



CYCLOCOMPUTER

Download Software [e-Train Data. Ver.3]

for Windows 98/ME/2000/XP

e-Train Data™

Ver 3

<http://www.cateye.co.jp/>



0365510 (ENG-PeTD) 3

INTRODUCTION

In the case of the e-Train Data™ Ver.3, measured data (memory data, heart rate target zone data, lap data and cadence zone data) stored in the CC-TR100 main unit via the power unit as well as the power related data stored in the power unit are downloaded to the PC. At the same time, those data are all displayed graphically to facilitate checks.

Please read this manual carefully and make sure you understand the e-Train Data™ Ver.3 functions thoroughly before using the Download Software. After reading through the manual, store it in a safe and convenient place.

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- IBM is a registered trademark of International Business Machines Corporation.
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- If you have any questions or concerns about this manual, please contact CatEye at www.cateye.com.



For information on how to install the power unit on the bicycle, refer to “Installing the unit on your bicycle” (the accompanying sheet). For information on setting up the CC-TR100 main unit, basic operations of the power unit, and how to carry out various settings, refer to the electronic “Power Unit Instruction Manual. pdf” documentation.

READING THIS MANUAL

For quick reference, refer to the sections below, or begin at the start of the manual.

Basic installation and operation

See page 12-18.

Go here to check how to connect the PC, CC-TR100 and power unit, and for information on how to download the measured data.

Complete description of e-Train software functions

See page 19-25.

Go here for descriptions and meanings of buttons, icons and items on the screens of e-Train Data™ Ver. 3.

How to change and customize settings

See page 46-47.

Go here to change the settings of e-Train Data™ Ver.3.

Quick highlights:

- Changing the settings of CC-TR100 via the PC see page 18.
- Displaying values from ride (average speed, max speed, etc) see page 38.
- Viewing accumulated data see page 39.
- Analyzing stored data see page 45.
- Training while connected to the PC see page 48.

See the table of contents on the next page for more specific information.

The meaning of icons in this manual:

IMPORTANT! Sections marked with this icon are important notes and supplementary explanations.

Be sure to follow these instructions to avoid misuse of the product.

NOTE Helpful tips are highlighted this way.

About the manuals

- To use CC-TR100 Download Kit, you should be familiar with the operation and terms of Microsoft Windows operating system. If you are using Windows for the first time, read the Windows documentation first and familiarize yourself with the operation of Windows.
- In this manual, “CC-TR100 e-Train Data™ Ver. 3” will be referred to as “e-Train Data Ver. 3,” and “CC-TR100 series heart rate computer” as CC-TR100, and “personal computer” as PC.
- In this manual, the command names marked with [] indicate commands from the pull down menus and other commands on the menu bar.
- A description of this manual is provided with Power Select in the menu screen of the CC-TR100 main unit ON; (this option is OFF by default). To change the Power Select settings, refer to the accompanying “Quick Start Manual” or electronic “Power Unit Instruction Manual. pdf”.

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LIST OF e-Train Data Ver.3 FUNCTIONS

Loading the measured data

Downloads stored data in CC-TR100 and Power unit to the PC for data log and analysis.

NOTE

Measured data other than the power-related data can be downloaded using the download kit.

Main screen

The stored data is displayed in graph format: The lower window, or full data window, displays all of the data. The upper window, data zoom window, displays only the section of data displayed by the graph cursor in the lower window.

The main screen has the following features:

Multiple Data Display

Superimposes lap data, heart rate target zone data and cadence zone data over recorded data. The user can display additional training zones for further analysis.

Axis display

You can change the horizontal axis between elapsed time and trip distance with a click of the toolbar. You can also switch display/non-display of the calibration markings and change the calibration of the horizontal axis.

Analysis

Capable of analyzing each zone data and training data combined.

Data summary

Displays history of stored data in bar graph format, including time in zones.

Schedule

You can enter your training schedule in the calendar. The downloaded data can be displayed in the calendar.

Online measurement

Measurements are carried out with your bicycle connected to the PC. The torque can be displayed during measurement.

Changing CC-TR100 settings

The settings of CC-TR100 can be changed on your PC while the CC-TR100 is connected.

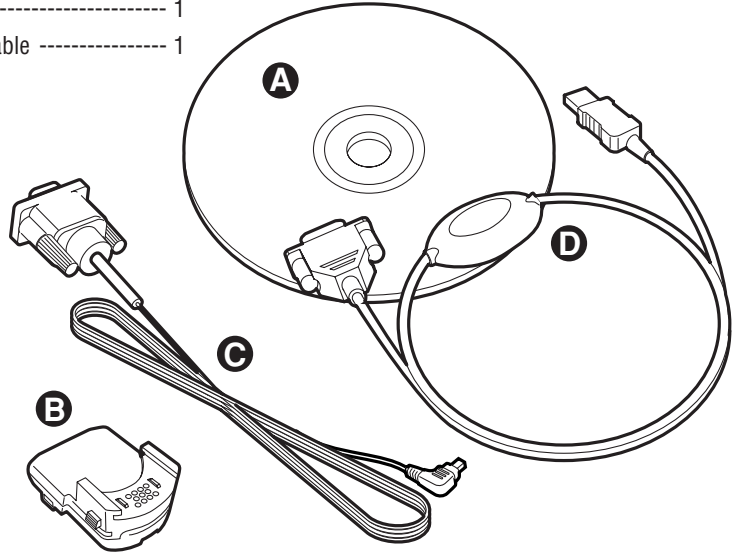
Downloaded data

The downloaded data is saved in its original format. Data can be exported and imported from desktop files.

BEFORE USING e-Train Data Ver.3

The following parts are required for using e-Train Data Ver.3.
Please be ready for these parts from the power unit package.

- A. CD-ROM ----- 1
- B. Power unit ----- 1
- C. RS232C cable (Serial) ----- 1
- D. Serial-USB converter cable ----- 1



System requirements for e-Train Data Ver.3

- Personal computer ----- Windows 98/ME/2000/XP
A USB port or RS232C port (serial port) must be available.
 - For connecting to a USB port, use the converter cable included in the kit.
(The converter cable is compatible with Windows 98SE or later. Any USB port cannot be used with Windows 98 since the cable is not compatible.)
- Display ----- 800 X 600 dot or higher resolution
- Available hard disk space ----- 10 MB minimum
- Available memory space ----- 32 MB or more
- Printer ----- Windows 98/ME/2000/XP compatible
- Mouse ----- Windows 98/ME/2000/XP compatible

INSTALLING e-Train Data Ver. 3

IMPORTANT!

Installation using Windows XP is described in the example: follow this procedure even if your OS is not Windows XP, unless otherwise specified.

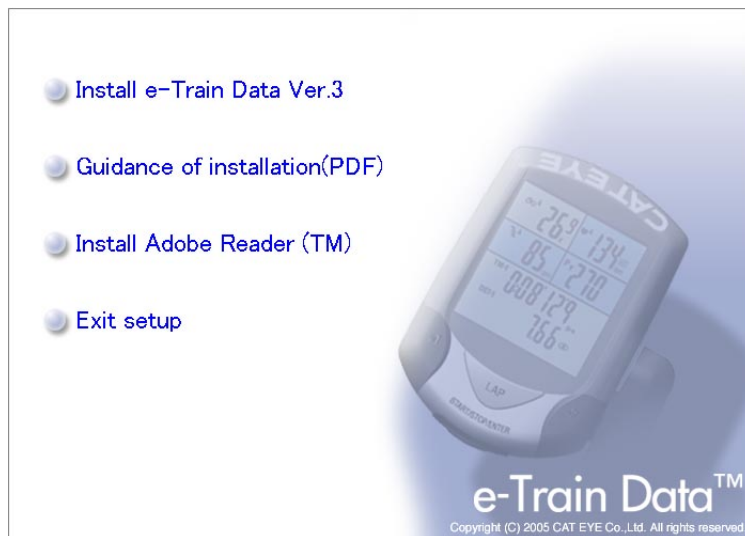
e-Train Data Ver. 3 is installed under “Program files” unless you specify another folder.

IMPORTANT!

If you have been using the old version of e-Train Data, uninstall it first.

If installation of the new e-Train Data Ver. 3 is unsuccessful, uninstall it and try again.

1. Turn on your computer.
2. Insert the e-Train Data Ver. 3 CD-ROM in your CD drive.
3. The CD menu appears automatically.

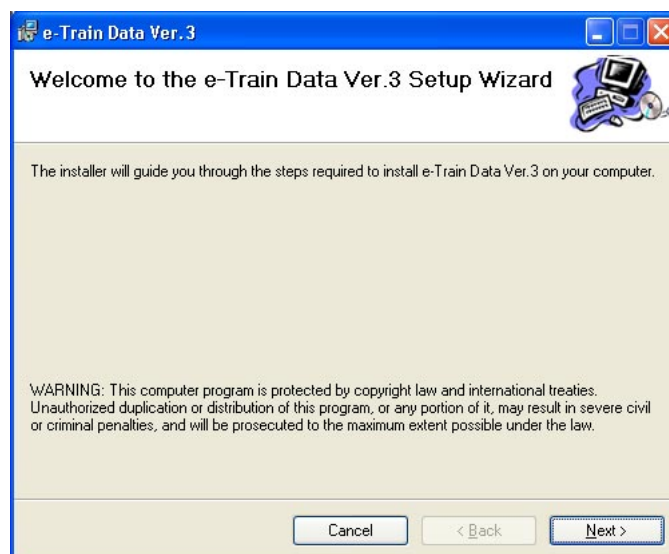
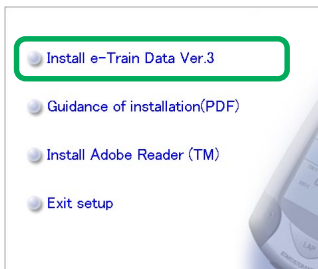


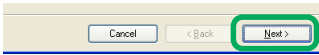
NOTE

If the CD menu does not appear automatically, double-click the “setup.exe” file in the CD drive.

4. Click “Install e-Train Data Ver.3.”

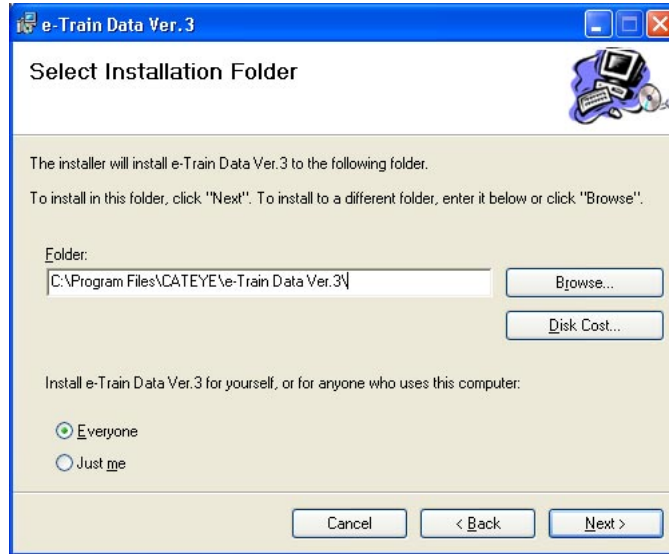
The installer will start automatically.





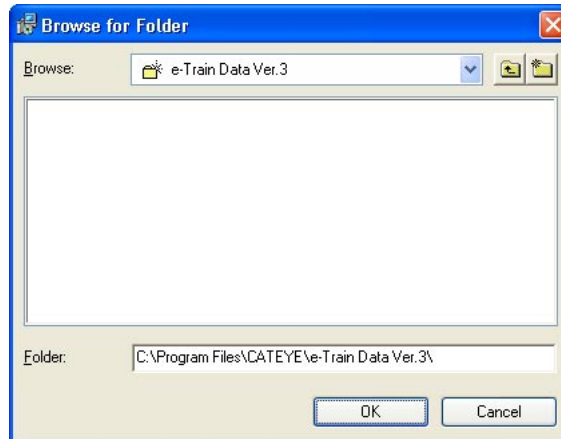
5. Click the **[Next]** button.

The “**Select installation Folder**” screen appears.



To change the folder, click the **[Browse]** button.

Specify the desired folder, and click the **[OK]** button.

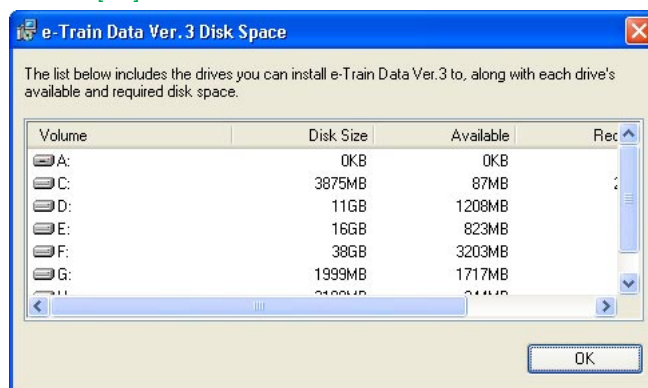


NOTE

If the specified folder does not exist, a new folder is automatically created.

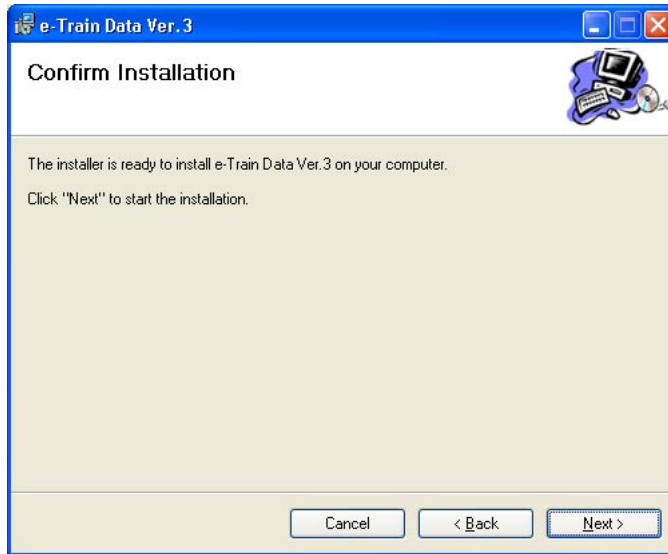
To check the amount of available space on the disk, click the **[Disk Cost...]** button.

Click the **[OK]** button to close the window.





- Click the **[Next]** button.
The Confirm Installation screen appears.

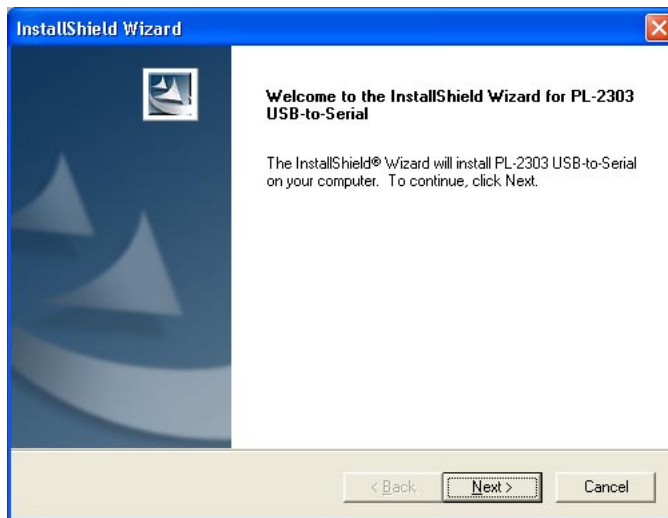


NOTE

To change the setting, press the **[Back]** button for returning to the previous step, and change the setting.



