

Virtual Swim Trainer And Swimming Session Creator

See how easy it is to program workouts and run the system!!

Virtual Swim Trainer

Configure the System

Assign Lanes

Quickly Run Simple Workouts

Link Complex Workouts via Swimming Session Creator

Virtual Swim Trainer – Main Configuration Screen

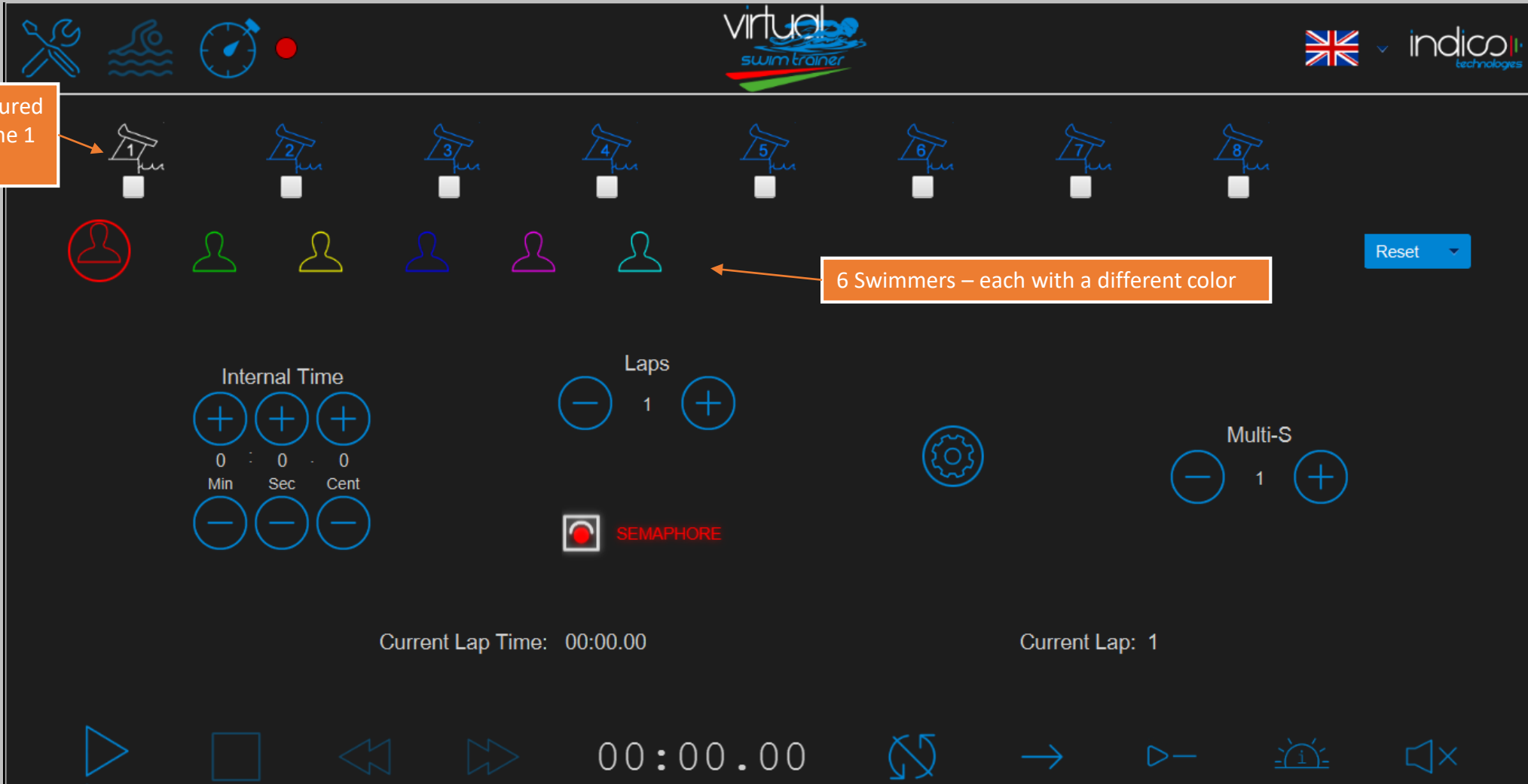
The screenshot shows the main configuration screen for the Virtual Swim Trainer. At the top, there are navigation icons (wrench and swimmer), the 'virtual swim trainer' logo, a UK flag, and the 'indico technologies' logo. The title 'Virtual Swim Trainer - 8 lanes x 12 swimmers' is centered. The configuration options include:

- Stripe Type:** A dropdown menu set to 'RBG'.
- Lane Length:** A dropdown menu set to '25' and a unit dropdown set to 'yd'.
- Start Offset [m]:** A text input field set to '0.0'.
- Semaphore Offset [m]:** A text input field set to '1.0'.
- Speed Variation:** A control with four circular buttons: a top-left '+' button labeled '1 Sec', a top-right '+' button labeled '0 Cent', a bottom-left '-' button, and a bottom-right '-' button.
- Delay:** A control with three circular buttons: a left '-' button, a center '5 Sec' text, and a right '+' button.
- Number of swimmers:** Eight dropdown menus labeled 'LANE 1' through 'LANE 8' with values: LANE 1: 6, LANE 2: 5, LANE 3: 4, LANE 4: 3, LANE 5: 3, LANE 6: 4, LANE 7: 5, LANE 8: 6.

Four orange callout boxes provide additional information:

- Set Pool Length and meters or yards:** Points to the Lane Length and unit dropdowns.
- You can offset where the start light indicator shows:** Points to the Semaphore Offset input field.
- Define # of swimmers per lane:** Points to the dropdown menus for the number of swimmers in each lane.
- Delay time for each swimmer / pace light to start:** Points to the Delay control.

Virtual Swim Trainer – Main Screen for Controlling Lanes



Each Lane Configured Shows Here – Lane 1 is Selected

6 Swimmers – each with a different color

Current Lap Time: 00:00.00

Current Lap: 1

00:00.00

Virtual Swim Trainer – Programming Lap Times

The interface features a top navigation bar with icons for settings, swimming, and a clock, alongside the 'virtual swim trainer' logo and the 'indico technologies' logo with a UK flag. Below this is a row of eight lane selection buttons labeled 1 through 8. A row of colored swimmer icons follows, with the first icon (red) highlighted. A 'Reset' button is located on the right. An orange callout box states: 'We are programming RED in Lane 1 Only'. The central area contains controls for 'Internal Time' (0:30:00) and 'Laps' (2), with an orange callout box pointing to the 'Laps' field stating: 'Set Total Time to complete # of Laps'. Below these is a 'SEMAPHORE' indicator with a green light icon and an orange callout box stating: 'Start Light Indicator Turned ON'. To the right are 'Multi-S' controls set to 1. The bottom section displays 'Current Lap Time: 00:00.00' and 'Current Lap: 1', along with a large digital timer showing '00:00.00' and various playback control icons.

Set Total Time to complete # of Laps

We are programming RED in Lane 1 Only

Start Light Indicator Turned ON

Virtual Swim Trainer – Programming Lap Times

The screenshot displays the Virtual Swim Trainer interface. At the top, there are icons for a wrench, swimmer, and clock, along with the 'virtual swim trainer' logo and the 'indico technologies' logo with a UK flag. Below this is a row of eight lane icons (1-8) with swimmer silhouettes. A 'Reset' button is on the right. In the center, there are controls for 'Internal Time' (0:40:00), 'Laps' (2), and 'Multi-S' (1). A 'SEMAPHORE' indicator is shown with a green light. At the bottom, there are playback controls and a timer showing '00:00.00'. Two orange callout boxes provide context: one points to the second swimmer icon with the text '2nd Swimmer – GREEN programmed with a different pace time', and another points to the lane 1 icon with the text 'We are programming GREEN in Lane 1 Only'.

2nd Swimmer – GREEN programmed with a different pace time

We are programming GREEN in Lane 1 Only

Internal Time
+ + +
0 40 0
Min Sec Cent
- - -

Laps
- 2 +



Multi-S
- 1 +

SEMAPHORE

Current Lap Time: 00:00.00

Current Lap: 1

▶ ◻ ◀ ▶▶ 00:00.00 ↺ → ▶- 🌞 🔊

Virtual Swim Trainer – Programming Lap Times

The screenshot displays the Virtual Swim Trainer interface. At the top, there are navigation icons (wrench, swimmer, clock, red dot), the 'virtual swim trainer' logo, a UK flag, and the 'indico technologies' logo. Below this is a row of eight numbered lane icons (1-8). Underneath the lanes are six colored swimmer icons: red, green, yellow, blue, purple, and cyan. An orange callout box with arrows pointing to these icons contains the text: "OR, by using the Multi-S function, we can set 1st swimmer RED and run that same program for 2 or more colors – this example shows all 6". To the right of the swimmer icons is a blue 'Reset' button. Below the swimmer icons are controls for 'Internal Time' (0:30:00) and 'Laps' (2). A 'SEMAPHORE' indicator is shown as a green light. To the right of the 'Laps' controls is a 'Multi-S' control set to 6. At the bottom, there is a playback control bar with a play button, a square stop button, left and right skip buttons, a digital timer showing '00:00.00', a refresh button, a right arrow button, a play/pause button, a sun icon, and a speaker icon.

