned Run' activity (3.25 mi, 28:15).

Day	Date	Activity	Distance	Duration
Sunday	January 12, 2013	Run	3.25 mi.	28:15
		Bike	11.25 mi.	1:15:00
Monday	January 13, 2013			
Tuesday	January 14, 2013	Run	3.25 mi.	28:15
Wednesday	January 15, 2013			
Thursday	January 16, 2013	Planned Run	3.25 mi.	28:15
Friday	January 17, 2013			
Saturday	January 18, 2013			



Banner Ad

150x186 Magazine Subscription Ad

RUNNER'S WORLD

TRAINING LOG

Calendar Summary Activities Shoes Bikes Settings

◀ January 2014 ▶

New Activity

M	T	W	T	F	S	S	WEEK
29 Run 3.20 mi. 28:15	30	31 Run 3.20 mi. 28:15	1	2 Run 3.20 mi. 28:15	3	4 Swim 1225 yds. 1:00:00	Run 9.60 mi. 1:26:15 Swim 1225 yds 1:00:00
5 Run 3.20 mi. 28:15	6	7 Run 3.20 mi. 28:15	8	9 Run 3.20 mi. 28:15	10 Other 30:00	11	Run 9.60 mi. 1:26:15 Other 30:00
12 Run 3.20 mi. 28:15 Bike 11.25 mi. 1:15:00	13	14 Run 3.20 mi. 28:15	15	16 Walk 3.20 mi. 28:15	17	18	Run 6.40 mi. 58:30 Bike 11.25 mi. 1:15:00 Walk 3.20 mi. 28:15
19	20	21	22	23	24	25	
26	27	28	29	30	31	1	
2	3	4	5	6	7	8	



TIP OF THE DAY

Work your core

When starting a running program, it is also a great time to start working on your core strength, particularly your glutes and abdominal muscles. A strong core makes it easier to stay upright—even when you're tired—and avoid leaning too far forward from your hip, which can lead to injury.

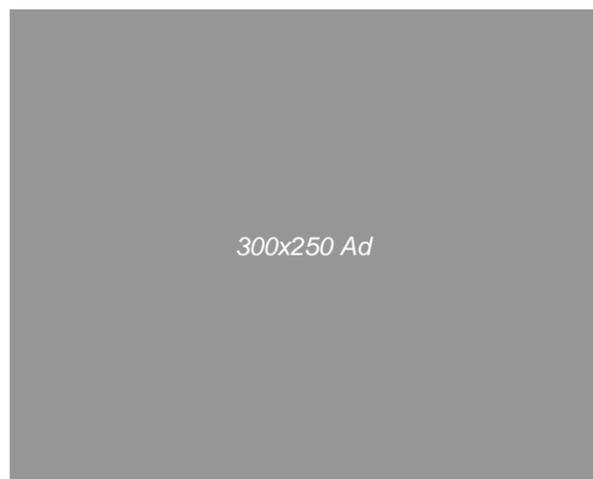
TODAY ON RUNNER'S WORLD



Lorem Ipsum Dolor sit Amet
Consectetur adipiscing elit non pellentesque dignissim hendrerit erat volutpat.



Lorem Ipsum Dolor sit Amet
Consectetur adipiscing elit non pellentesque dignissim hendrerit erat volutpat.



4. Summary

4.1. The New Workout menu is identical to the New Workout menu on the Calendar page.

4.2. The top of the Summary page displays a summary of the primary sport. The primary sport can be specified by each brand. For Runner's World, the primary sport is Run. For Bicycling, the primary sport is Bike.

4.3. The Distance by Week graph displays weekly distance totals for the primary sport over the most recent 16 weeks. The height of the bar for the greatest weekly distance is equal to the overall height of the graph; the height of all other bars is proportional to the height of the tallest bar. There are no units in the x or y axis.

4.4. The table below the Distance by Week graph displays the total distance and total duration by week for the primary sport over the last 16 weeks. Distances are specified in hundredths of miles (or meters). The unit of distance ("mi" or "m") is determined by the user preference on the setting page.

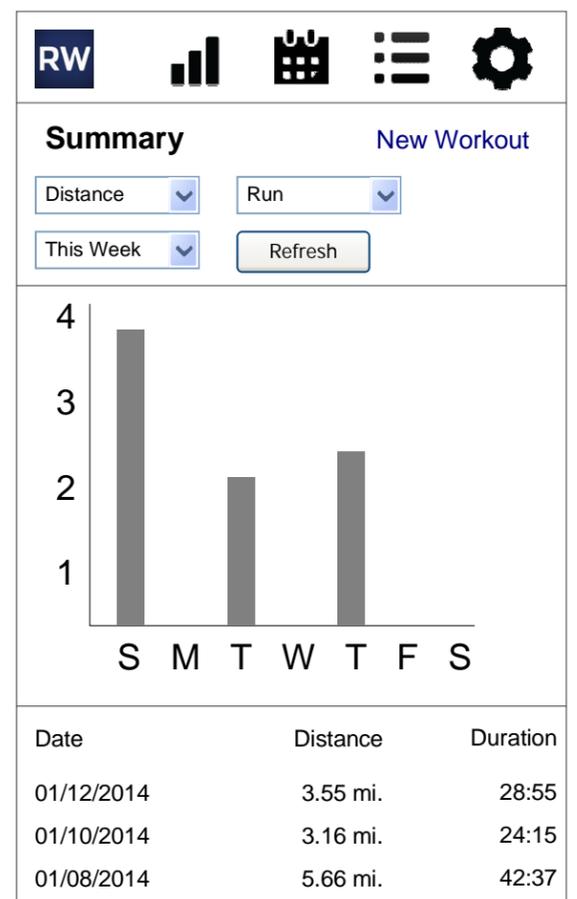
4.5. The Distance by Month graph displays monthly distance totals for the primary sport over the most recent 16 months. The height of the bar for the greatest monthly distance is equal to the overall height of the graph; the height of all other bars is proportional to the height of the tallest bar. There are no units in the x or y axis.

4.6. The table below the Distance by Month graph displays the total distance and total duration by month for the primary sport over the last 16 months. Distances are specified in hundredths of miles (or meters). The unit of distance is determined by the user preference on the setting page.

4.7. The All Sports table displays frequency, total distance, and total duration for workouts in all sports. Totals are displayed for the current week, previous week, current month, previous month, current year, previous year, and all-time. For each total, the following data is displayed:

- The number of workouts, followed by the word "times" (or "time" if the frequency equals 1).
- The total distance, specified in hundredths of a mile (or meters). The unit of distance ("mi" or "m") is determined by the user preference on the settings page. [Total distances for swims \(which are entered in yards or meters\) are converted into miles or meters.](#)
- The total duration

If no distance or duration has been specified, that line is displayed. For example, for strength training, no distance would be displayed.