- Click the **[Next]** button.
Installation begins.
- After the files being copied, the installation of the driver for the Serial-USB converter cable starts.



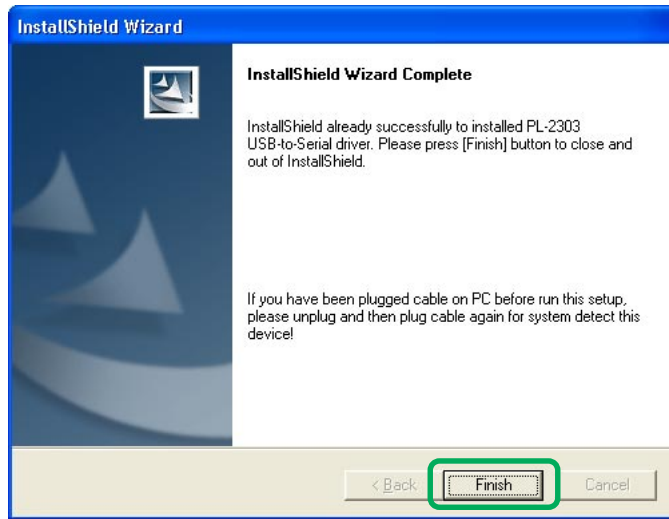
NOTE

For Windows 98, click the **[Cancel]** button to exit the installation. For Windows 98SE or later, click the **[Next>]** button to continue the installation.

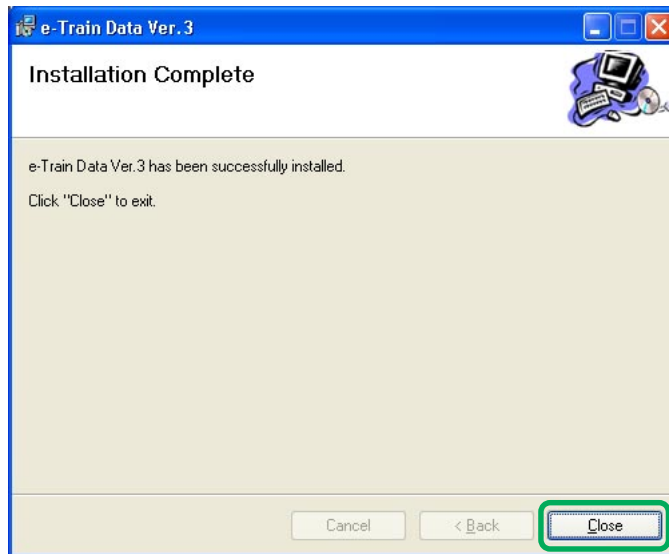


- Click the **[Next]** button.
Installation begins.

10. When all of the files are copied, the “Installation Completed” screen appears. Clicking the [Finish] button completes the installation of the driver for the serial-to-USB converter cable.



11. Click the [Close] button to end installation.



UNINSTALLING e-Train Data Ver. 3

IMPORTANT!

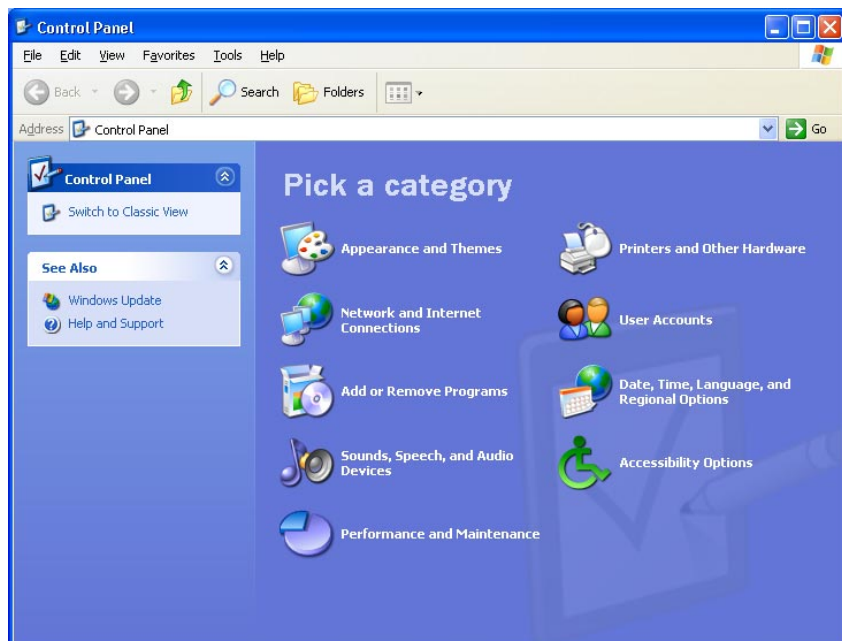
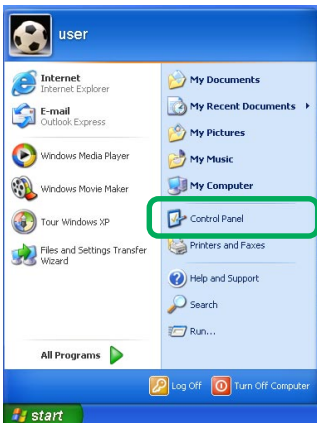
Uninstallation from Windows XP is described in the example. Follow the procedure even if you are not using Windows XP, unless otherwise specified.



1. Click the [Start] button.
The Start menu appears.

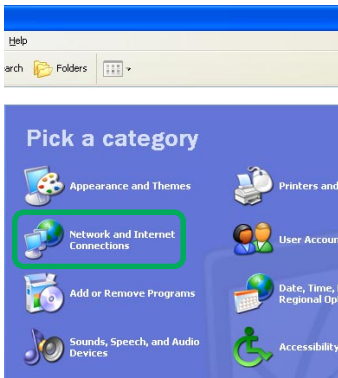


2. Click the [Control Panel] button.
The Control Panel appears.



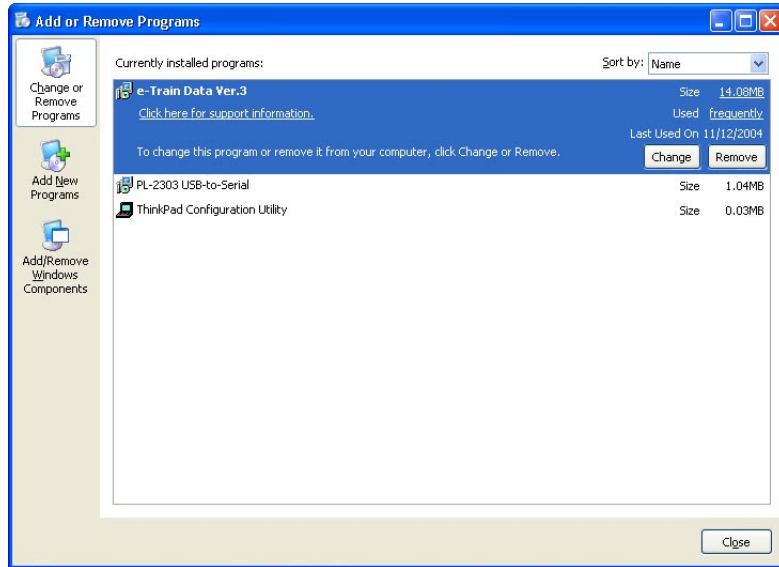
IMPORTANT!

In some versions of the Windows, select [Set] - [Control Panel] in the Start Menu.



3. Click the **[Change or Remove Programs]** button.

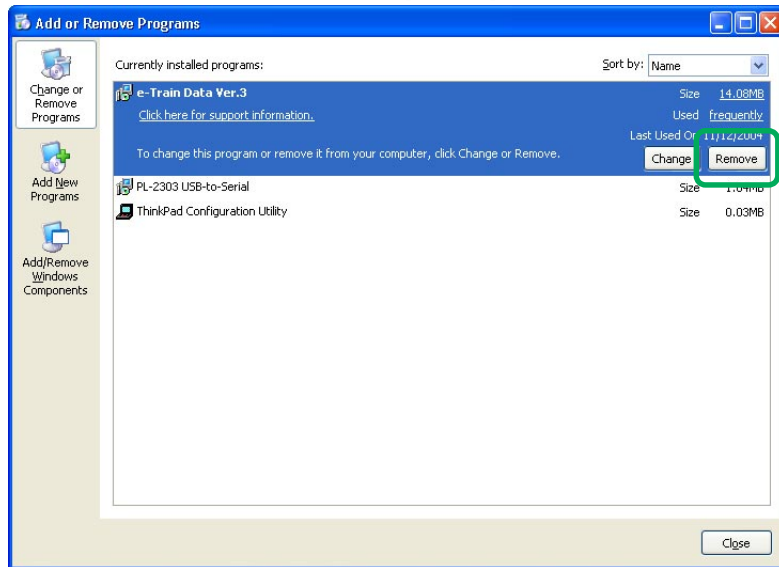
The **“Add or Remove Programs”** screen appears.



IMPORTANT!

In some versions of Windows, click **[Add or Remove Applications]**.

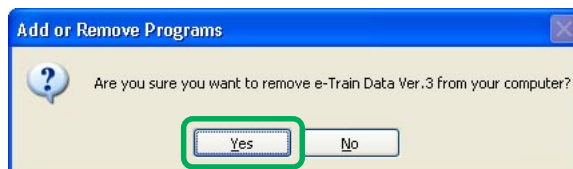
4. Select **“e-Train Data Ver. 3,”** and click the **[Remove]** button.



IMPORTANT!

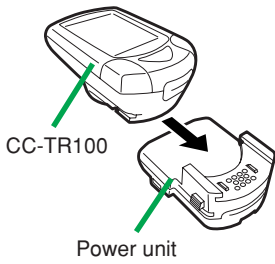
In some versions of Windows, click the **[Add/Remove]** button.

5. Click the **[Yes]** button in the **“Add or Remove Programs”** window.
Uninstallation begins.



6. When the e-Train Data Ver.3 has been deleted, uninstallation is complete.

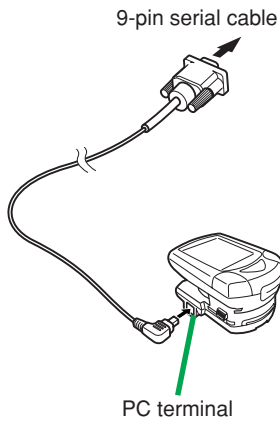
CONNECTING TO PC



Attach the CC-TR100 to the power unit before connecting to the PC.
Insert it securely until it clicks home.

IMPORTANT!

If the CC-TR100 and power unit are not connected securely at all contact points, download may be unsuccessful.

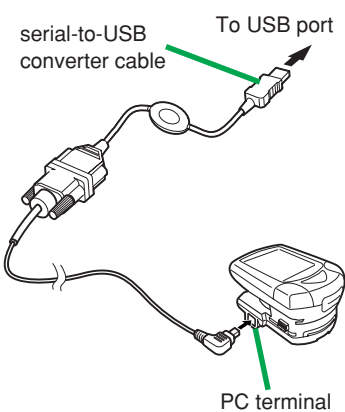


Connecting to serial port

1. Connect the RS232C cable connector to the RS232C terminal (serial port) of the PC.

IMPORTANT!

- Connect the cables securely. If they are not connected securely, data transfer may not be carried out successfully.
 - The connector of the cable is a 9-pin serial connector. It is compliant with IBM and IBM compatibles. For some computer models, a separate converter adapter is required.
2. Connect the small connector of the RS232C cable to the PC terminal of the power unit equipped with the CC-TR100.



Connecting to USB port

1. Connect the RS232C terminal of the supplied serial-to USB converter cable to the RS232C cable connector, and then to the USB port of the PC.

IMPORTANT!

- Connect the cables securely. If they are not connected securely, data transfer may not be carried out successfully.
2. Connect the small connector of the RS232C cable to the PC terminal of the power unit equipped with the CC-TR100.
- #### IMPORTANT!
- Connect the cables securely. If they are not connected securely, data transfer may not be carried out successfully.

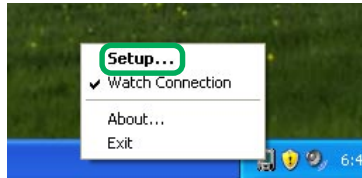
SETTING SERIAL PORT

Select the serial port to be used

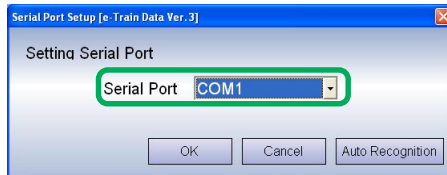
1. Right-click the [Connection Manager] icon on the task tray.
A pop-up menu appears.
2. Click “Setup” on the pop-up menu.
The Serial Port Setup dialog appears.

NOTE

Alternatively, double-click the icon to display the dialog.



3. Select the using serial port number from “Serial Port”, and click the [OK] button.



When the port number is uncertain:

When the port number is uncertain, click the [Auto Recognition] button.
The Download Unit automatically recognizes the serial port being connected.

IMPORTANT!

Connection Manager exclusively uses the serial port selected in e-Train Data Ver.3 and other programs cannot use the serial port accordingly.

To use the serial port with other programs when using Connection Manager, refer to “To suspend watching connection” (page 14).

Watching connection and icon on the task tray

When the icon on the task tray shown as below, Connection Manager is using the serial port to watch the download connection.

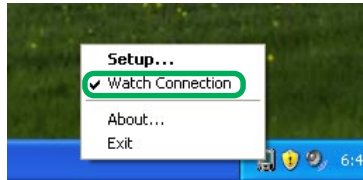


When the icon on the task shown as below, Connection Manager releases the serial port to suspend watching the download connection.



To suspend watching connection

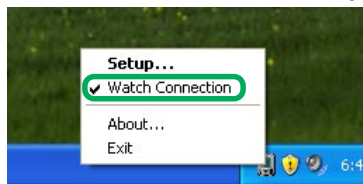
1. Right-click the [Connection Manager] icon on the task tray.
A pop-up menu appears.
2. Confirm the check on “Watch Connection on the pop-up menu.”
When checked, Connection Manager is using the serial port to watch the download connection.
When unchecked, Connection Manager releases the serial port to suspend watching the connection.



3. When checked, click “Watch Connection on the pop-up menu.”
The check mark is removed, and Connection Manager temporarily releases the serial port to suspend watching the connection.

To resume watching connection

1. Right-click the [Connection Manager] icon on the task tray.
A pop-up menu appears.
2. Confirm the check on “Watch Connection”
When checked, Connection Manager is using the serial port to watch the download connection.
When unchecked, Connection Manager releases the serial port to suspend watching the connection.

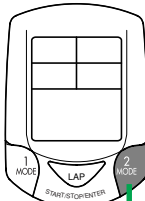
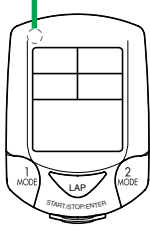


3. When unchecked, click “Watch Connection.”
The check mark appears, and Connection Manager exclusively uses the serial port to resume watching the connection.

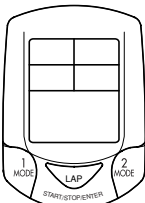
DOWNLOADING DATA

1. Check that the CC-TR100 is attached and that the power unit has been connected to the PC securely. Then launch Windows. (See page 12.)
2. Press the [MENU] button of CC-TR100.