Virtual Swim Trainer – Programming Lap Times

The screenshot displays the Virtual Swim Trainer interface. At the top, there are navigation icons (wrench, swimmer, clock) and the 'virtual swim trainer' logo. On the right, there is a UK flag and the 'indico technologies' logo. Below the top bar, there are eight lane selection buttons labeled 1 through 8, each with a swimmer icon. A red circle highlights the first lane button. Below the lane buttons are four swimmer profile icons in red, green, yellow, and blue. A blue 'Reset' button is located to the right of these icons. In the center, there are controls for 'Internal Time' (0:00.0), 'Laps' (1), and 'Multi-S' (1). A gear icon is positioned between the 'Laps' and 'Multi-S' controls. Below these controls is a 'SEMAPHORE' button with a red light icon. At the bottom, there is a control bar with a play button, a square button, left and right arrow buttons, a digital display showing '00:00.00', a refresh button, a right arrow button, a play button with a minus sign, a sun icon, and a speaker icon. Two orange callout boxes provide additional information: one points to the lane selection buttons with the text 'By selecting another lane, we can set up new programs for those swimmers as well', and another points to the gear icon with the text 'Next slide explains additional Split Lane Settings'.

virtual swim trainer

indico technologies

1 2 3 4 5 6 7 8

Reset

Internal Time
0 0 0
Min Sec Cent

Laps
- 1 +

Multi-S
- 1 +

SEMAPHORE

Current Lap Time: 00:00.00

Current Lap: 1

00:00.00

By selecting another lane, we can set up new programs for those swimmers as well

Next slide explains additional Split Lane Settings

Virtual Swim Trainer – Split Lane Settings

Options available for SLOW, MED, FAST swimmers. Or you can create your own.

Section	Mt	ss	cc
CRUISE	22.9	0	0
START	0.0	0	0
SPIN	0.0	0	0
PUSH	0.0	0	0
C.SPD.	0.0	0	0

You can program three main phases: Start, Spin, and Push. A WHITE marker will show at each specific distance (Mt). The time in (ss.cc) will define the time for the LED to pass through the phase.

Virtual Swim Trainer – Split Lane Settings

Section	Mt	ss	cc
CRUISE	15.89	24	84
START	5.5	3	66
SPIN	1.5	1	50
PUSH	5.5	3	66
C.SP.D.	0.0	0	0

Example showing SLOW splits selected

Underwater/Dive Phase will be 5.5 meters from start and the LED will take 3.66 secs to travel.

Spin Phase will be 1.5 meters from wall and the LED will take 1.5 secs to travel.

Push Phase will be 5.5 meters from wall and the LED will take 3.66 secs to travel.

Virtual Swim Trainer – Split Lane Settings



Enter your own data for all Phases






Section	Mt	ss	cc
CRUISE	15.89	24	84
START	5.5	3	66
SPIN	1.5	1	50
PUSH	5.5	3	66
C.SPD.	0.0	0	0

Virtual Swim Trainer – Visual Simulator

Visual Simulator Pop Up Window



LANE 5			
SWIMMER	TIME	LAP	EXERCISE
	00:11.82	1/2	45m
	00:06.82	1/2	45m
	00:01.82	1/2	45m

LANE 6			
SWIMMER	TIME	LAP	EXERCISE

From your laptop or tablet you can program a workout exercise and using the Visual Simulator make sure what you have programmed is correct!! A great tool for workout plan development.