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RUNNER'S WORLD

TRAINING LOG

[Calendar](#) [Summary](#) [Activities](#) [Shoes](#) [Bikes](#) [Settings](#)

Summary

[New Activity](#)

RUN SUMMARY

Distance by Week

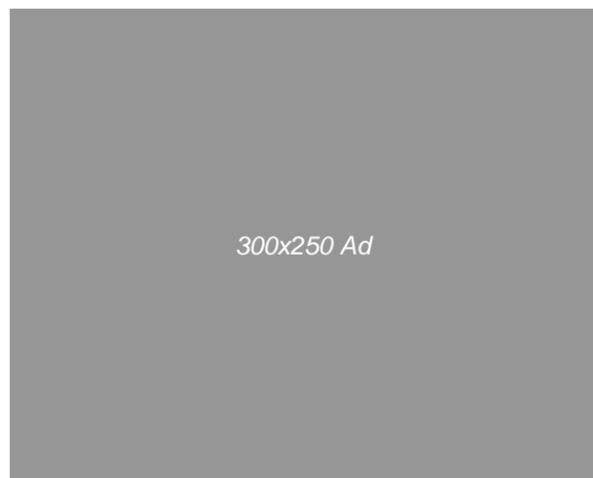
Week Of	Distance	Time
12/08/2013	5.08 mi	35:04
11/30/2013	13.24 mi	1:25:08
11/23/2013	9.98 mi	1:02:44
11/16/2013	15.24 mi	2:05:53
11/09/2013	12.12 mi	2:00:02
11/02/2013	13.85 mi	2:24:34
12/08/2013	13.24 mi	1:25:08
11/30/2013	9.98 mi	1:02:44
11/23/2013	15.24 mi	2:05:53
11/16/2013	12.12 mi	2:00:02
11/09/2013	13.85 mi	2:24:34
11/02/2013	13.24 mi	1:25:08
12/08/2013	9.98 mi	1:02:44
11/30/2013	15.24 mi	2:05:53
11/23/2013	12.12 mi	2:00:02
11/16/2013	13.85 mi	2:24:34

Distance by Month

Month	Distance	Time
December 2013	65.08 mi	5:35:04
November 2013	83.24 mi	4:25:08
October 2013	79.98 mi	6:02:44
September 2013	115.24 mi	3:05:53
August 2013	65.08 mi	5:35:04
July 2013	83.24 mi	4:25:08
June 2013	79.98 mi	6:02:44
May 2013	115.24 mi	3:05:53
April 2013	65.08 mi	5:35:04
March 2013	83.24 mi	4:25:08
February 2013	79.98 mi	6:02:44
January 2013	115.24 mi	3:05:53
December 2012	65.08 mi	5:35:04
November 2012	83.24 mi	4:25:08
October 2012	79.98 mi	6:02:44
September 2012	115.24 mi	3:05:53



ALL SPORTS							
Sport	This Week	Last Week	This Month	Last Month	This Year	Last Year	Total
Run	5 times 104.89 mi 12:44:32						
Bike	5 times 104.89 mi 12:44:32						
Swim	5 times 104.89 mi 12:44:32						
Walk	5 times 104.89 mi 12:44:32						
Mountain Bike	5 times 104.89 mi 12:44:32						
Strength Training	5 times 12:44:32						
Other	5 times 104.89 mi 12:44:32						



5. Activities

5.1. When a user chooses an item from the New Activity menu, the user goes to the New Activity page. The sport for the workout is pre-populated.

5.2. All sports display the same fields, with the following exceptions:

- In Bike workouts, the Bike dropdown menu appears and Pace is replaced with Speed.
- In Swim workouts, the Shoe dropdown menu and the Route section do not appear.
- In Strength Training workouts, the Shoe dropdown menu, and the Route and Race sections do not appear.

5.3. The fields in the basic section at the top of the Activity page always appear. Fields in the ["Show More"](#) section are closed by default and may be shown or hidden by the user.

5.4. The basic section includes the following data fields:

- Sport (static text)
- Type (dropdown menu with "Select" (default), "Easy," ["Fartlek,"](#) "Hill," "Interval," "Long," "Race," and "Tempo."
[In Bike workouts, the menu includes: "Easy," "Race," "Recovery," "Tempo," and "Threshold."](#)
- Distance (text entry field). [In Swim workouts, the units menu for distance includes "Yards" and "Meters." The application remembers the most recently used unit of measurement for a swim workout and uses that as the default.](#)
- Duration (text entry field)
- Pace (static text calculated and displayed immediately after distance and duration are entered) Pace is given in per-mile or per-meter times, depending on the user preference.
- Speed (in Bike workouts only, static text calculated and displayed immediately after distance and duration are entered) Speed is given as miles-per-hour or meters-per-hour, depending on the user preference.
- Shoe (dropdown menu with "Select" and an alphabetical list of all active shoes, by shoe name) The menu defaults to the the most recently used shoe.
- Notes (scrolling text field)

5.5. The ["Show More"](#) section includes the following data fields:

- Time of Day (text entry field)
- Route Name (text entry field)
- Location (text entry field)
- Weather (dropdown menu with "Select," "Sunny," "Cloudy," "Rain," "Snow")
- Elevation (text entry field)
- Elevation Gain (text entry field)
- Temperature (text entry field)

- Calories Burned (text entry field)
- Quality (dropdown menu with "Select," "1 Worst," "2," "3," "4," "5," "6," "7," "8," "9," and "10 Best")
- Effort (dropdown menu with "Select," "1 Least," "2," "3," "4," "5," "6," "7," "8," "9," "10 Most")
- Resting Heart Rate (text entry field)
- Average Heart Rate (text entry field)
- Maximum Heart Rate (text entry field)

- Race Name (text entry field)
- Race Placement (text entry field)
- Field Size (text entry field)
- Age/Gender Placement (text entry field)
- Age/Gender Field Size (text entry field)

5.6. If the user clicks the close box in the upper-right, the user goes back to the Calendar or Summary page without saving the workout. The application remembers which view the user has seen last: either Calendar or Summary.

5.7. If a user views an existing activity, the View Activity page is displayed. The View Activity page displays all the same data as the New Activity page, except all data is displayed as non-editable text. At the bottom of the View Activity page is an Edit button. If a user clicks the Edit button, the user goes to the Edit Activity page.

5.8. If a user edits an existing workout, the Edit Activity page is displayed. The Edit Activity page is the same as the New Activity page, except for the following:

- On the Edit Activity page, collapsible sections (Route, Health, and Race) are automatically expanded if they contain any data.
- There is a Delete button. If the user clicks the Delete button, a dialog appears (“Are you sure you want to delete this activity?” “Yes” “No”). If the user clicks “Yes,” the activity is deleted.

5.9. The popup date picker opens in the current month with the current date highlighted. A pagination interface lets the user click to the previous or next month. When a user clicks a date, the date picker closes and the date field is populated. A user can also close the date picker by clicking anywhere outside of the date picker.



5.10. A user can see a list of activities by [clicking the Activities link in the top nav](#). The Activities page lists the sport, date, distance, and duration of each activity. By default, the list is sorted by date (with newest activities first). A user can click a column header to sort by any of the other columns. The column of the current sort criterion is highlighted visually. For each activity, a View, Edit, and Delete link is displayed. The page lists 25 items. A pagination interface appears when there are more than 25. A New Activity menu appears at the top of the page, identical to the menu on the Calendar and Summary pages.

A screenshot of the 'New Workout' form on a mobile device. The form is titled 'New Workout' and has a close button (X) in the top right corner. It contains several input fields and dropdown menus:

- Date: 01/14/2014 (with a calendar icon)
- Activity: Run (dropdown)
- Type: Easy Run (dropdown)
- Distance: (text input)
- Duration: (text input)
- Pace: (text input)
- Shoe: Asics Gel-Kayano (dropdown)
- Route: Lake Galena Loop (dropdown)
- Notes: (text area with up/down arrows)
- Save: (button)