MENU button

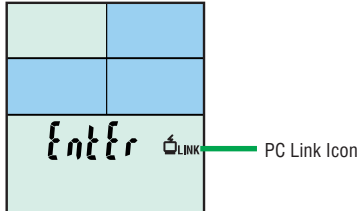


MODE-2 button



START/STOP/ENTER button

3. Press the [MODE-2] button of CC-TR100 until the “PC Link” screen appears on CC-TR100.



4. Press the [START/STOP/ENTER] button of CC-TR100. When the CCTR-100 is connected to the PC for the first time or after formatting, the user's registration screen appears. Enter the user name and click the “OK” button.



5. When the PC acknowledges the connection with CC-TR100, the message “COMPUTER ACKNOWLEDGED” appears.



The “Online Torque Measurement” screen appears on the CC-TR100 display. Press the [MODE-1] or [MODE-2] button of the CC-TR100 to bring up the “PC Online” screen.

IMPORTANT!

When “Power Select” on the CC-TR100 setting is OFF, “Line Error” appears and the CC-TR100 is not connected to the PC.

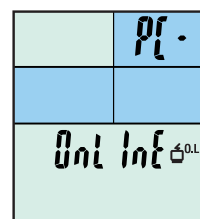
NOTE

With the “Online Torque Measurement” screen displayed, press the [START/STOP/ENTER] button to start online torque measurement.

The “Online Power Measurement” screen



The “PC Online” screen



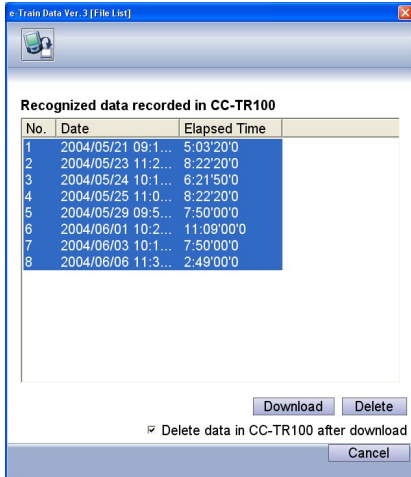
If the connection to CC-TR100 cannot be established, check the following

- Check the connection between the Power Unit and the PC.
- Check the connection between the Power Unit and CC-TR100.
- Restart the PC, and follow the connecting procedure again.
- Refer to additional troubleshooting on page 52.

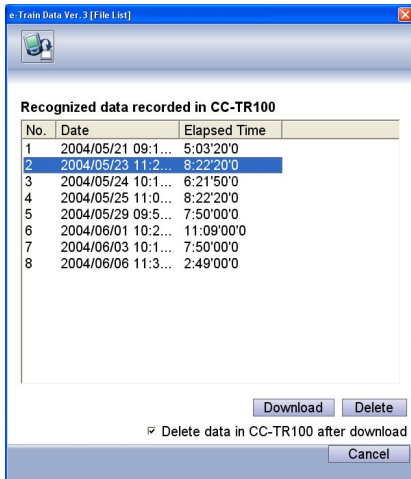
If the connection is still not established, reinstall e-Train Data Ver. 3.

6. Clicking the [Download] button will open a list of data stored in the CC-TR100.

7. A list of files stored in the CC-TR100 appears.



8. Select the file that you wish to download.



NOTE

You can delete unnecessary data from CC-TR100. Select a file, and click the [Delete] button. When “Delete data in CC-TR100 after download” is checkmarked, the data in CC-TR100 is deleted after the download is completed.

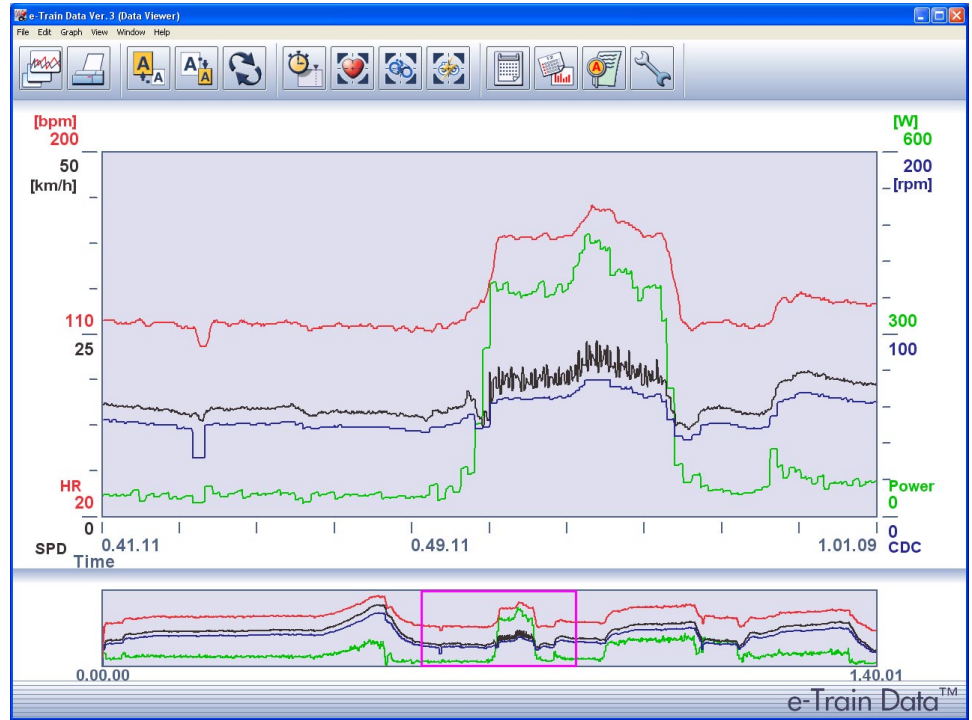
9. Click the [Download] button to begin download process.

IMPORTANT!

- It takes a maximum of 5 minutes to download data. Wait until the download is completed.
- If an error occurs during download, an alert will appear. Restart the PC, and redo the download process.
- A probable cause of any download error is a loose connection between the CC-TR100 and the power unit. Check that the CC-TR100 is securely attached to the power unit.



10. Data is displayed on e-Train Data Ver. 3.

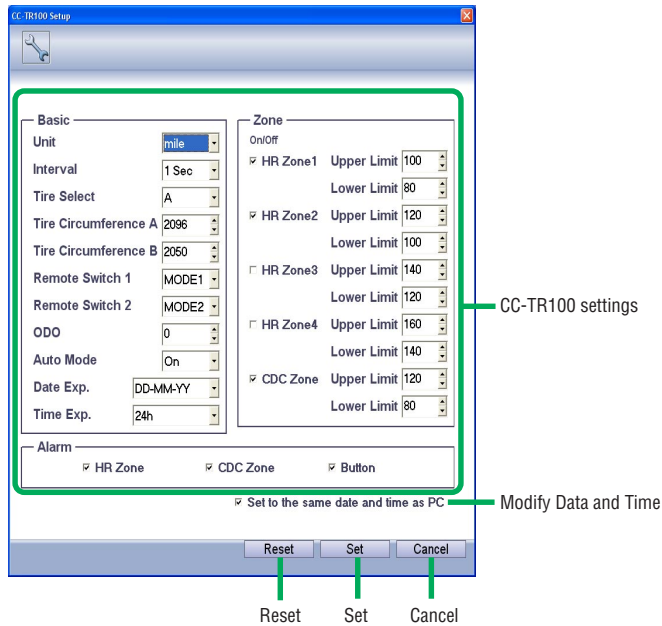
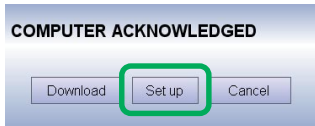


11. End the download process.

CHANGING THE CC-TR100 SETTINGS VIA THE PC

Connect the Download Unit to your PC, and turn it on.

1. First follow the instructions 1-5 for 'Downloading Data' on page 15.
2. After connecting the TR100 to your PC, click the "Set up" button to display the settings stored in the PC.



The following functions are available in the CC-TR100 setting change window:

CC-TR100 settings ----- These settings here are the same as in the CC-TR100 menu function. Changes made here will be applied to the CC-TR100.

Modify Data and Time ----- When marked, continually adjusts the date and time of CC-TR100 to the internal clock of the PC.

Reset ----- Restores the previous settings.

Set ----- Applies settings to the CC-TR100 and closes the window.

Cancel ----- Cancels the settings and closes the window.

3. Click the "Set" button to apply the settings to CC-TR100.

NOTE

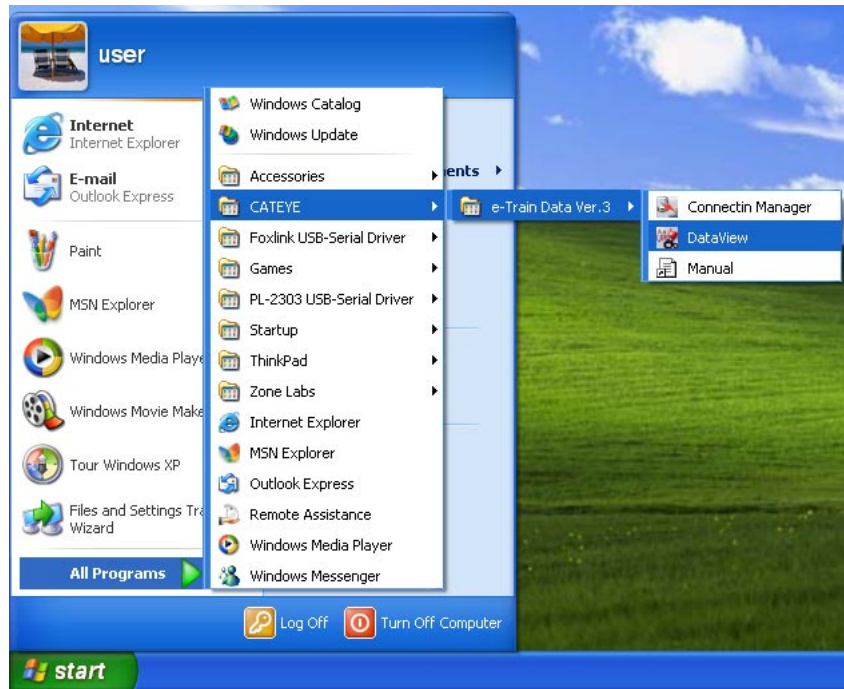
If the data are not reset, settings for certain items may be restricted, including the following:

- Basic: Unit, Interval, Tire circumference A and B
- Zone: HR Zones 1 to 4, and the Upper/Lower limit of the CDC Zone

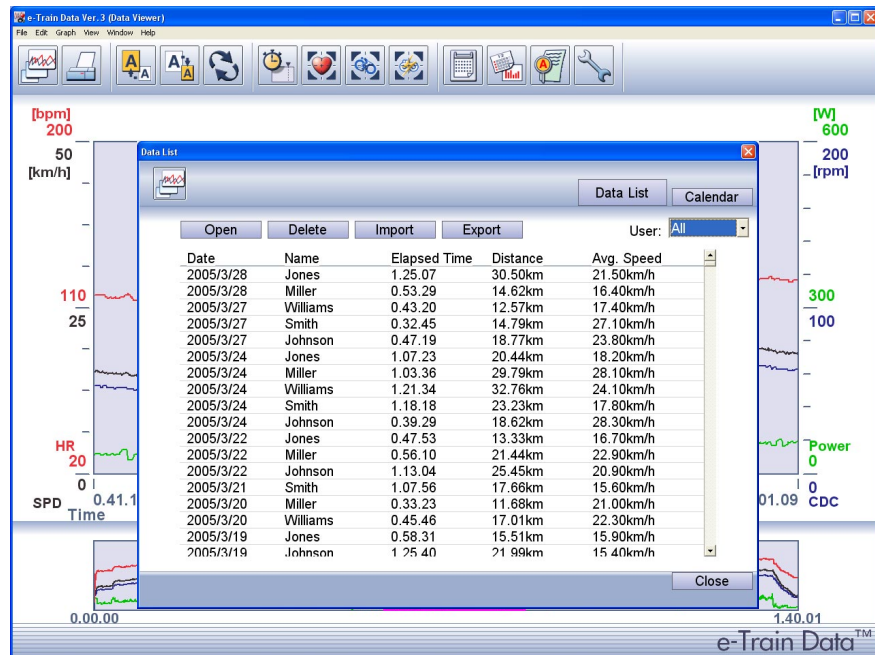
OPERATING e-Train Data Ver. 3

Starting e-Train Data Ver. 3

1. Open the start menu from the windows task bar. Select [All Programs] - [CATEYE] - [e-Train Data Ver.3] - [DataView].



The Data List window will appear.



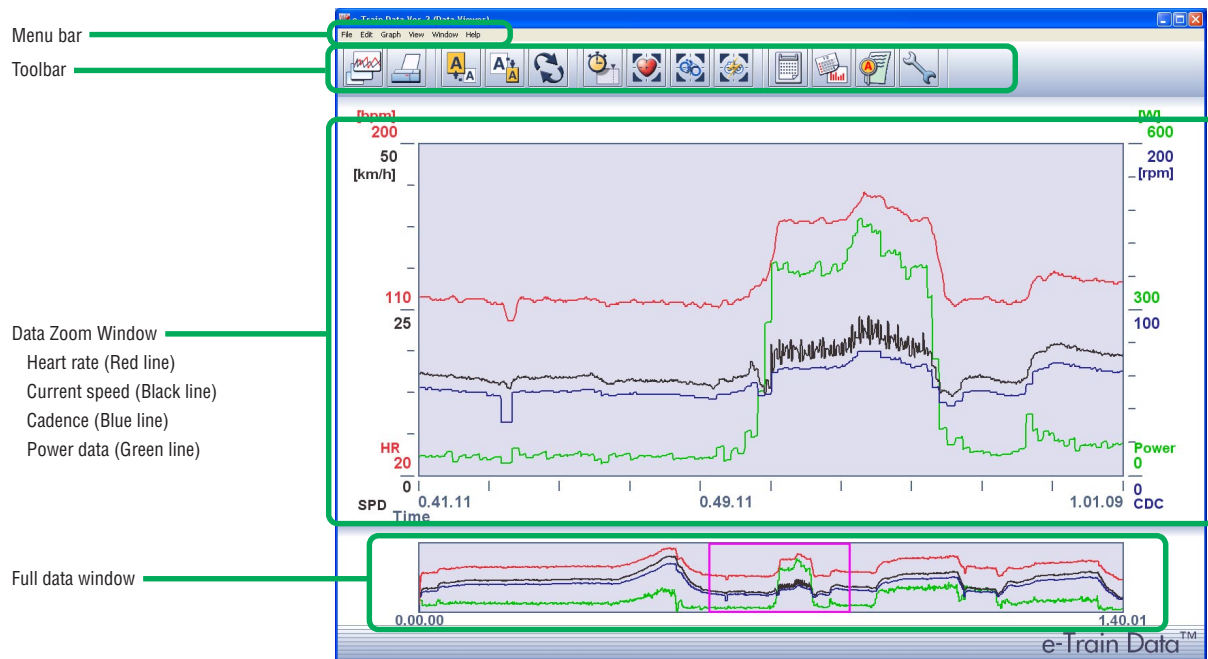
NOTE

If no CC-TR100 data has been downloaded, the Data List window will not appear.

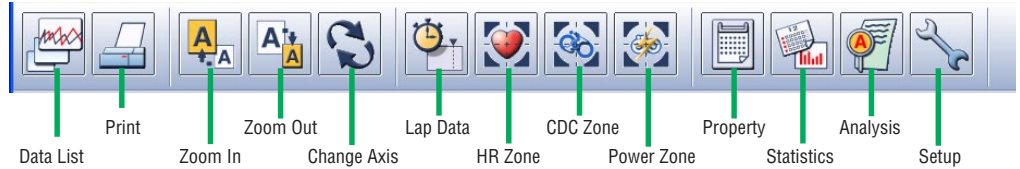
2. Select data that you wish to open from the data list, and click the [Open] button. The selected data appears on the "e-Train Data Ver. 3 (Data Viewer)" screen (see page 26).

