

# TriHard Quick Startup Guide

After you hotsync TriHard, and run the application and click ok on the about/register dialog box, you will see the main screen.



At this point, you might wish to go to the menu and select preferences. Aside from the obvious, the main preference to note is the Auto predict next workout. When checked, this feature will allow TriHard to guesstimate based on your schedule which workout you are about to enter in the main workout entry mode.

To enter your training schedule, select the third box at the upper right (with the calendar icon). After you enter as many scheduled workout dates as you like, you can then select the first box at the upper right, which puts you into main workout entry mode. If you selected the preference above, TriHard will try to select the sport you are probably entering based on the date, and also give you the guide time you entered in brackets next to the time (or distance if that is how you entered it).

You can view previously entered workouts by selecting the second box at the top (with the magnifying glass icon). You can view the actual times/distances by week in tabular form by selecting the fourth box at the top (with the addition icon). When you are ready to see graphic views of your data, select the fifth box at the top (with the bar graph icon).

Other Notes:

- Select Deja View to memorize and recall workout data so you help make entering in future workout a breeze.
- Once you select a sport, after entering in the time and distance, when you go to the pace entry, it will automatically be computed for you.
- The hardware up/down buttons control the increase/decrease date function in all modes.
- **For a lot more info and detail, please read the User's Guide located on the website:**

<http://homepage.mac.com/laborcoach/trihard/>