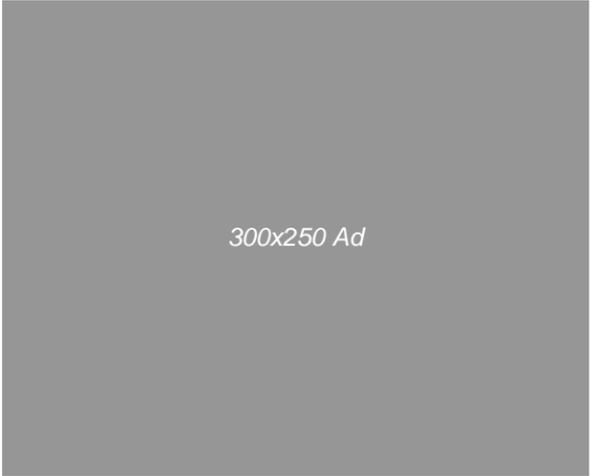
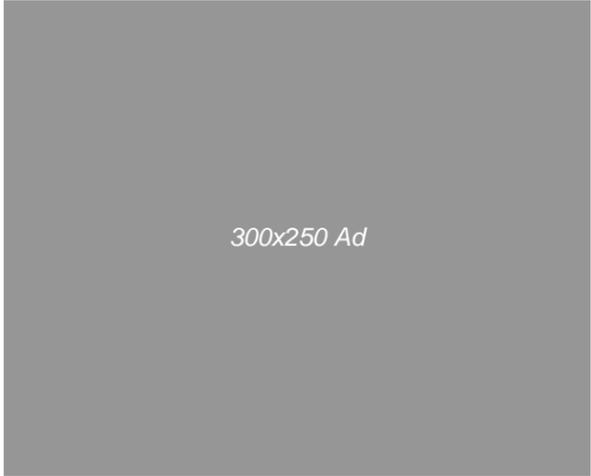
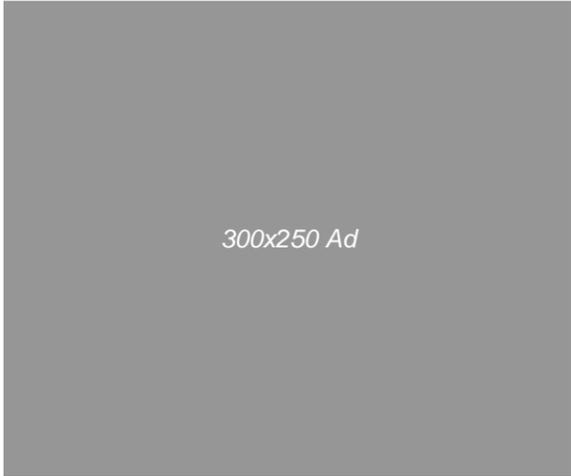
TRAINING LOG

Activities

[New Activity](#)

Date ▼	Sport	Distance	Duration	
January 12, 2014	Run	3.06 mi.	32:13	View Edit Delete
January 5, 2014	Run	1.89 mi.	18:18	View Edit Delete
December 29, 2013	Bike	12.55 mi.	1:05:22	View Edit Delete
December 2, 2009	Other	-	1:00:00	View Edit Delete

[1](#) [2](#) [3](#)



Footer



TRAINING LOG

New Activity ✕

Sport: Run

Date:

Type: ▾

Distance: miles

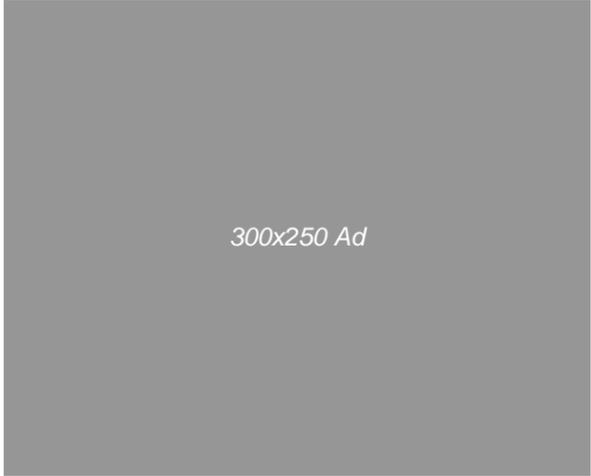
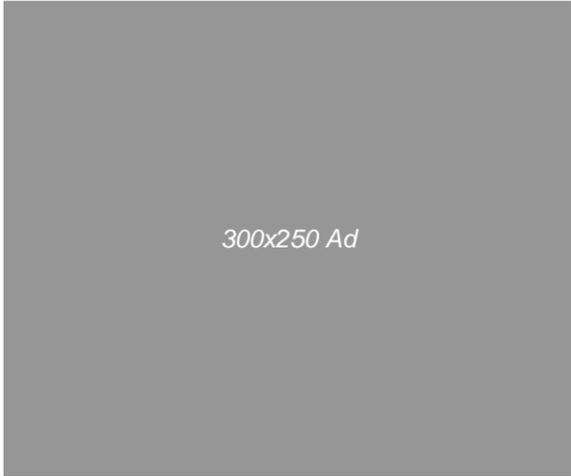
Duration: hh:mm:ss or mm:ss

Pace: per mile

Shoe: ▾

► More

Notes





TRAINING LOG

New Activity ✕

Sport: Run

Date:

Type:

Distance: miles

Duration: hh:mm:ss

Pace: per mile

Shoe:

Notes

▼ More

Route Name:

Location:

Time of Day:

Weather:

Temperature:

Surface:

Starting Elevation:

Elevation Gain:

Elevation Loss:

Calories Burned:

Quality:

Effort:

Resting Heart Rate:

Avg. Heart Rate:

Max Heart Rate:

Race Name:

Race Placement:

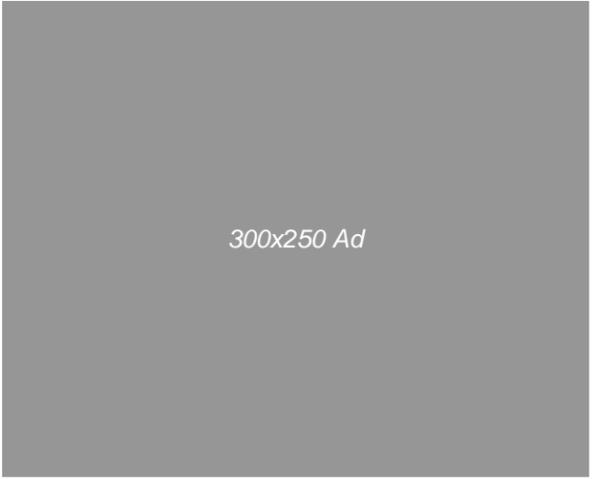
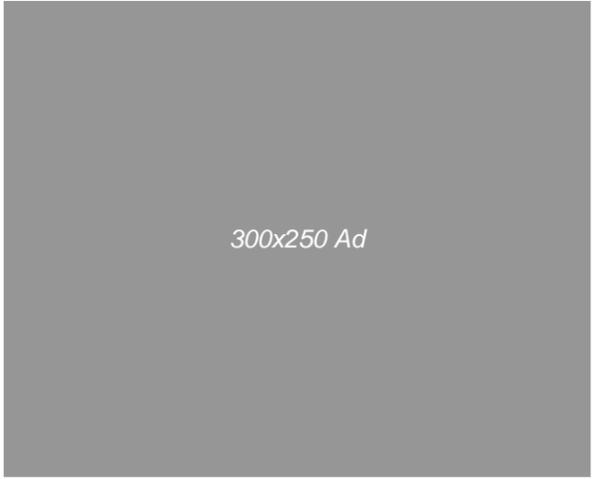
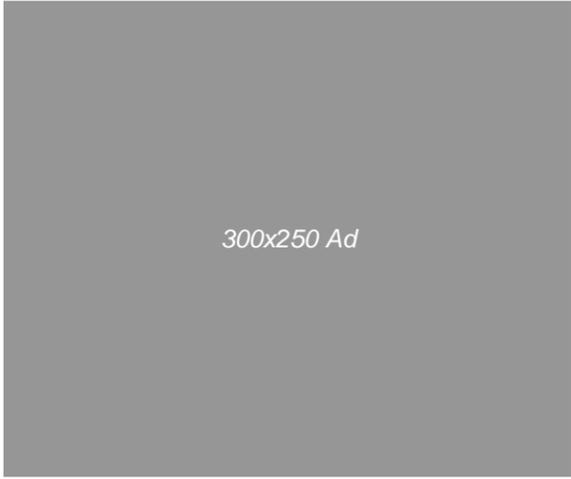
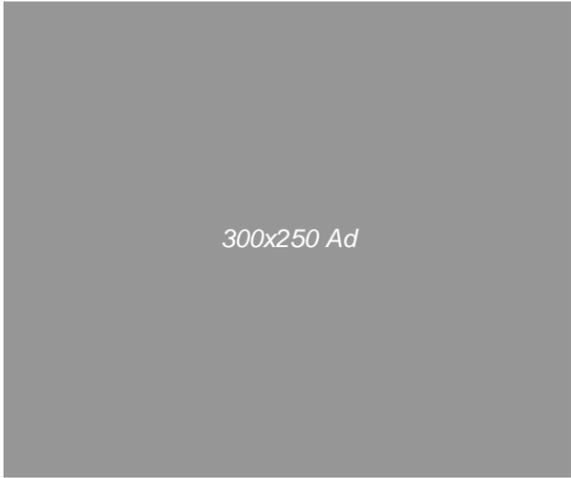
Field Size:

Age Group Placement:

Age Group Field Size:

Gender Placement:

Gender Field Size:





TRAINING LOG

New Activity ✕

Sport:

Date:

Type:

Distance: miles

Duration: hh:mm:ss

Speed: m.p.h.