Navigating the e-Train Data Ver.3 Data View screen

The e-Train Data Ver.3 Data View screen consists of two main parts: the data zoom (upper) window, showing segments of your training data, and the full data (lower) window, showing the downloaded data in full. This section displays the graph lines of heart rate, speed, cadence, and power data (if Power Unit is installed).



Toolbar



The following commands are available in the toolbar:

Data List ----- Displays a list of downloaded data. You can open, delete, import and export data from the list. You can also enter a training schedule in the calendar.

Print ----- Opens the print window to print the displayed data.

Zoom In ----- Zooms in the designated section of the graph in the data zoom window.

Zoom Out ----- Zooms out the designated section of the graph in the data zoom window.

Change Axis ----- Alternates the horizontal axis between time and distance.

Lap Data ----- Displays or hides lap data.

HR Zone ----- Displays a total of 10 zones in sequence. These are the heart rate zones 1 through 4 which have been set by CC-TR100 and the extra zones EX1 through EX 6 which can be set by e-Train Data Ver.3. Each additional click on the icon advances through the target zones in sequence. Each of the extra zones can either be displayed or hidden.

CDC Zone ----- Displays a total of 5 zones in sequence. These are the cadence zone which has been set by CC-TR100 and the extra zones EX1 through EX 4 which can be set by e-Train Data Ver.3. Each additional click on the icon advances through the target zones in sequence. Each of the extra zones can either be displayed or hidden.

Power Zone ----- Displays as the power zone, in sequence, the extra zones EX1 through EX10 which can be set by e-Train Data Ver.3. Each additional click on the icon advances through the target zones in sequence. Each zone can either be displayed or hidden.

Data Summary ----- Opens the window that shows a summary of the displayed data.

Data History ----- Displays all downloaded data in graph format.

Data Analysis ----- Displays the training zone of the displayed data in graph format.

Setup ----- Opens the window to specify e-Train Data Ver. 3 settings.

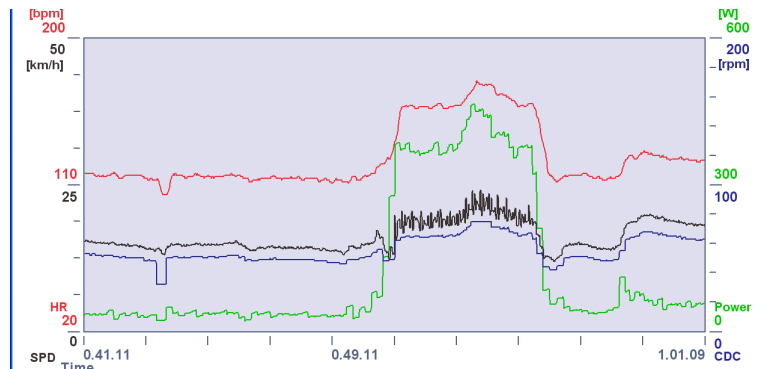
Data Zoom Window

Heart rate (red), speed (black), cadence (blue) and power (green) are displayed in line graphs (see page 46).

NOTE

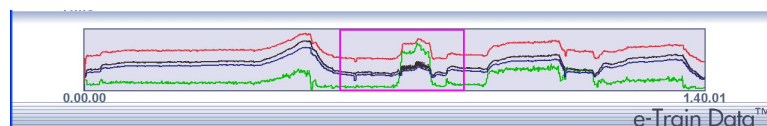
If the power unit is not installed, the power line graph will not be displayed.

Click the [\[Change Axis\]](#) icon on the toolbar to alternate the horizontal axis between time and distance (see page 24).



Full data window

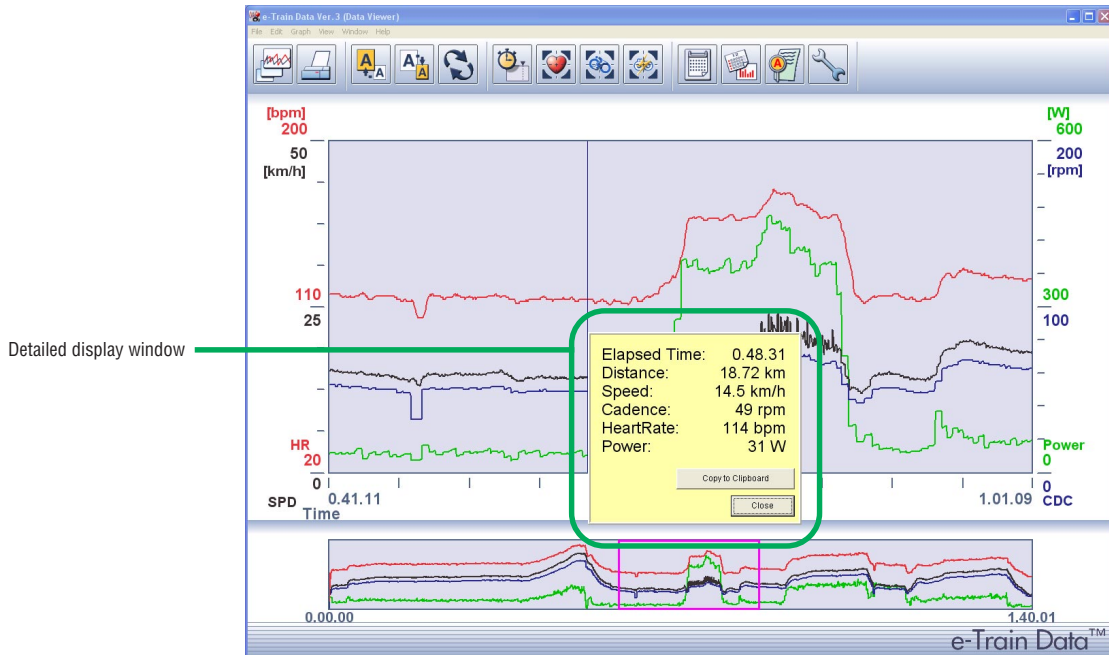
The entire data is displayed in graph format. The section of the graph within the graph cursor is enlarged in the data zoom window. Moving the graph cursor will change the data in the data zoom window accordingly.



Operating the “e-Train Data Ver.3 Data View” screen

Detailed display

Clicking the mouse cursor at any point on the data zoom window will display values for that point.



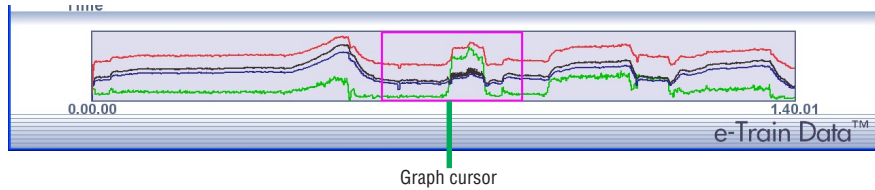
Press [Copy to Clipboard] to copy the data in the pop-up window. Press [Close] to close the pop-up window.

Scrolling data in upper and lower windows.

Move the graph cursor in the lower (full data) display will also move the data in the upper (partial data) display. Clicking the graph cursor will display the time for that period of data.

Zooming in and out of the graphs

1. Move the graph cursor to the section in the full data window that you wish to zoom in.



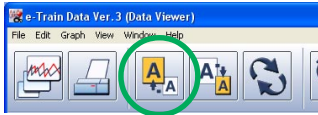
Graph cursor

2. Click the [Zoom In] icon on the toolbar.

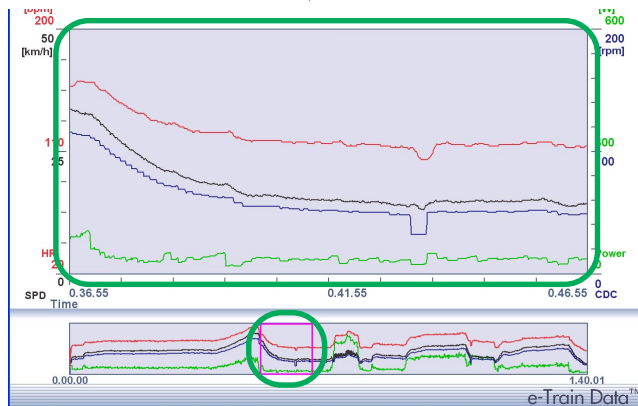
The zoomed in data will still correspond with the cursor window in the full data display.

NOTE

You can also zoom in the graphs from [Graph] - [Zoom in] on the menu bar.



Zoom In



NOTE

Zoom in and out can also be done by changing the size of the graph cursor. Use the mouse button to click and drag the left and right edges of the graph cursor.

Zooming out of the graphs

You can zoom out the graphs in the data zoom window.

1. Move the graph cursor to the section in the full data window that you wish to zoom out.

2. Click the [Zoom Out] icon on the toolbar.

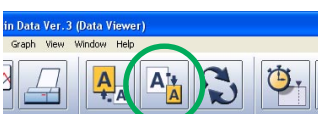
The graphs in the data zoom window are zoomed out, and the width of the graph cursor in the full data window widens. When the [Zoom Out] button is clicked in this condition, the graphs are zoomed out repeatedly.

NOTE

You can also zoom out the graphs from [Graph] - [Zoom out] on the menu bar.

NOTE

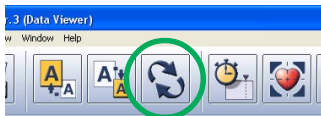
You can also zoom out the graphs by dragging the right and left edges of the graph cursor in the entire data window.



Zoom out

Changing horizontal axis

You can change the horizontal axis from time to distance by pressing the [Change Axis] icon.

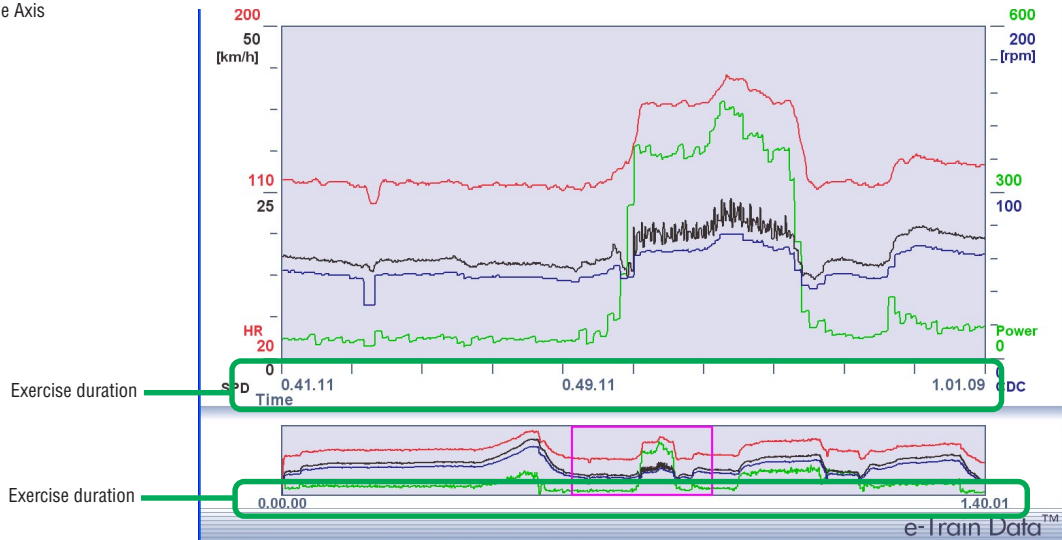


Change Axis

1. Click the [Change Axis] icon on the toolbar to alternate the horizontal axis between Time and Distance.

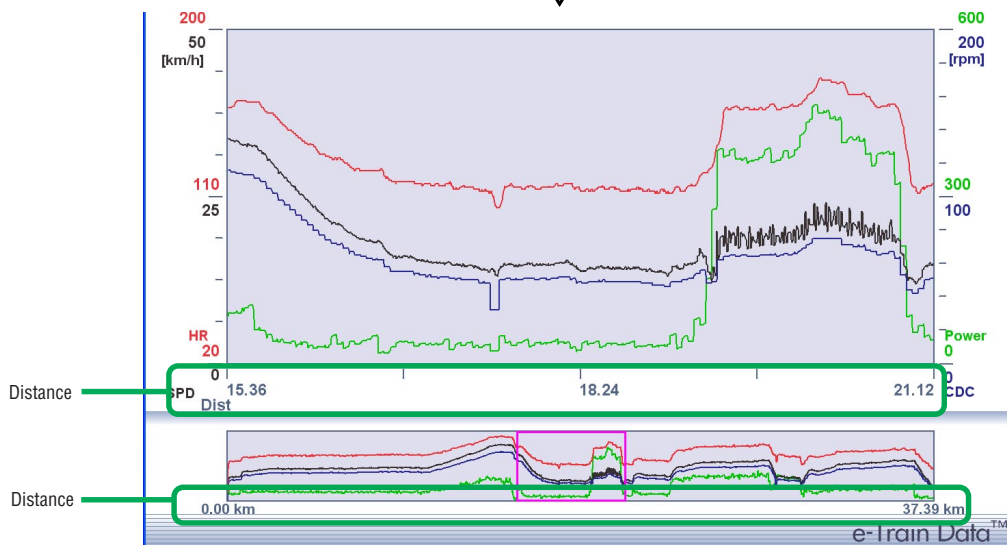
NOTE

You can also switch the horizontal axis from [Graph (G)] - [Change Axis] on the menu bar.



Exercise duration

Exercise duration

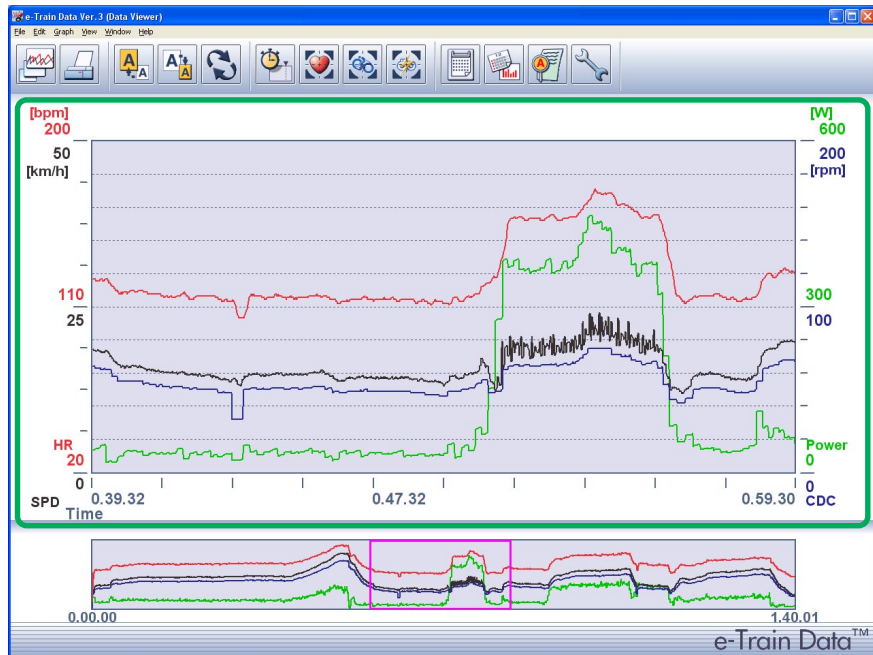
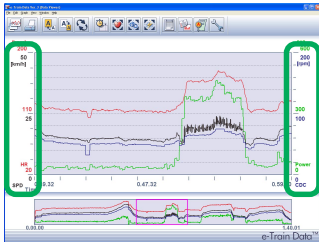


Distance

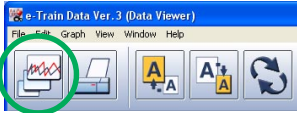
Distance

Displaying gridlines in Data Zoom Window

Clicking on either side of the vertical axis will display the graph range. Clicking on the left will display gridlines of heart rate and speed, while clicking on the right will display gridlines of cadence and power. Clicking on them a second time will make them disappear.