Swimming Session Creator

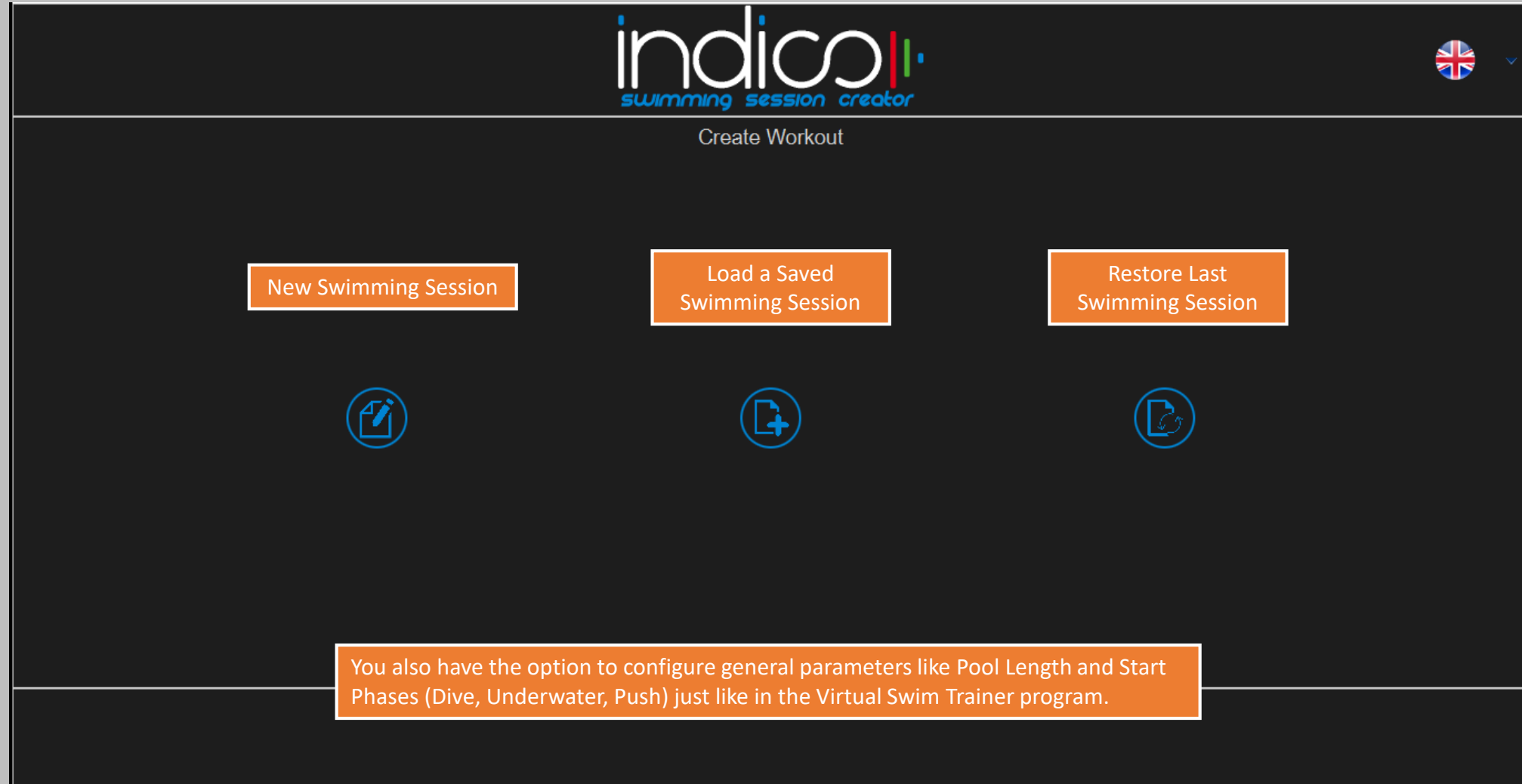
Develop Complex Workouts

Assign Unique Names / Save / Load

Specific Laps Can Be Configured

Assign Stroke Markers/Frequency

Swimming Session Creator – Create Workout



The screenshot shows the 'Create Workout' interface of the Indico Swimming Session Creator. At the top, the 'indico swimming session creator' logo is displayed on the left, and a UK flag with a dropdown arrow is on the right. Below the logo, the text 'Create Workout' is centered. Three orange buttons are arranged horizontally: 'New Swimming Session' (with a pencil icon), 'Load a Saved Swimming Session' (with a document and plus icon), and 'Restore Last Swimming Session' (with a document and refresh icon). At the bottom, an orange text box provides additional information: 'You also have the option to configure general parameters like Pool Length and Start Phases (Dive, Underwater, Push) just like in the Virtual Swim Trainer program.'

indico
swimming session creator

UK Flag

Create Workout

New Swimming Session

Load a Saved Swimming Session

Restore Last Swimming Session

You also have the option to configure general parameters like Pool Length and Start Phases (Dive, Underwater, Push) just like in the Virtual Swim Trainer program.