Bike:

Notes:

▼ More

Route Name:

Location:

Time of Day:

Weather:

Temperature:

Surface:

Starting Elevation:

Elevation Gain:

Elevation Loss:

Calories Burned:

Quality:

Effort:

Resting Heart Rate:

Avg. Heart Rate:

Max Heart Rate:

Race Name:

Race Placement:

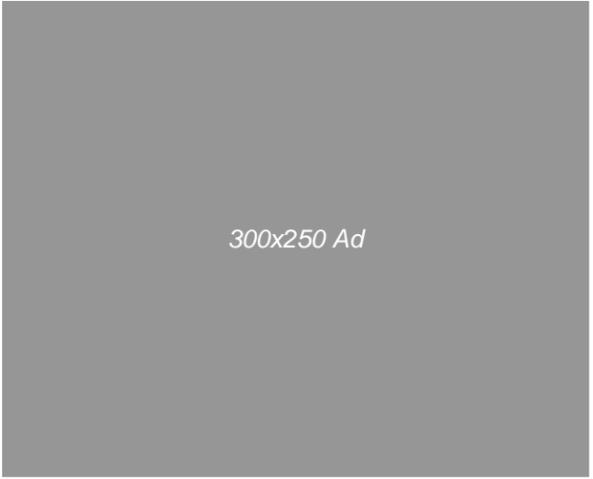
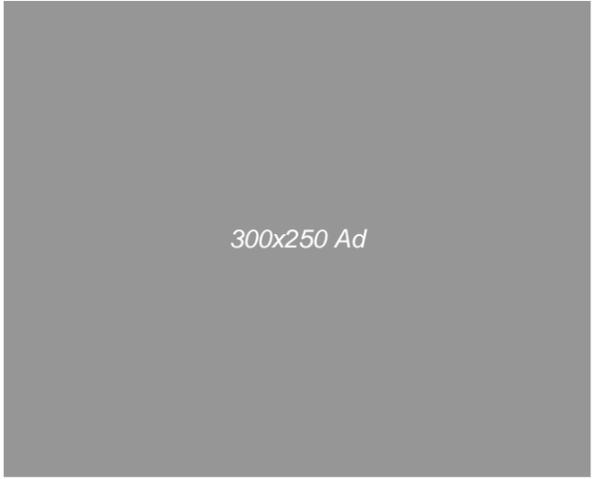
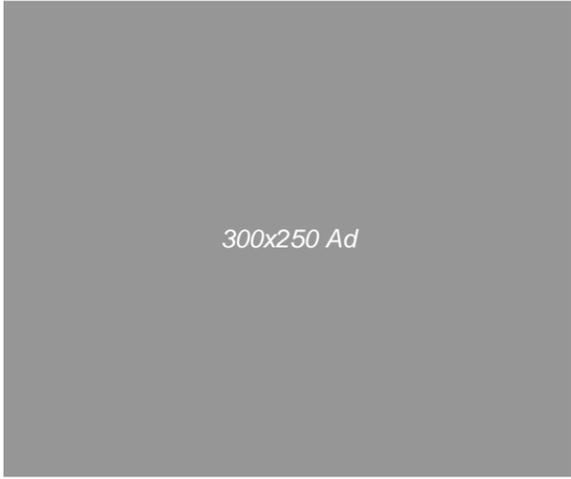
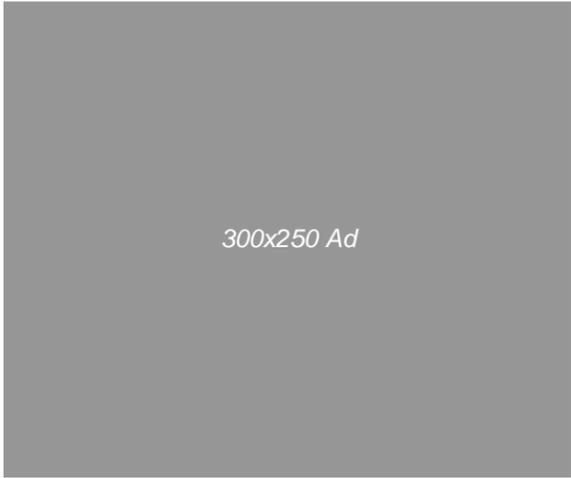
Field Size:

Age Group Placement:

Age Group Field Size:

Gender Placement:

Gender Field Size:





TRAINING LOG

New Activity ✕

Sport: Swim

Date:

Type: ▼

Distance: yards ▼

Duration: hh:mm:ss

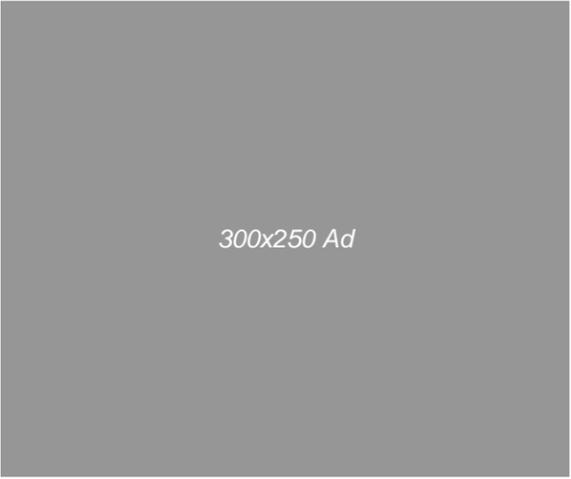
Pace: per 100 yds

Notes:

▼ More

Calories Burned: <input type="text"/>	Resting Heart Rate: <input type="text"/>
Quality: <input type="text" value="Select"/> ▼	Avg. Heart Rate: <input type="text"/>
Effort: <input type="text" value="Select"/> ▼	Max Heart Rate: <input type="text"/>

Race Name: <input type="text"/>	Age Group Placement: <input type="text"/>
Race Placement: <input type="text"/>	Age Group Field Size: <input type="text"/>
Field Size: <input type="text"/>	Gender Placement: <input type="text"/>
	Gender Field Size: <input type="text"/>





TRAINING LOG

New Activity ✕

Sport:

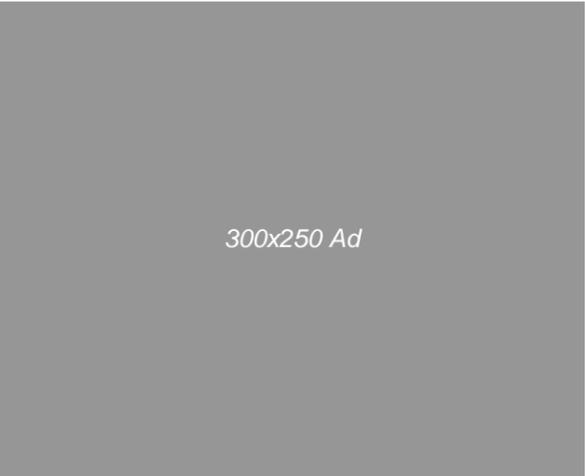
Date: 

Time of Day:

Quality: 

Effort: 