MANAGING DATA

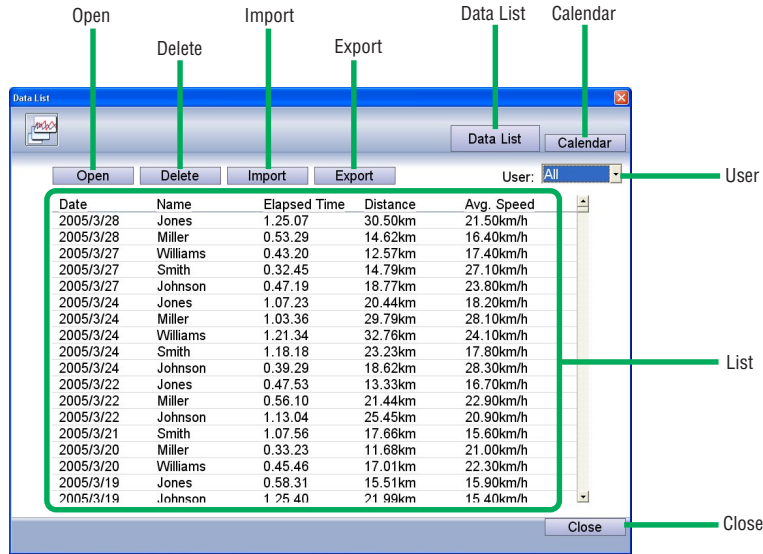


Data List

Click on the [Data List] icon on the toolbar to display the Data List window.

NOTE

Open the Data List window from [File] - [Data List...] on the menu bar.



The list shows the date, name, time, distance and average speed. Data is sorted in chronological order.

When the date, name, time, distance or average speed is clicked, data is sorted in the order of the selected item.

The following commands are available in the Data List window:

Open ----- Displays the data selected from the list on the “e-Train Data Ver. 3 (Data Viewer)” screen in graph format.

Delete ----- Deletes the data selected from the list.

Import ----- Imports data from desktop and formats it into a file format useable by e-Train Data Ver.3. Data will be added to the data list.

Export ----- Export and save downloaded data to desktop and other files.

Data List ----- Disabled as you are already in this window.

Calendar ----- Opens the Calendar window.

User ----- The list of the selected user only is displayed. When [All] is selected, a list of all of the registered users is displayed.

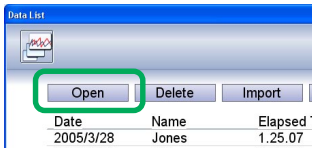
Close ----- Closes the Data List window.

Opening data

You can open data and display it in graph format on the “e-Train Data Ver. 3 (Data Viewer)” screen.

1. Select data that you wish to display from the list.





2. Click the [Open] button.

The data is displayed on the “e-Train Data Ver. 3 (Data Viewer)” screen in graph format.



Deleting data

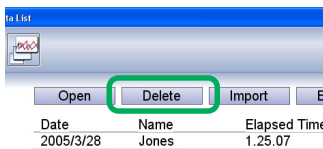
Click the [Open] button.

IMPORTANT!

Deleted data cannot be recovered. Double-check that the correct data is selected before deleting it.

1. Select data that you wish to delete from the list.

Date	Name	Elapsed Time	Distance	Avg. Speed
2005/3/28	Jones	1.25.07	30.50km	21.50km/h
2005/3/28	Miller	0.53.29	14.62km	16.40km/h
2005/3/27	Williams	0.43.20	12.57km	17.40km/h
2005/3/27	Smith	0.39.45	14.79km	27.40km/h
2005/3/27	Johnson	0.47.19	18.77km	23.80km/h
2005/3/24	Jones	1.07.00	28.44km	19.90km/h
2005/3/24	Miller	1.03.36	29.79km	28.10km/h
2005/3/24	Williams	1.21.34	32.76km	24.10km/h
2005/3/24	Smith	1.18.18	23.23km	17.80km/h
2005/3/24	Johnson	0.39.29	18.62km	28.30km/h
2005/3/22	Jones	0.47.53	13.33km	16.70km/h
2005/3/22	Miller	0.56.10	21.44km	22.90km/h



2. Click the [Delete] button.

A confirmation window appears.

3. Click the [OK] button.

The selected data is deleted from the list.

Importing data

You can convert .csv and .etd files to a format usable in e-Train Data Ver. 3.

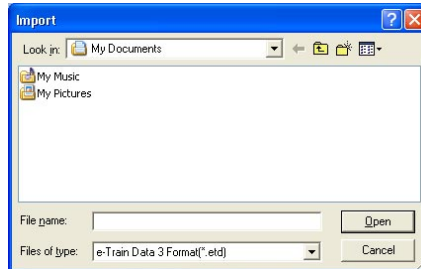
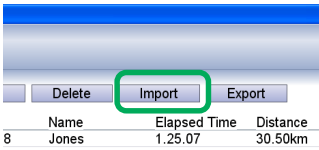
IMPORTANT!

Imported data that had been modified by Excel may not be displayed normally. Import the files that were exported from e-Train Data Ver. 3 only.

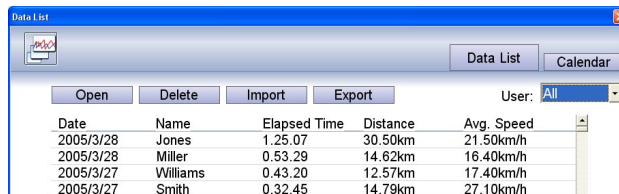
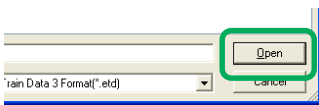
1. Click the [Import] button. The file selection window appears.

NOTE

You can also open the file selection window from [File] - [Import...] on the menu bar.



2. Select a file that you wish to import, and click the [Open] button. The imported file is added to the list.



Converting data to other file formats

The data in e-Train Data Ver. 3 is saved in its original format. You can convert the selected data to .csv or .etd files when exporting data.

You can use the converted data as a backup or to transfer it to another PC.

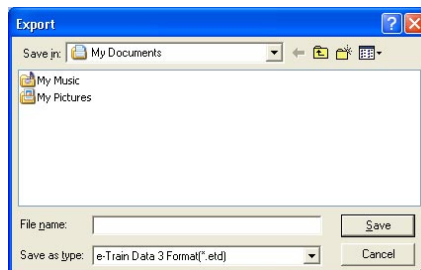
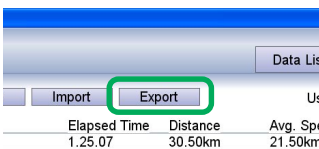
1. Select data that you wish to convert from the list.



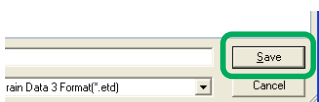
2. Click the [Export] button. The file save window appears.

NOTE

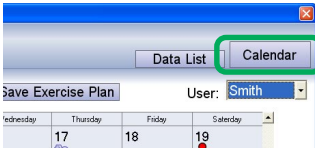
You can also open the file save window from [File] - [Export...] on the menu bar.



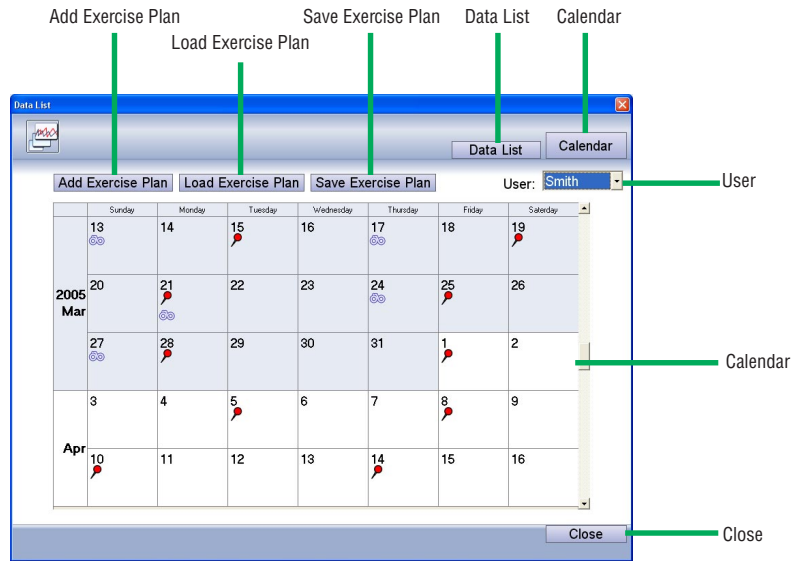
3. Select a name and format to save the data, and click the [Save] button. The data is saved in the selected format.



MAKING A TRAINING PLAN





Press the [Calendar] button to open the Calendar window. Here you can create and manage your training schedules.



A training schedule is displayed in a calendar format.

The following icons are displayed in the Calendar window:

-  Training icon ----- Displayed when there is a training schedule for that day. Click on the icon to see the exercise names and view schedule details. More than one exercise may be scheduled for each day.
-  Data icon ----- Displayed if training data has been downloaded. Select the desired item of data (it is possible to have more than one data per day) to open the data in the main Data View window.

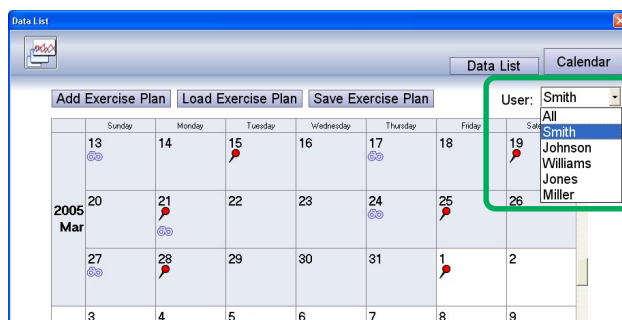
The following functions are available in the Calendar window:

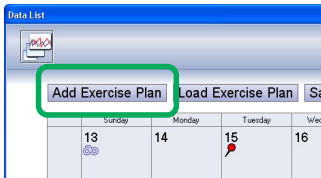
- Add Exercise Plan ----- Adds a new training plan to the calendar.
- Load Exercise Plan ----- Loads a saved training plan and adds it to the calendar.
- Save Exercise Plan ----- Saves the training schedule of the user selected in the [User] pull-down list.
- Data List ----- Opens the Data List window.
- Calendar ----- Disabled as you are already in this window.
- User ----- The training schedule of the selected user only is displayed. When [All] is selected, the training schedules of all of the registered users are displayed.
- Close ----- Closes the Calendar window.

Adding a training plan

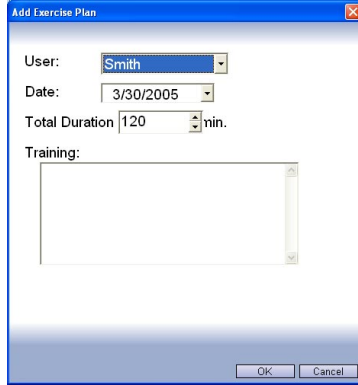
To create and add a new training plan to the calendar.

1. Click the [User] pull-down list, and select the user for whom you wish to add a plan.

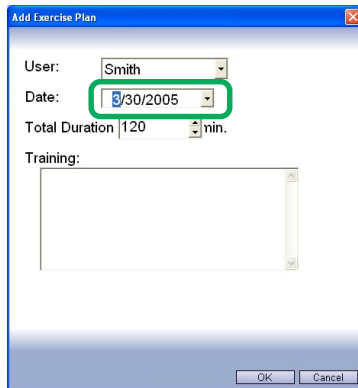




- Click the **[Add Exercise Plan]** button. The Add Plan window appears.

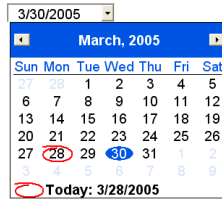


- Enter the date to which you wish to add a training plan.



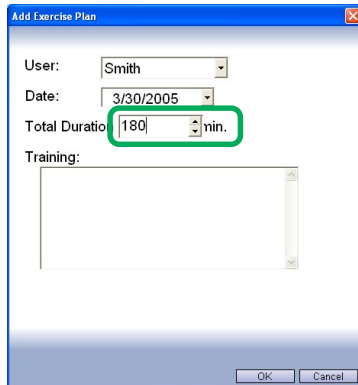
NOTE

Select the date from the calendar that appears by clicking the **[Date]** pull-down menu.

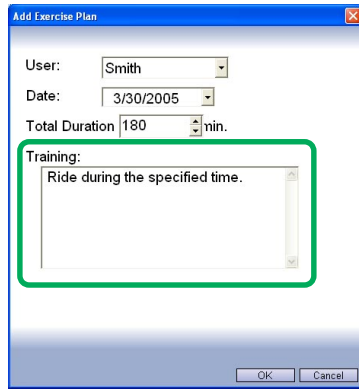


The month can be changed with the arrow buttons at right and left.

- Enter the training session duration.

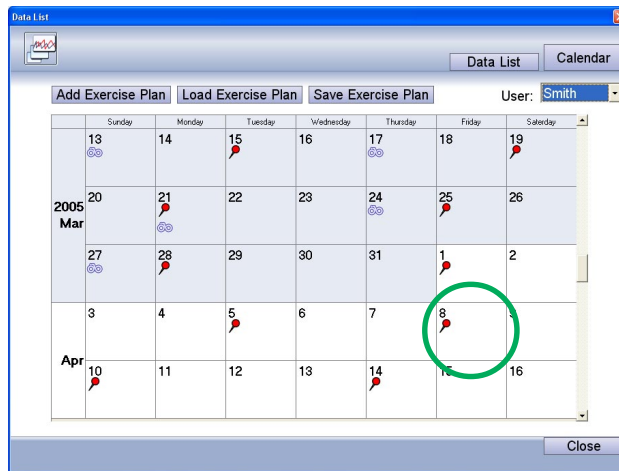


5. Enter the training session description.



6. Click the [OK] button.

The training plan is added to the calendar.

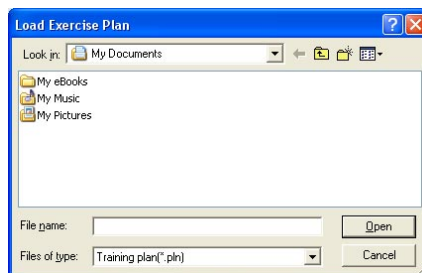
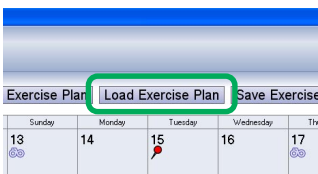


Loading a plan

You can load the data in the plan format to add it to the calendar.

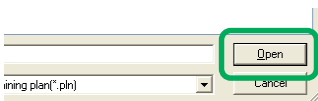
1. Click the [Load Exercise Plan] button.

The file selection window appears.