Swimming Session Creator – Exercise Definition

The screenshot displays the 'Exercise Definition' screen in the Indico Swimming Session Creator. At the top, the 'indico swimming session creator' logo is visible, along with a UK flag icon. The main area features a row of distance options: 25, 50, 100, 200, 400, 800, and 1500 meters. The 100m option is selected and highlighted with a white circle. Below this, the workout is defined as '4 x 100'. The 'Internal Time' is set to MM:1, SS:30, and CC:0. The 'External Time' is set to MM:1, SS:45, and CC:0. The 'Laps' are set to 4, 'Repetitions' to 4, and 'Strokes' to 0. A 'Semaphore' toggle is set to 'ON'. A text box on the right explains: 'External Time = Internal Time + Rep Rest'. A bottom text box states: 'This screen is where you define the workout. You can select distance options already defined (e.g. 100 meters) and default times will be loaded. For these examples we are using 25 meter pool length.' Navigation arrows are present at the bottom corners.

indico
swimming session creator

Exercise Definition

25 50 100 200 400 800 1500

4 x 100

Internal Time

MM	SS	CC
1	30	0

External Time

MM	SS	CC
1	45	0

External Time = Internal Time + Rep Rest

Laps 4

Repetitions 4

Strokes 0

Semaphore ON

This screen is where you define the workout. You can select distance options already defined (e.g. 100 meters) and default times will be loaded. For these examples we are using 25 meter pool length.

Swimming Session Creator – Exercise Definition

The screenshot shows the 'Exercise Definition' screen of the Indico Swimming Session Creator. At the top, the logo 'indico swimming session creator' is displayed on the left, and a UK flag icon is on the right. Below the logo, the title 'Exercise Definition' is centered. An orange 'Edit Mode' button is located in the top right corner. A row of seven circular buttons with the numbers 25, 50, 100, 200, 400, 800, and 1500 is positioned below the title. To the right of these buttons is a pencil icon. Below the row of buttons, there are two sections for time settings: 'Internal Time' and 'External Time'. Each section has three input fields for MM, SS, and CC. The 'Internal Time' fields contain 1, 30, and 0. The 'External Time' fields contain 1, 45, and 0. Below these, there are four more input fields: 'Laps' (4), 'Repetitions' (4), 'Strokes' (0), and 'Semaphore' (ON). At the bottom of the screen, there are two circular navigation arrows, one pointing left and one pointing right. A large orange text box at the bottom center contains the following text: 'By selecting the Edit Mode, you can change all the parameters (Laps, Reps, Internal/External Time, and Stroke Count) to fit your specific training workout.'

indico
swimming session creator

Exercise Definition

Edit Mode

25 50 100 200 400 800 1500

Internal Time

MM SS CC

1 30 0

External Time

MM SS CC



1 45 0

Laps Repetitions Strokes Semaphore

4 4 0 ON

By selecting the Edit Mode, you can change all the parameters (Laps, Reps, Internal/External Time, and Stroke Count) to fit your specific training workout.

Swimming Session Creator – Laps Definition



Laps Definition

Internal Time - 01:30:00

Lap Time

MM	SS	CC
00	22	50

Laps Break Down

- L: 1-10
- L1: 00:22:50
- L2: 00:22:50
- L3: 00:22:50
- L4: 00:22:50

— ⚡ ⚡⚡ ⚡⚡⚡

START SPIN SPEED CHANGE

MT	SS	CC	MT	SS	CC	MT	SS	CC
5.5	3	66	1.5	1	50	0.0	0	0

Strokes

⏪ Each Lap in the Exercise can be programmed with unique times/parameters! You can modify one lap at a time or select a group of laps to change. ⏩

Swimming Session Creator – Workout Overview

indico
swimming session creator

Workout Overview

Current set: 4x200m Speed: CONST. Lap Split: OFF
R1: 03:00:00/03:30:00 R2: 03:00:00/03:30:00 R3: 03:00:00/03:30:00 R4: 03:00:00/03:30:00

Swimming Session

- 4x100m
 - R1: 01:30:00/01:45:00
 - R2: 01:30:00/01:45:00
 - R3: 01:30:00/01:45:00
 - R4: 01:30:00/01:45:00
- Rest 02:00:00
- 4x100m
 - Rest 03:00:00
- 4x200m

The current 4x100m exercise has been added to the Workout along with a Set Rest. That same 4x100m exercise is added again with another Set Rest and 4x200m exercise. You can expand each exercise to see the Rep details. Workout can then be saved to the tablet/computer and loaded into the Virtual Swim Trainer.

Total Distance: 1600 [m] Duration: 00 h 33' 00" (Swum: 00 h 24' 00")