Notes



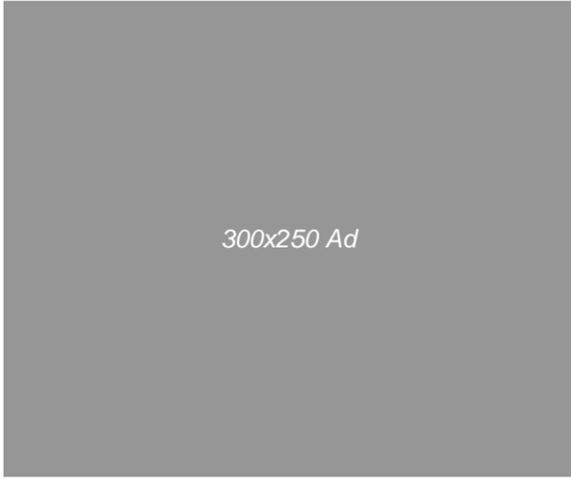
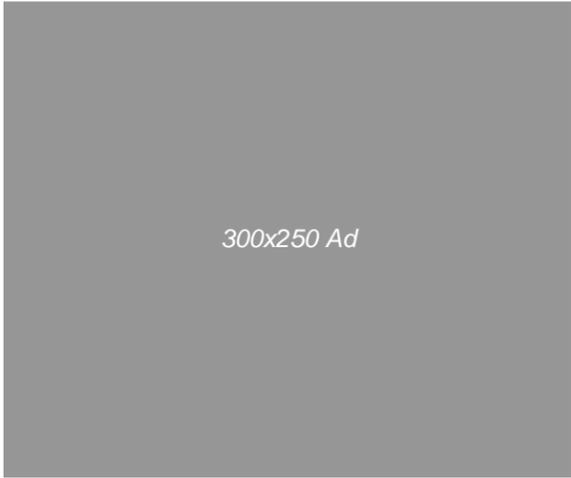


TRAINING LOG

View Activity ✕

Sport:	Run	Notes:	
Date:	January 14, 2014	Ran with the dog.	
Type:	Easy		
Distance:	3.00 mi		
Duration:	30:00		
Pace:	10:00 per mi		
Shoe:	Asics Gel Kayano		
▼ Route			
Time of Day:	9:30 am	Elevation:	
Route Name:	Lake Galena Loop	Elevation Gain:	500 ft
Location:	Doylestown, PA	Temperature:	100 ft.
Weather:	Sunny		65
▼ Health			
Calories Burned:	250	Resting Heart Rate:	-
Quality:	7	Avg. Heart Rate:	140
Effort:	6	Max Heart Rate:	160
▶ Race			

[Edit](#)





TRAINING LOG

Edit Activity ✕

Sport: Run

Date:

Type: ▾

Distance: miles

Duration: hh:mm:ss or mm:ss

Pace: per mile

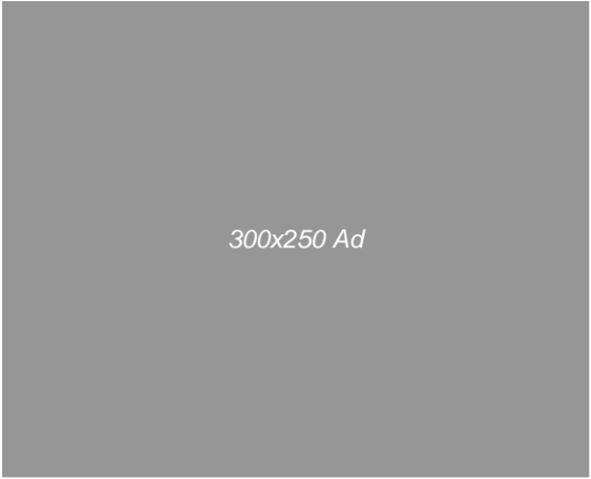
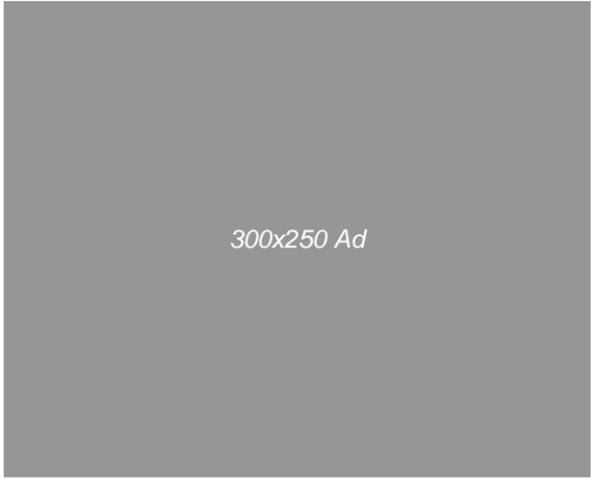
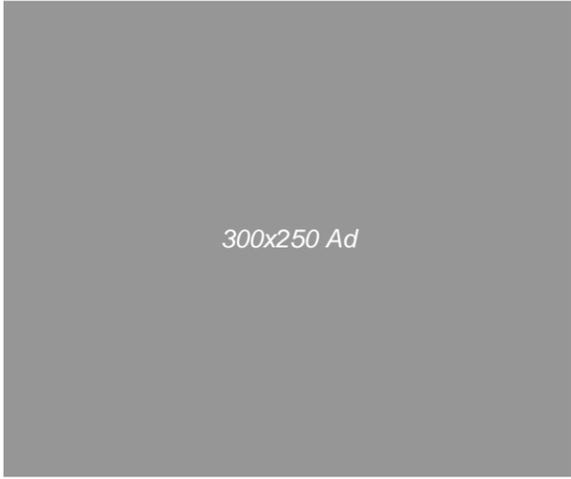
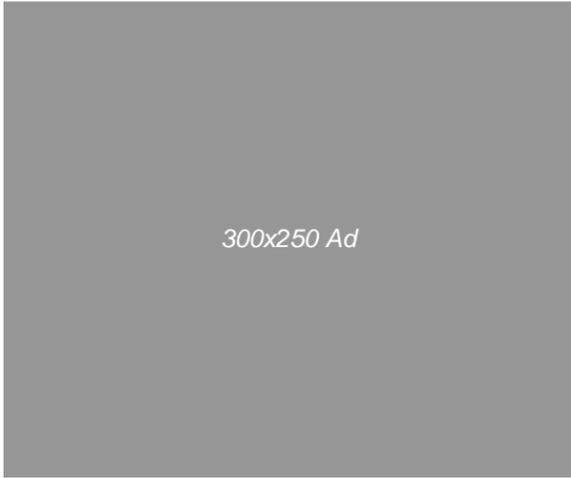
Shoe: ▾

► Route

► Health

► Race

Notes



6. Shoes

6.1. The New Shoe page includes the following data fields:

- Shoe Name (text entry field)
- Purchase Date (text entry field with popup date selector)
- Initial Mileage (text entry field; defaults to 0)
- Price
- Status (dropdown menu with “Active” and “Retired”)
- Notes (scrolling text field)

6.2. The View Shoe page displays the same data as the New Shoe page, except that it displays total mileage (based on the total mileage of all workouts with that shoe, plus the shoe’s initial mileage). Initial mileage is not displayed. An Edit button appears at the bottom; if a user clicks Edit, he or she goes to the Edit Shoe page.

6.3. The Edit Shoe page displays the same data as the New Shoe page. There is also a Delete button. If a user clicks delete, a dialog box appears (“Are you sure you want to delete this shoe?” “Yes” “No”). If the user clicks “Yes,” the shoe is deleted.

6.4. A user can see a list of shoes by [clicking the Shoes link in the top nav](#). The Shoes page lists the name, status, mileage, and date of last use for each shoe. By default, the list is sorted by date (with most recently used shoes first). A user can click a column header to sort by any of the other columns. The column of the current sort criterion is highlighted visually. For each shoe, a View, Edit, and Delete link is displayed. The page lists 25 items. A pagination interface appears when there are more than 25. A New Shoe link appears at the top of the page; if a user clicks that link, the user goes to the New Shoe page.