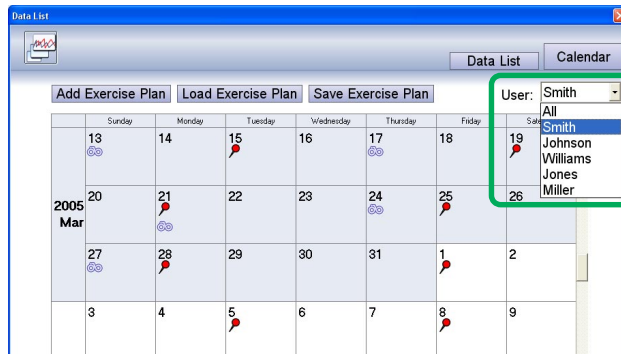
2. Select a file that you wish to load, and click the [Open] button.

The training plan is loaded into the calendar.



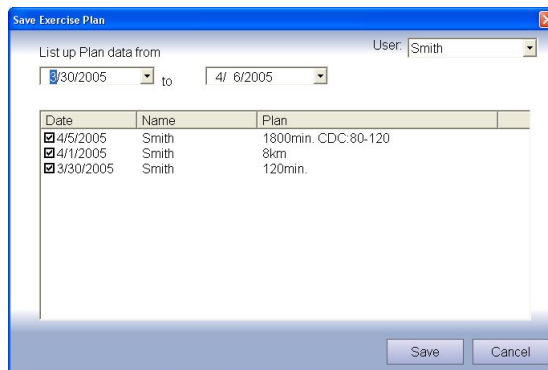
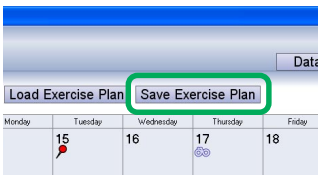
Saving a training plan

1. Click the [User] pull-down list, and select the user whose training schedule you wish to save.



2. Click the [Save Exercise Plan] button.

The file selection window to be saved appears.

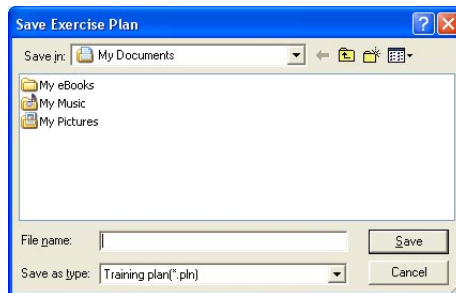
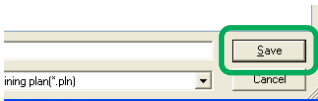


3. When a list of the current training schedules appears, check the schedules to be saved. Adjust the dates in the "List up Plan data from" box to locate older or newer data.

4. Click the [Save] button. The file selection window appears.

5. Enter a file name, and click the [Save] button.

The training schedule is saved.

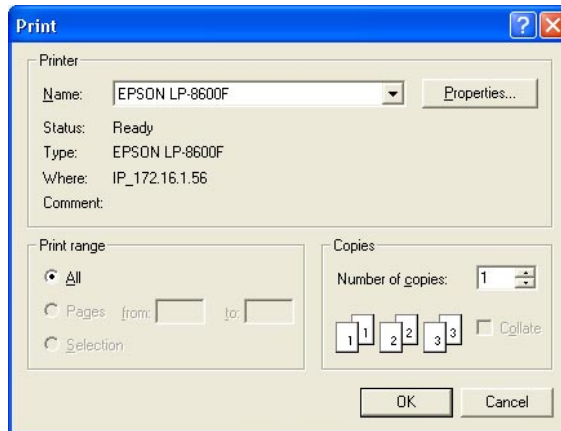
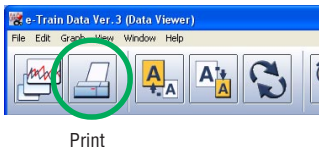


PRINTING DATA

You can print the displayed graphs by clicking the **[Print]** button.

1. Click the **[Print]** icon on the toolbar.

The Print window appears.



2. Make sure that the settings are correct, and click the **[OK]** button.
The displayed data is printed out.

NOTE

The values and graphs are printed as displayed.

DISPLAYING LAP DATA

When viewing training files with lap data, click the [Lap data] button to display lap points.



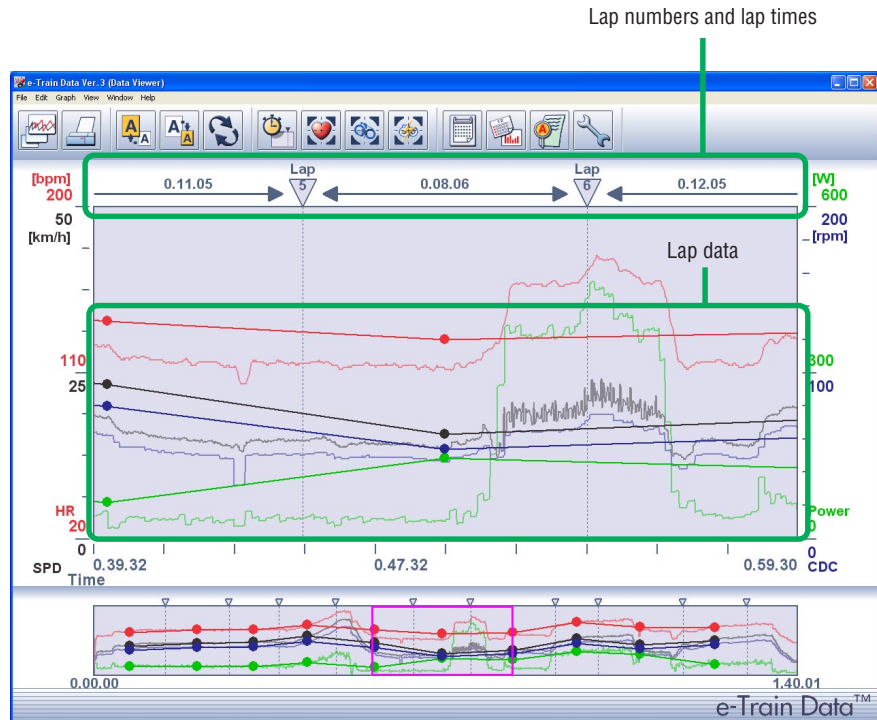
Lap data

1. Click the [Lap data] icon on the toolbar.

Lap data appears on the graphs. The lap points are connected by lines that represent the average lap values.

NOTE

- You can also window lap data from [View] - [Lap Data] on the menu bar.
- Click on the lap times or lap numbers to display gridlines.



2. When the [Lap Data] icon on the toolbar is clicked again, the lap data disappears.

DISPLAYING HEART RATE ZONES



HR Zone

1. Click the [HR Zone] icon on the toolbar.

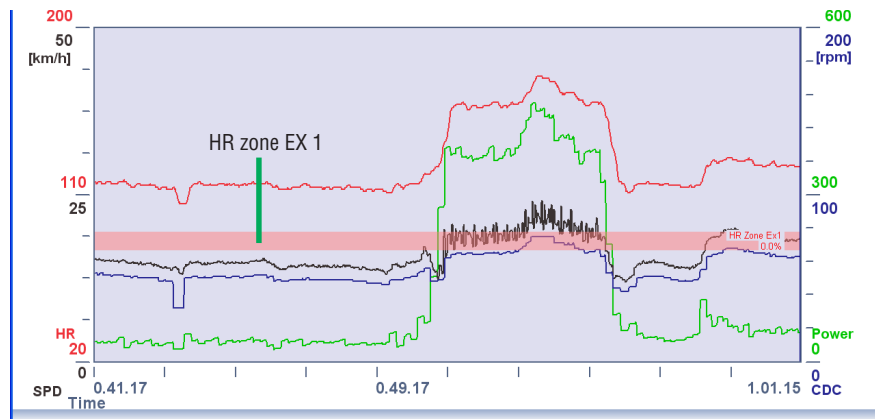
The heart rate zone (HR zone 1) appears in the Data Zoom Window.

NOTE

You can also display the heart rate zone from [View] - [Heart Rate Zone] on the menu bar.



2. Each additional click on the [HR Zone] icon on the toolbar advances through the zones in order from HR zone 1 through 4 to the extra zones EX1 through EX6.



Heart rate (HR) zone

The HR zone can display a maximum of 10 zones. These are heart rate zones 1 through 4 which have been set by CC-TR100 and the extra zones EX1 through EX 6 which can be set by e-Train Data Ver.3. It is possible to either display or hide each of the extra zones and to change the zone range according to the user's preferences, thereby making it easier to analyze the data. (Refer to the page 47.) When the user chooses to hide a zone, that zone is not displayed on the graph which instead advances to the next zone.

The default settings of the HR extra zones are as follows:

- EX1: 80 - 90 Display
- EX2: 90 - 100 Display
- EX3: 100 - 110 Display
- EX4: 110 - 120 Display
- EX5: 120 - 130 Display
- EX6: 130 - 140 Display

DISPLAYING CADENCE ZONE

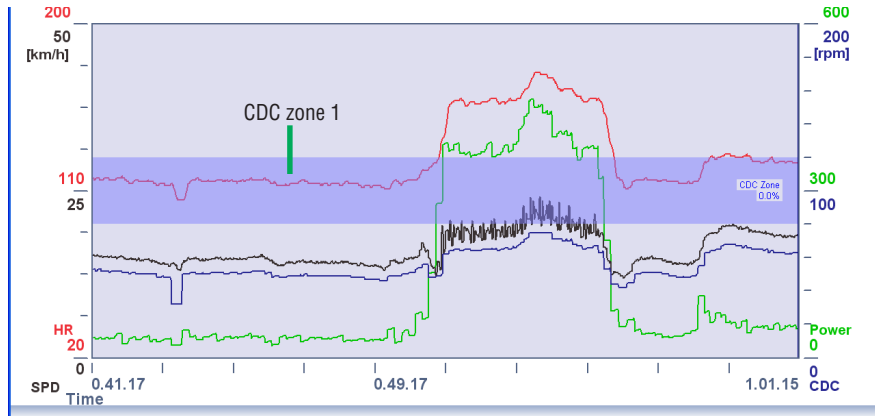


CDC Zone

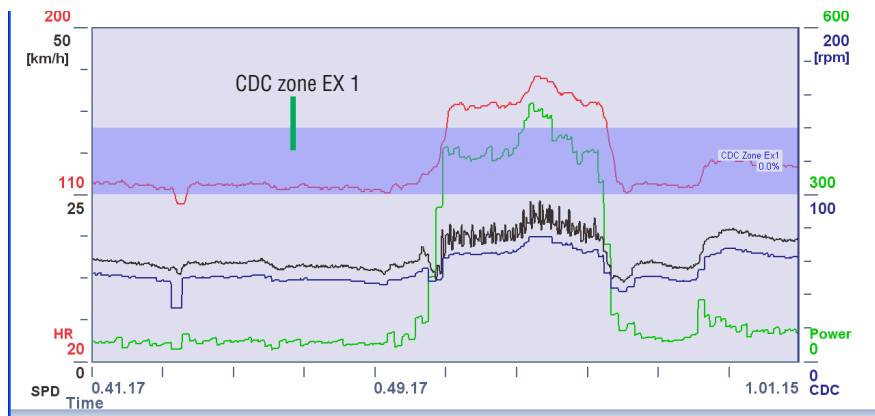
1. Click the [CDC Zone] icon on the toolbar.
The cadence zone (CDC zone) appears in the Data Zoom Window.

NOTE

You can also display the cadence zone from [View] - [Cadence Zone] on the menu bar.



2. Each additional click on the [CDC Zone] icon on the toolbar advances through the zones in order from CDC zone to the extra zones EX1 through EX4.



Cadence (CDC) zone

The CDC zone can display a maximum of 5 zones. These are the CDC zone which has been set by CC-TR100 and the extra zones EX1 through EX 4 which can be set by e-Train Data Ver.3. It is possible to either display or hide each of the extra zones and to change the zone range according to the user's preferences, thereby making it easier to analyze the data. (Refer to the page 47.) When the user chooses to hide a zone, that zone is not displayed on the graph which instead advances to the next zone.

The default settings of the CDC extra zones are as follows:

- EX1: 100 - 140 Display
- EX2: 120 - 160 Display
- EX3: 140 - 180 Display
- EX4: 160 - 220 Display

DISPLAYING POWER ZONES

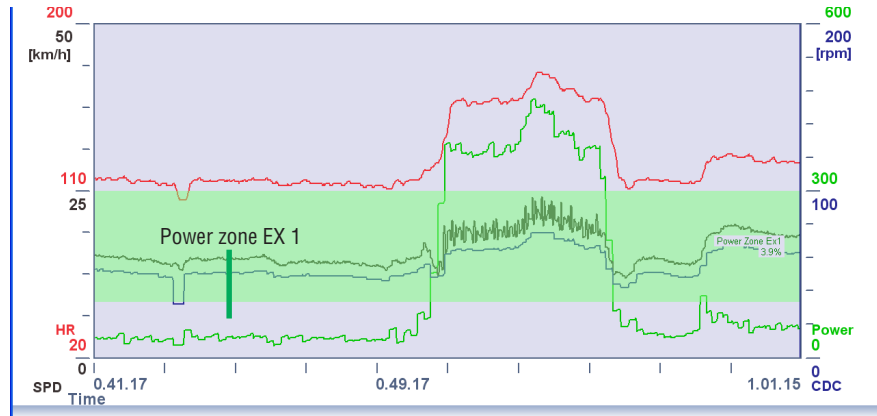


Power Zone

1. Click the [Power Zone] icon on the toolbar.
The power zone (Power zone EX1) appears in the Data Zoom Window.

NOTE

You can also display the power zone from [View] - [Power Zone] on the menu bar.



2. Each additional click on the [Power Zone] icon on the toolbar advances through the zones in order from extra zone EX1 through EX10 as the power zone.

Power zone

The power zone can display a maximum of 10 zones. These are extra zones EX1 through EX10 which can be set by e-Train Data Ver.3. It is possible to either display or hide each of the extra zones and to change the zone range according to the user's preferences, thereby making it easier to analyze the data. (Refer to the page 47.)

When the user chooses to hide a zone, that zone is not displayed on the graph which instead advances to the next zone.

The default settings of the Power extra zones are as follows:

- EX1: 100 - 300 Display
- EX2: 300 - 500 Display
- EX3: 500 - 700 Display
- EX4: 700 - 900 Display
- EX5: 900 - 1100 Display
- EX6: 1100 - 1300 Display
- EX7: 1300 - 1500 Display
- EX8: 1500 - 1700 Display
- EX9: 1700 - 1900 Display
- EX10: 1900 - 2100 Display

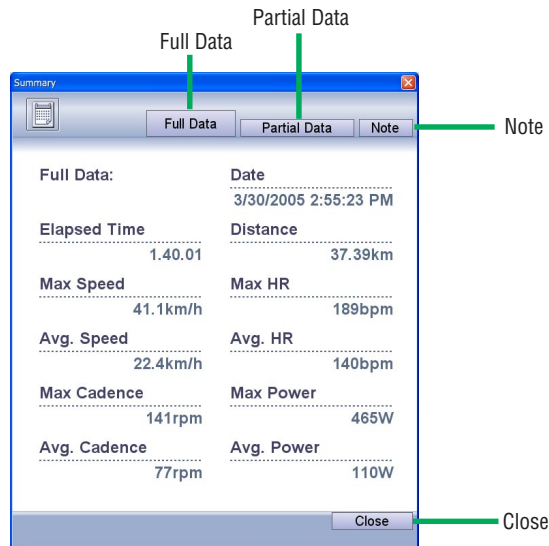
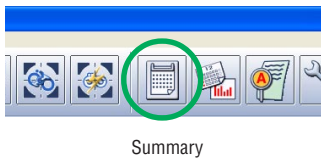
DISPLAYING DATA SUMMARY

Displaying data overview

Click the [Summary] icon on the toolbar to open the Summary window. This displays a summary of the data that is currently displayed in the main Data View window.