7.4. A user can see a list of bikes by [clicking the Bikes link in the top nav](#). The Bikes page lists the name, status, mileage, and date of last use for each bike. By default, the list is sorted by date (with most recently used bikes first). A user can click a column header to sort by any of the other columns. The column of the current sort criterion is highlighted visually. For each bike, a View, Edit, and Delete link is displayed. The page lists 25 items. A pagination interface appears when there are more than 25. A New Bike link appears at the top of the page; if a user clicks that link, the user goes to the New Bike page.



Banner Ad

150x186 Magazine
Subscription Ad

TRAINING LOG

[Calendar](#) [Summary](#) [Activities](#) [Shoes](#) [Bikes](#) [Settings](#)

Shoes

[New Shoe](#)

Name	Last Used	Status	Mileage	
Asics Gel Kayano 2	January 12, 2014	Active	226.20 mi	View Edit Delete
Nike Trail Shoes	January 5, 2014	Active	611.35 mi	View Edit Delete
Asics Gel Kayano	December 29, 2013	Retired	881.84 mi	View Edit Delete
New Balance	June 2, 2009	Retired	680.72 mi	View Edit Delete

1 2 3

300x250 Ad

300x250 Ad

300x250 Ad

300x250 Ad

Footer



TRAINING LOG

New Shoe

Shoe Name:

Size:

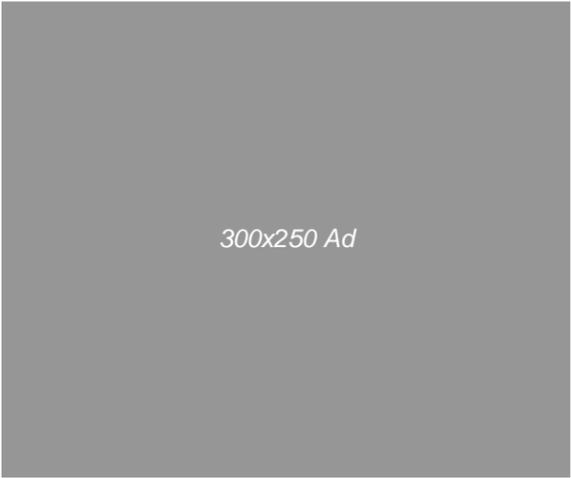
Price:

Purchase Date: 

Initial Mileage: miles

Status: 

Notes



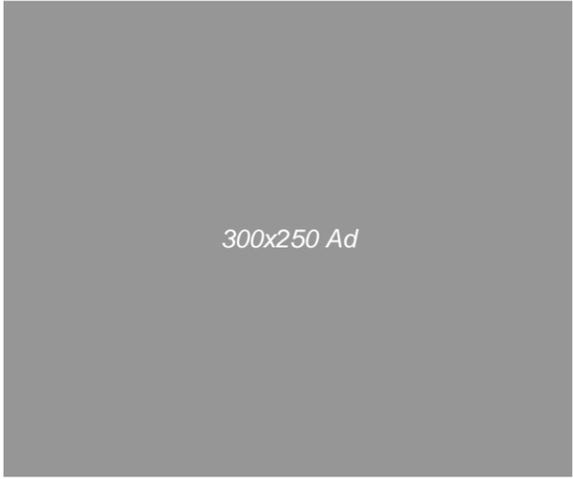
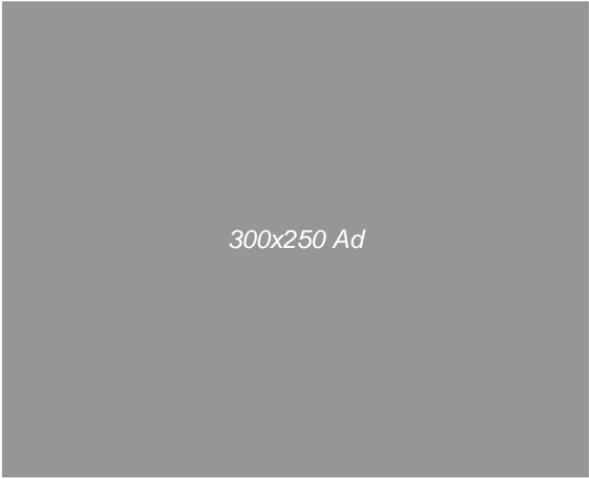
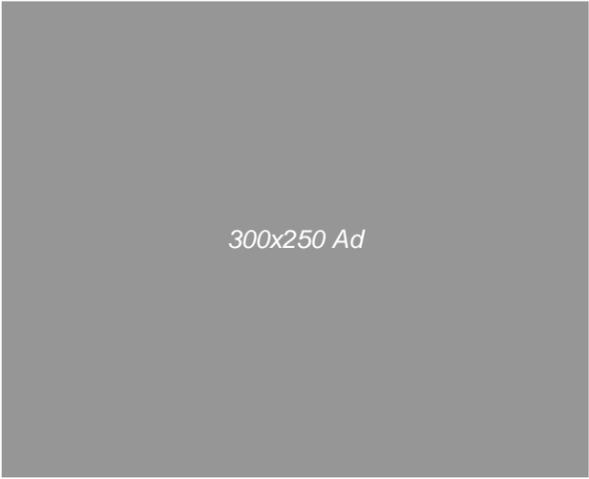
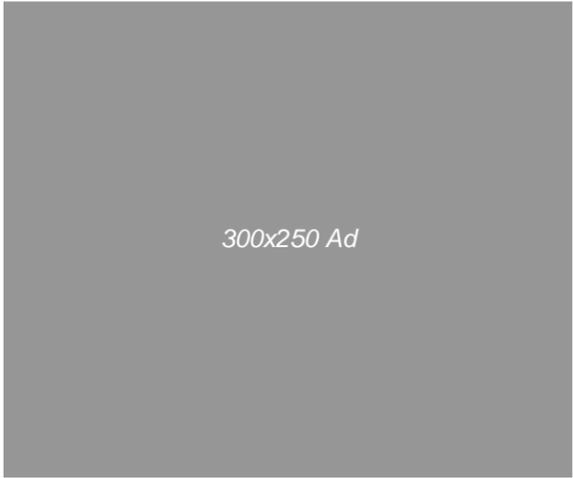


TRAINING LOG

View Shoe ✕

Shoe Name:	Asics Gel Kayano	Notes:	
Size:	13	Bought in Emmaus.	
Price:	100		
Purchase Date:	June 5, 2013		
Mileage:	668.34 mi		
Status:	Active		

[Edit](#)





TRAINING LOG

Edit Shoe ✕

Shoe Name:

Size:

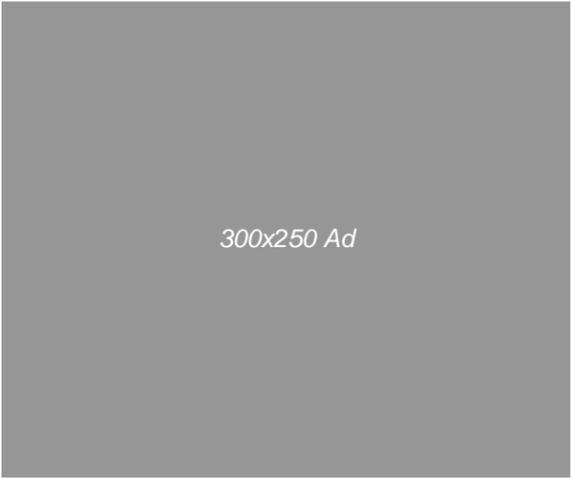
Price:

Purchase Date: 

Initial Mileage: miles

Status: 

Notes



7. Bikes

7.1. The New Bike page includes the following data fields:

- Bike Name (text entry field)
- Purchase Date (text entry field with popup date selector)
- Initial Mileage (text entry field; defaults to 0)
- Price
- Status (dropdown menu with “Active” and “Retired”)
- Notes (scrolling text field)

7.2. The View Bike page displays the same data as the New Bike page, except that it displays total mileage (based on the total mileage of all workouts with that bike, plus the bike’s initial mileage). Initial mileage is not displayed. An Edit button appears at the bottom; if a user clicks Edit, he or she goes to the Edit Bike page.