NOTE

You can also open the Summary window from [Window] - [Summary] on the menu bar.

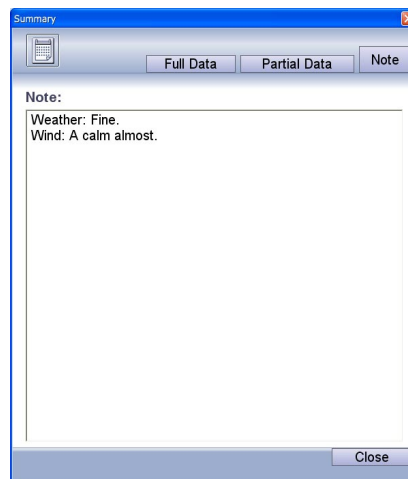


The following functions are available in the Summary window:

- Full Data ----- Displays information for the entire training data. Pressing the [Summary] icon opens this window first.
- Partial Data ----- Displays values for the range of data shown in the data zoom window.
- Note ----- Enter notes for your exercise.
- Close ----- Closes the Summary window.

Entering notes

1. Click the [Note] button in the Summary window. Enter notes in the notes window that appears.



2. Press the [Close] button to save the data and close the window.

DISPLAYING DATA HISTORY

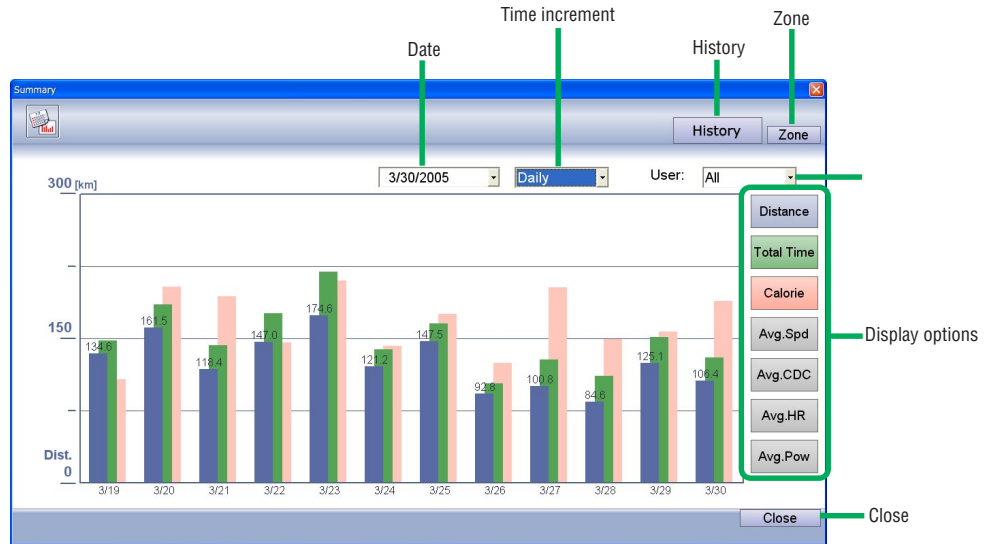
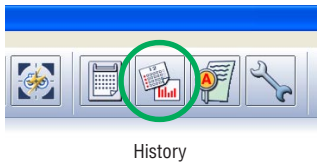
Data saved in e-Train Data Ver.3 can be displayed in bar graph format, showing your training progress.

Displaying training history

Click on the [History] icon on the toolbar to open the History window. This displays bar graphs representing data by day, week, month, and year.

NOTE

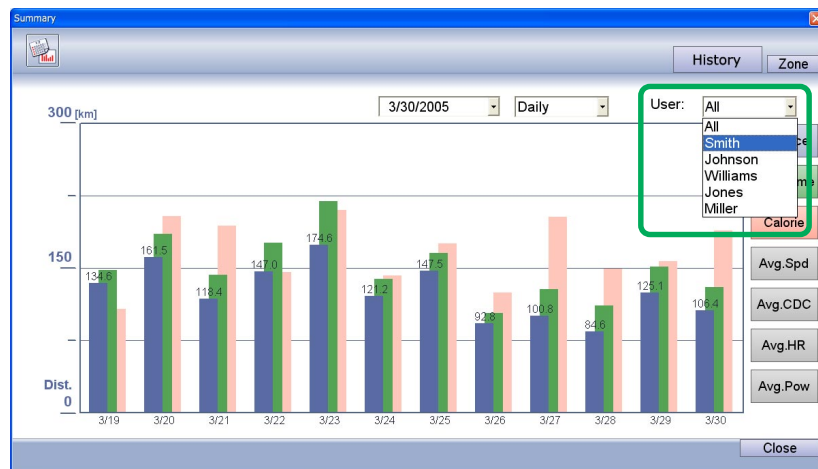
You can also open the History window from [Window] - [History] on the menu bar.



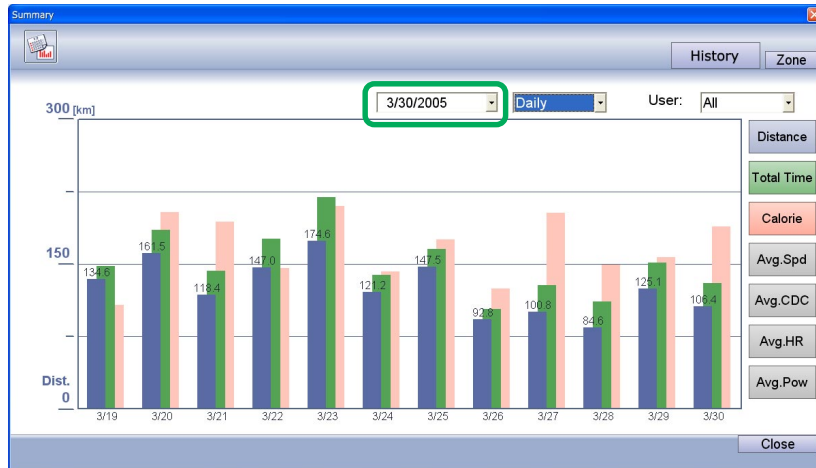
The following functions are available in the History window:

- Date ----- All data shown in graphs is previous to this date.
- Time increment ----- Switches the period of each bar of data displayed between [Daily], [Weekly], [Monthly] and [Yearly].
- History ----- Disabled as you are already in this window.
- Zone ----- Displays bar graph representing time spent in each zone.
- User ----- Only the data of the selected user(s) is displayed.
- Display options ----- A maximum of three columns can be displayed. These are color coded and correspond to the buttons on the right. Click on the buttons for the data you wish to view.
- Close ----- Closes the Statistic window.

1. Click the [User] pull-down list, and select the user whose records you wish to display.

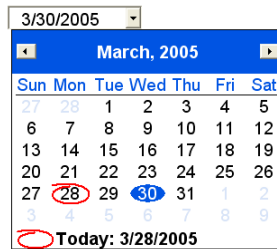


- All data show is previous to the date in the box. Adjust the date to view previous data. All data is shown in graph format.



NOTE

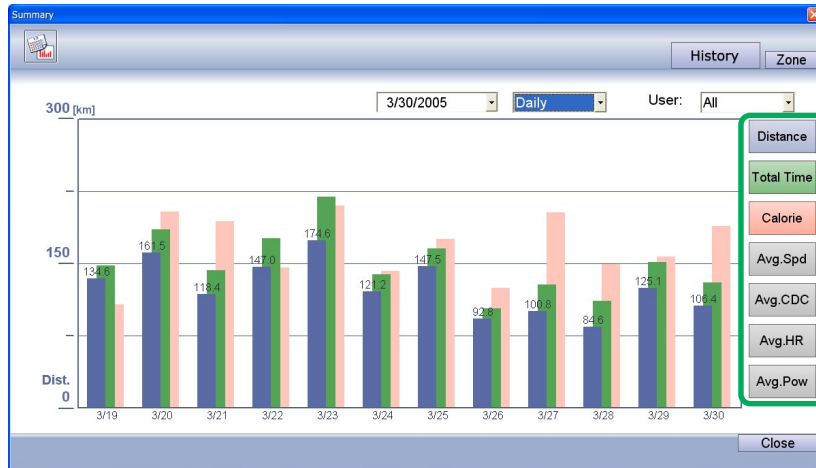
Select the date from the calendar that appears by clicking the [Date] pull-down menu. The month can be changed with the arrow buttons at right and left.



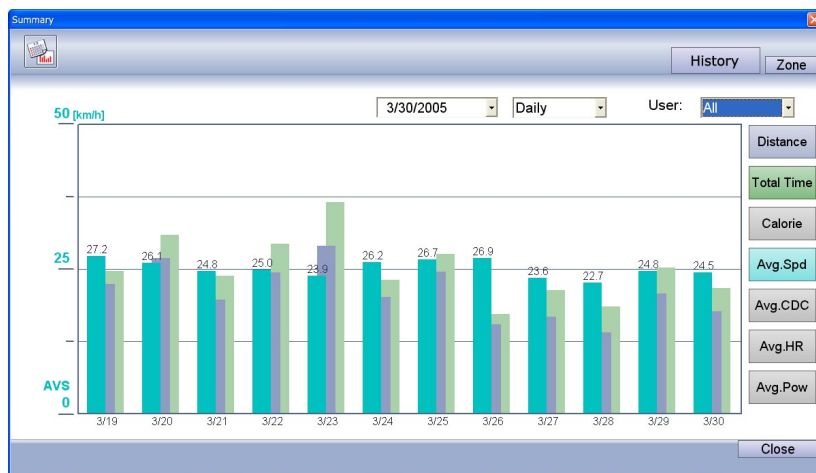
- Click the [Time increment] pull-down menu, and select [Daily], [Weekly], [Monthly] or [Yearly].



4. Click the [Display option] buttons to display the corresponding data in bar graph format.

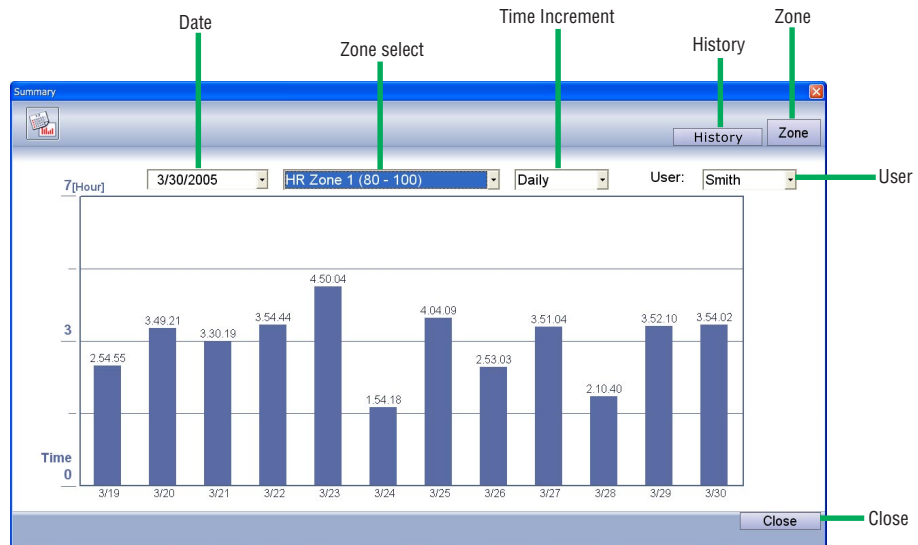
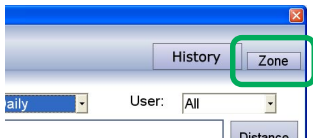


A maximum of three items of data can be displayed. The graphs are color coordinated with the buttons on the right. Click on each button to view the corresponding values.



Displaying graph of time in zone

Click the [Zone] button in the statistic window to open the Zone window. Time in zone is displayed in the graph below.



The following functions are available in the Zone window:

Date ----- All data show in graphs is previous to this date.

Zone select ----- Allows you to select the zone data you wish to view.

Time Increment ----- Switches the period of each bar of data displayed between [Daily], [Weekly], [Monthly] and [Yearly].

History ----- Displays bar graph of training history.

Zone ----- Disabled as you are already in this window.

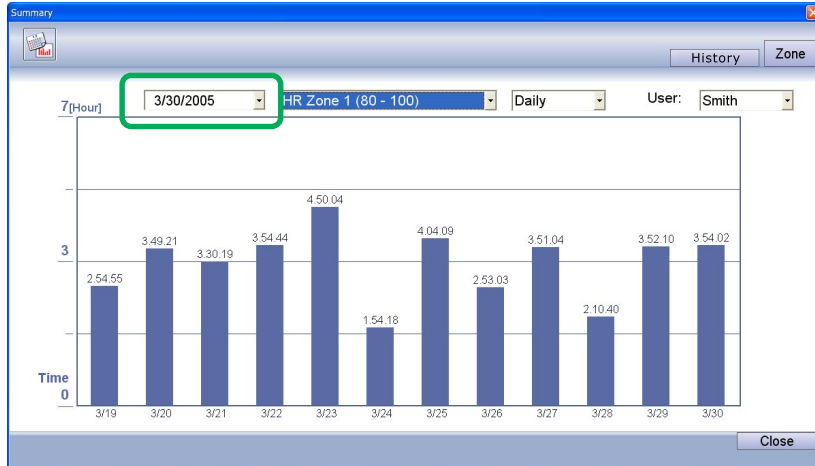
User ----- Only the data of the selected user(s) is displayed.

Close ----- Closes the Data History window.

1. Select which user's data you wish to view.

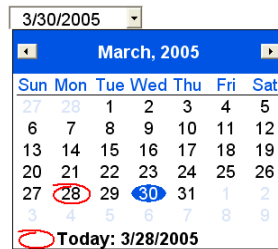


- Select the date from which you wish to view training data. The time in zone data will be displayed in the graph below.

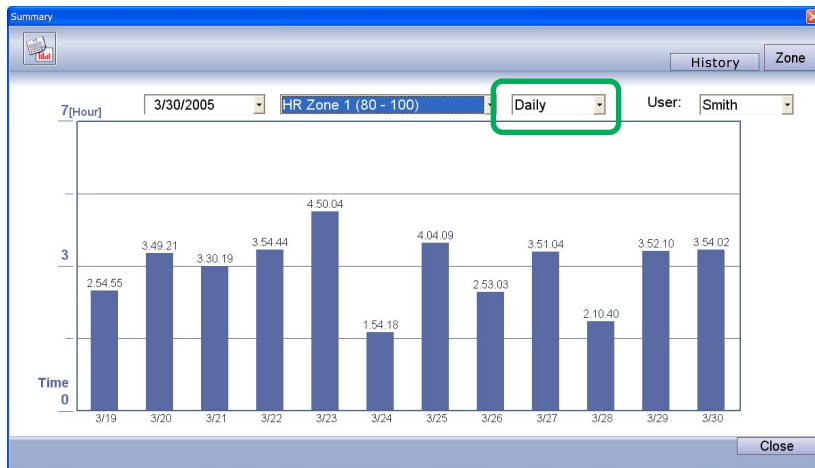


NOTE

Select the date from the calendar that appears by clicking the [Date] pull-down menu. The month can be changed with the arrow buttons at right and left.