7.3. The Edit Bike page displays the same data as the New Bike page. There is also a Delete button. If a user clicks delete, a dialog box appears (“Are you sure you want to delete this bike?” “Yes” “No”). If the user clicks “Yes,” the bike is deleted.

7.4. A user can see a list of bikes by [clicking the Bikes link in the top nav](#). The Bikes page lists the name, status, mileage, and date of last use for each bike. By default, the list is sorted by date (with most recently used bikes first). A user can click a column header to sort by any of the other columns. The column of the current sort criterion is highlighted visually. For each bike, a View, Edit, and Delete link is displayed. The page lists 25 items. A pagination interface appears when there are more than 25. A New Bike link appears at the top of the page; if a user clicks that link, the user goes to the New Bike page.



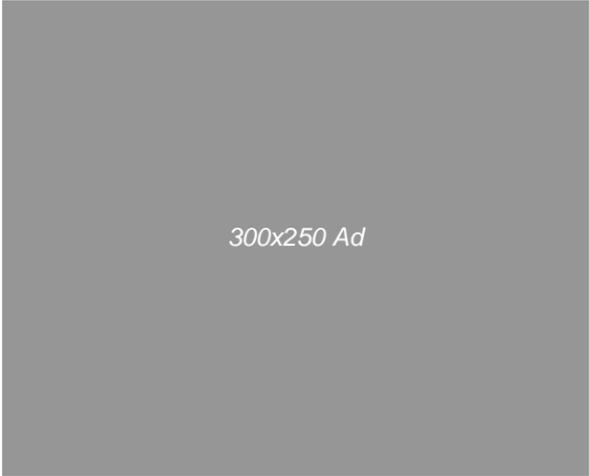
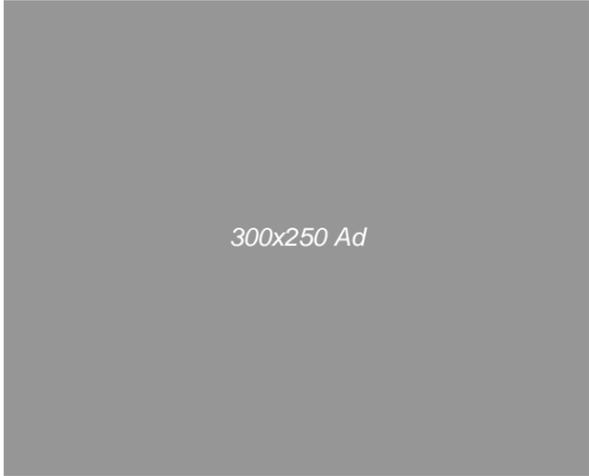
TRAINING LOG

Bikes

[New Bike](#)

Name	Last Used	Status	Mileage	
Cannondale	January 12, 2014	Active	2,226.20 mi	View Edit Delete
Trek Mountain Bike	January 5, 2014	Active	4,611.35 mi	View Edit Delete
Trek	December 29, 2013	Retired	5,881.84 mi	View Edit Delete
Diamondback	June 2, 2009	Retired	7,680.72 mi	View Edit Delete

1 2 3





TRAINING LOG

New Bike ✕

Name:

Type: ▼

Weight: ounces ▼

Wheel Size: ▼

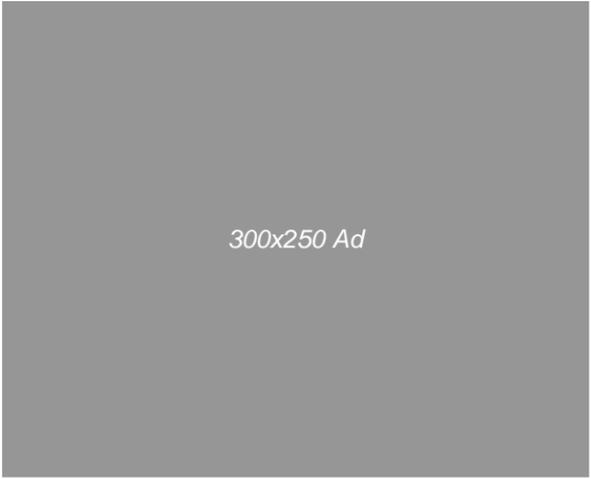
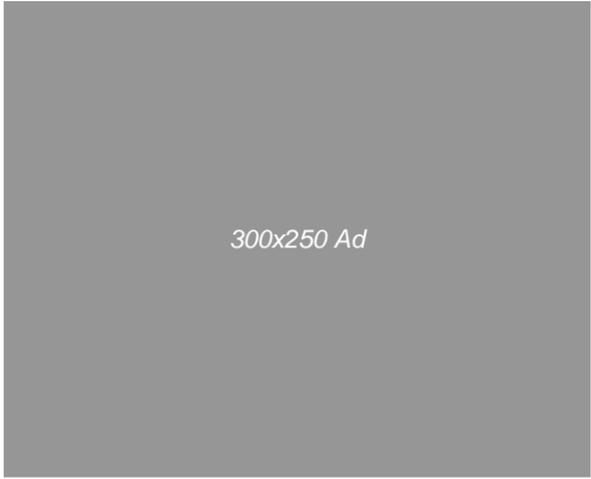
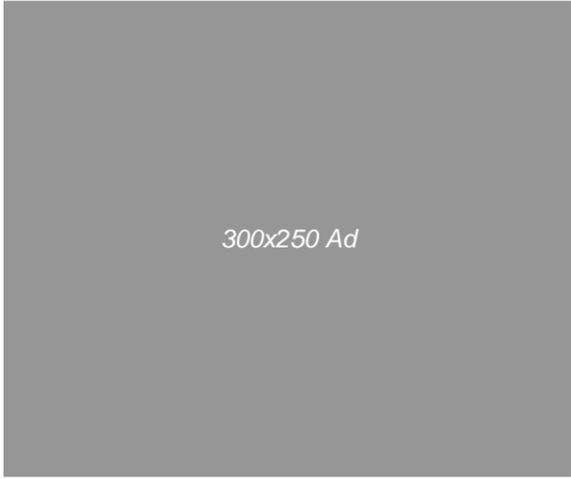
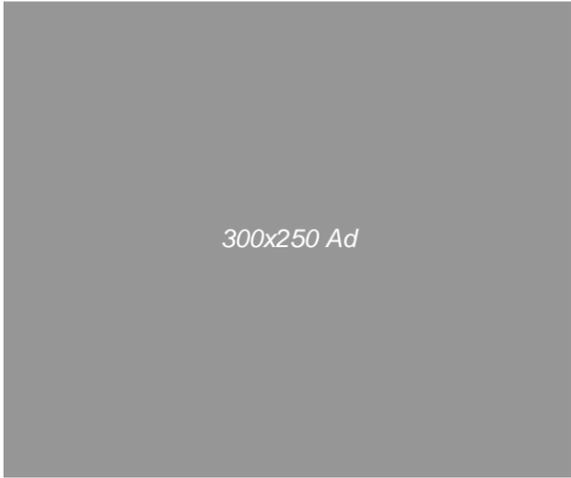
Price:

Purchase Date:

Initial Mileage: miles

Status: ▼

Notes



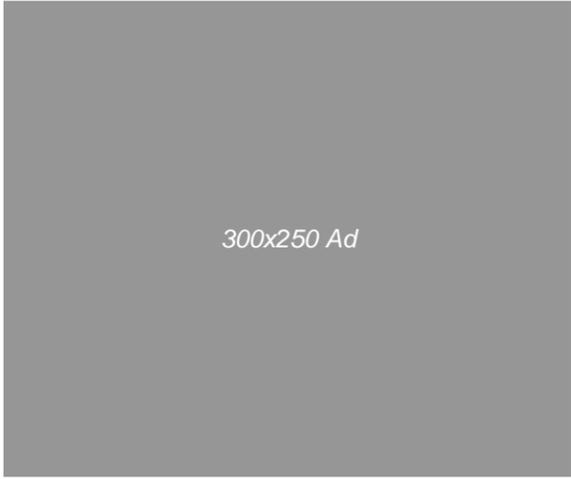
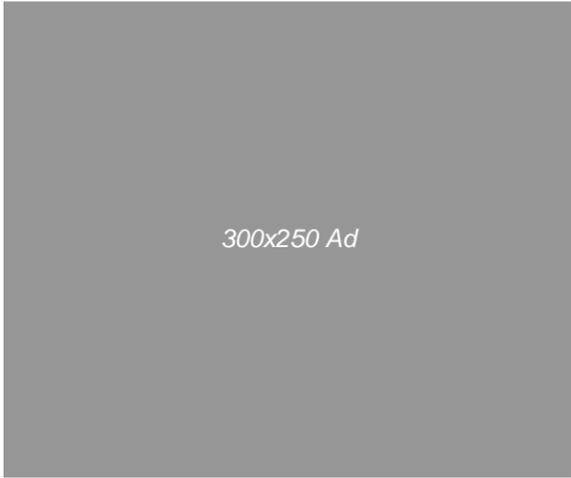


TRAINING LOG

View Bike ✕

Bike Name:	Cannondale	Notes:	
Type:	-	Bought in Emmaus.	
Weight:	-		
Wheel Size:	-		
Price:	500		
Purchase Date:	June 5, 2013		
Mileage:	668.34 mi		
Status:	Active		

[Edit](#)





TRAINING LOG

Edit Bike ✕

Bike Name:

Type:

Weight: ounces

Wheel Size:

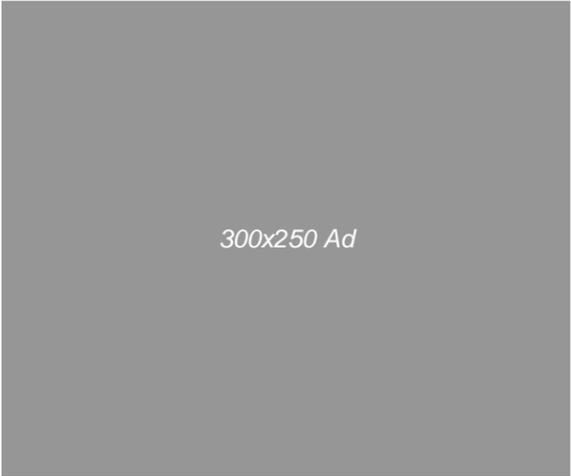
Price:

Purchase Date:

Initial Mileage: miles

Status:

Notes



8. Settings

8.1. The Settings page displays a dropdown menu with “Miles” and “Meters” and a submit button. This setting determines the unit of measurement for distances.

8.2. The Settings page displays a dropdown menu for “Primary Sport.” The menu includes the same sports, in the same order, as the New Activity menu. The selection of the primary sport determines which sport is graphed on the Summary page.

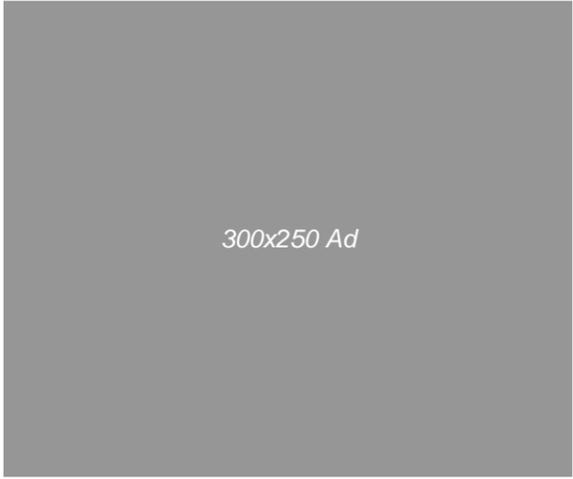
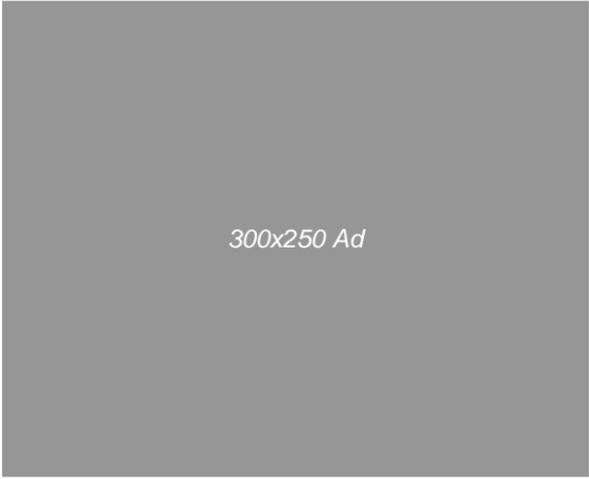
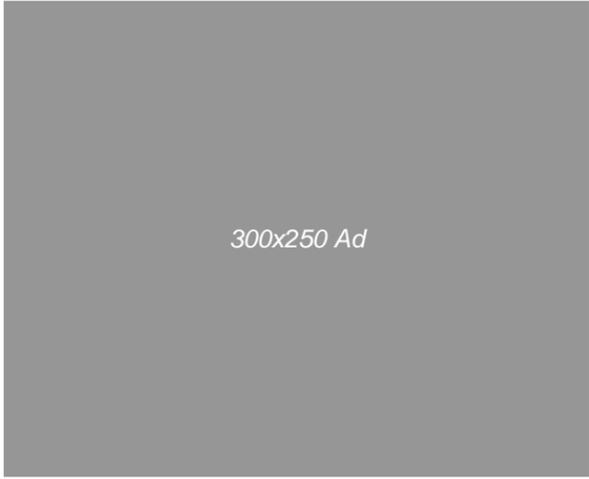
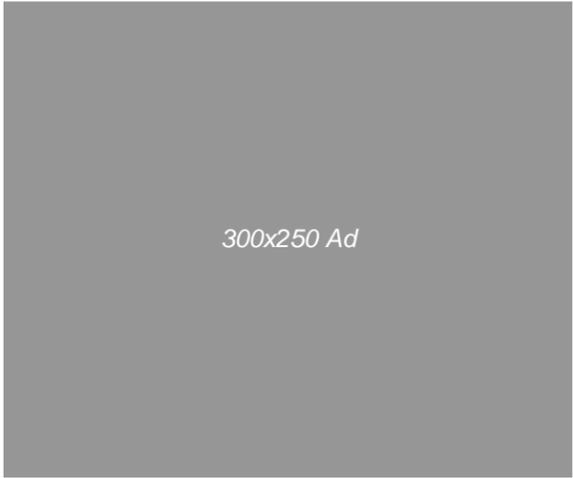


TRAINING LOG

Settings

Units:

Primary Sport:



9. Mini Tool

9.1. The mini tool can be placed on landing pages of RunnersWorld.com and Bicycling.com. [To a logged-in user](#), the mini tool displays the following fields:

- Date (text entry field with popup date selector, defaults to current date)
- Sport (defaults to the primary sport)
- Distance (text entry field; units is miles, regardless of user preference)
- Duration (text entry field)

9.2. When [a logged-in](#) user clicks the Add Workout button, a new workout is created, and the user goes to the Calendar page of the training log.

9.3. The More Options link goes to the Calendar page of the training log.

9.4. [If the user is not logged in, the mini tool displays an image. If the user clicks the image, he or she goes to the CAS login page for the training log.](#)

Training Log

Date: 

Sport: 

Distance: miles

Duration: hh:mm:ss

[More Options](#)