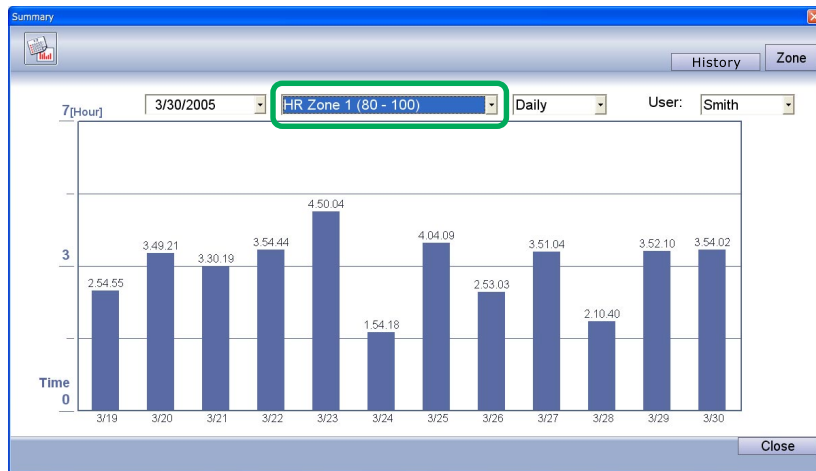
- Click the [Time Increment] pull-down menu, and select [Daily], [Weekly], [Monthly] or [Yearly].



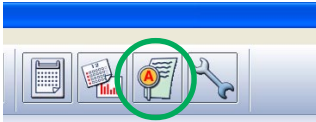
- Click the [Zone select] pull-down menu, and select the zone that you wish to display.

NOTE

If zones are added in the user setup menu, the registered zones are displayed in the pull-down list (see page 47).



DATA ANALYSIS



Analysis

Click on the [Analysis] icon on the toolbar to open the Analysis window.

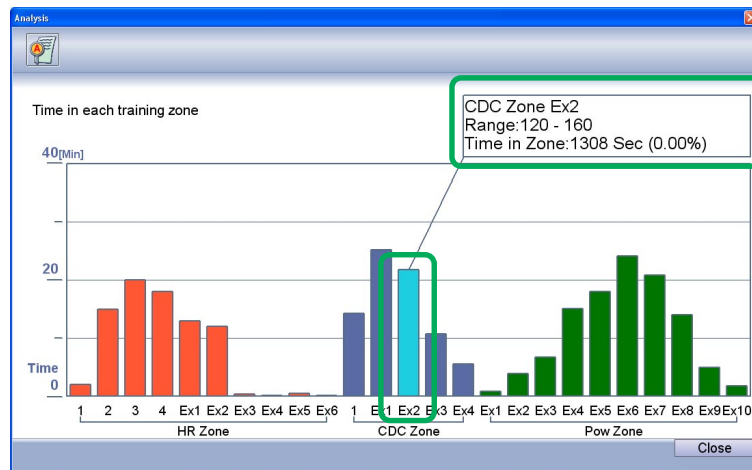
NOTE

You can open the Analysis window from [Window] - [Analysis] on the menu bar.

In the Analysis window, you can display data for each target zone in bar graph format, and compare it to the initial target zone.



Clicking on an individual bar from the graph will display data for that bar.

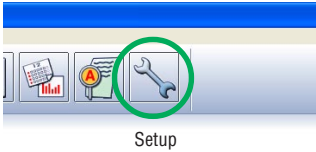


NOTE

The graphs for EX are displayed only when EX zones are added in the user setup menu (see page 47).

Pressing [Close] will close the Analysis window.

CHANGING SETTINGS



Click the [Setup] icon of the toolbar to open the Setup window.

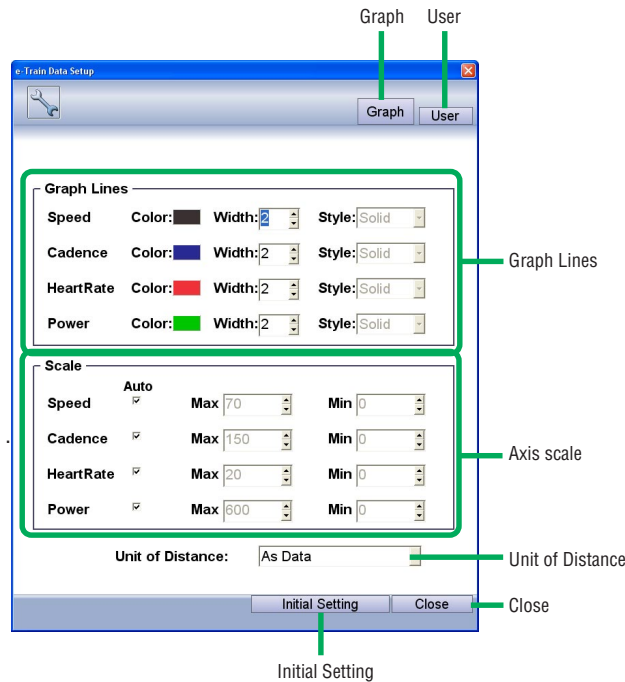
The setup window allows you to change settings for both e-Train Data Ver.3 and the CC-TR100.

NOTE

You can open the Setup window from [Edit] - [Config...] on the menu bar.

Changing e-Train Data Ver. 3 settings

Change the graph settings for the main e-Train Data screen in this window.



The following functions are available in the Setup window:

Graph ----- Disabled as you are already in this window.

User ----- Opens the user window to change settings for alternate users.

Graph Lines ----- Change the colors, line widths and line styles for speed, cadence, heart rate and power.

Axis scale ----- Change the scale of the axis values for speed, cadence, heart rate and power. When "Auto" is checkmarked, the range is adjusted automatically when data is loaded.

Unit of Distance ---- Select either kilometers or miles as unit of distance. Selecting "As Data" will default to settings in saved data.

Initial Setting ----- Resets all settings to those of installation.

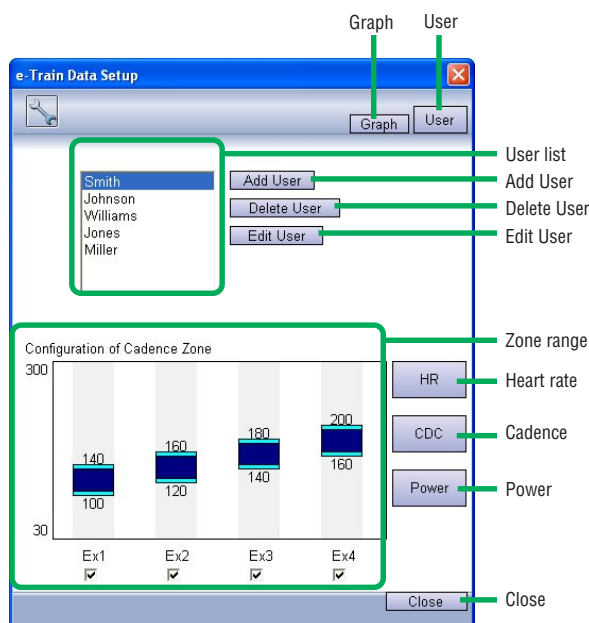
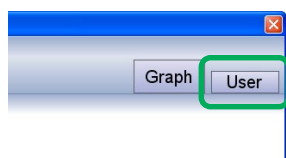
Close ----- Saves the changed settings, and closes the Setup window.

Changing user settings

Click the [User] button in the Setup window to open the user setting change window. Here you can register user information or change settings for extra zones.

IMPORTANT!

The zone settings in this window only apply to the extra zones of e-Train Data Ver.3. They are independent of the zone settings of CC-TR100.



The following functions are available in the user setting change window:

Graph ----- Opens the e-Train Data Ver. 3 setting change window.

User ----- Disabled as you are already in this window.

User list ----- Displays a list of registered users. To edit settings, select a user and reset zone values.

Add User ----- Creates a new user.

Delete User ----- Deletes the selected user from the user list.

Edit User ----- Changes the name of the user selected from the user list.

Zone List ----- Displays the current zone range set by the user selected from the user list and allows editing of the range. Also allows the user to choose whether to display or hide the data in the Data Zoom Window by checking/unchecking a check box. In order to edit the zone range, click-drag the upper or lower edge of a graph in the zone list or, alternatively, click on the value of the upper or lower limit and directly enter a new value.

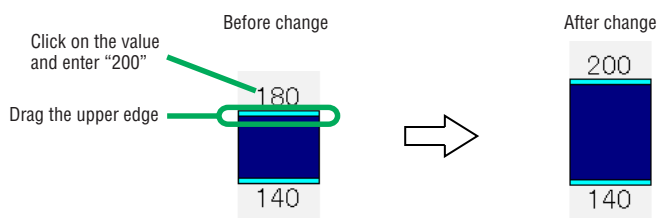
Heart rate ----- Displays the heart rate zones in the zone range.

Cadence ----- Displays the cadence zones in the zone range.

Power ----- Displays the power zones in the zone range.

Close ----- Saves and closes the Setup window.

Example: When the upper limit is changed from 180 to 200



EXITING e-Train Data Ver. 3

To exit e-Train Data Ver. 3.

1. Click [Exit] on the File menu.
e-Train Data Ver. 3 closes.

ON-LINE MEASUREMENT

On-Line measurement displays live torque values and records training data while training indoors, with a direct connection between the optional Power Unit and the PC.

IMPORTANT!

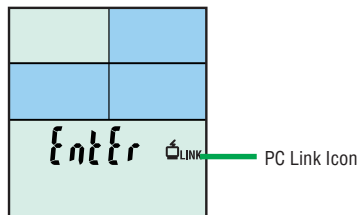
The online measurement can be performed only when the optional Power Unit has been installed on the bicycle.

Online measurement procedure

Connect the power unit and the PC.

Start the online measurement when e-Train Data Ver. 3 is not activated.

1. Install CC-TR100 in the power unit.
2. Press the [MENU] button of the CC-TR100.
3. Press the [MODE-2] button of the CC-TR100 a few times so that the "PC Link" icon comes on.



4. Press the [START/STOP/ENTER] button of the CC-TR100.

When the PC recognizes that the CC-TR100 has been connected, the following message is displayed: "The connection of the meter has been recognized."



The "Online Torque Measurement" screen appears on the display panel of the CC-TR100, indicating that measurement is ready to be carried out.

IMPORTANT!

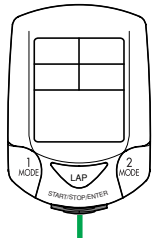
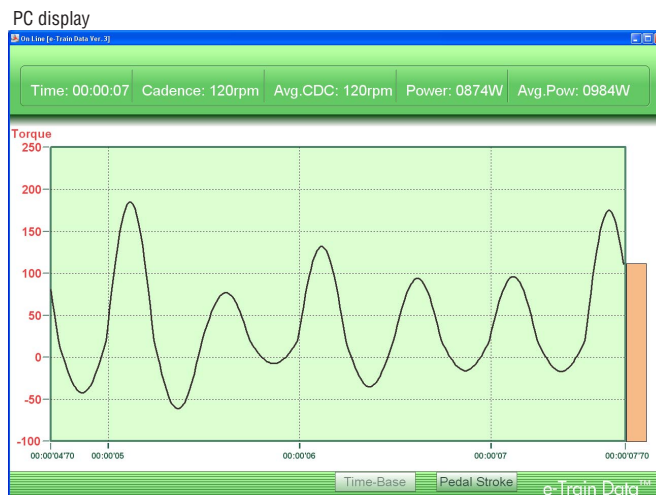
If Power Select is OFF, the CC-TR100 cannot be connected to the PC. Before carrying out online measurement, set Power Select to ON on the CC-TR100.

CC-TR100 display

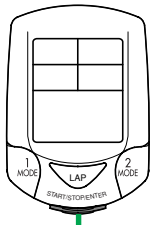


5. Press the [START/STOP/ENTER] button of the CC-TR100.

The graph appears on the PC display and the online torque measurement starts. Start pedaling.



START/STOP/ENTER button



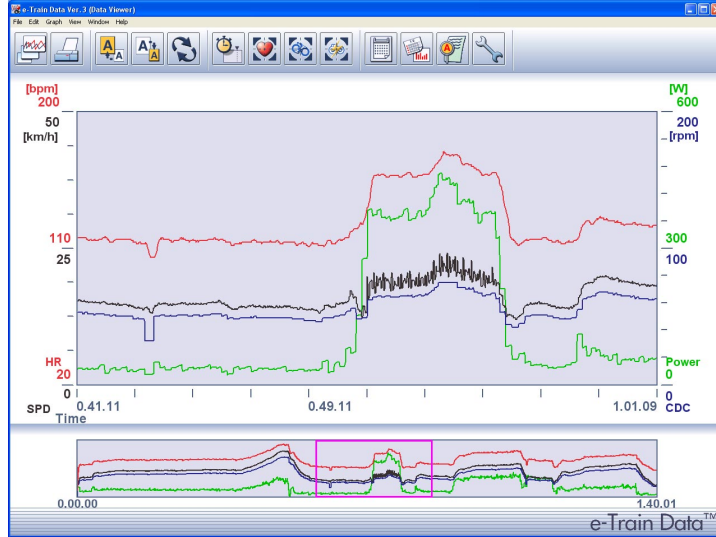
START/STOP/ENTER button

- To stop, press the [START/STOP/ENTER] button of CC-TR100.
The “On Line [e-Train Data Ver. 3]” screen closes, and the data is transmitted to the PC.

IMPORTANT!

It may take a few minutes to complete the data transmission. Wait until it is completed to make sure all the data has been transmitted.

- The resulting data displayed in the main Data View screen of e-Train Data Ver. 3.



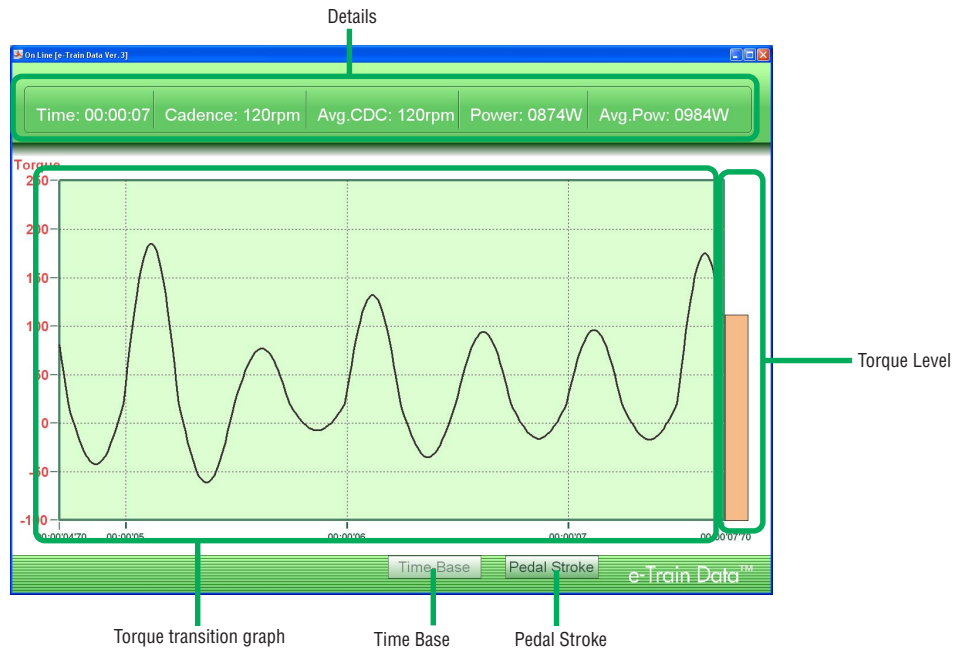
When the measurement result is displayed, press the START/STOP/ENTER button of the CC-TR100 to complete measurement.

Exploring the “On-Line [e-Train Data Ver. 3]” screen

The “On-Line [e-Train Data Ver. 3]” screen consists of the Time dependent graph and Pedal position dependent graph. The charts can be switched during measurement.

Time dependent graph

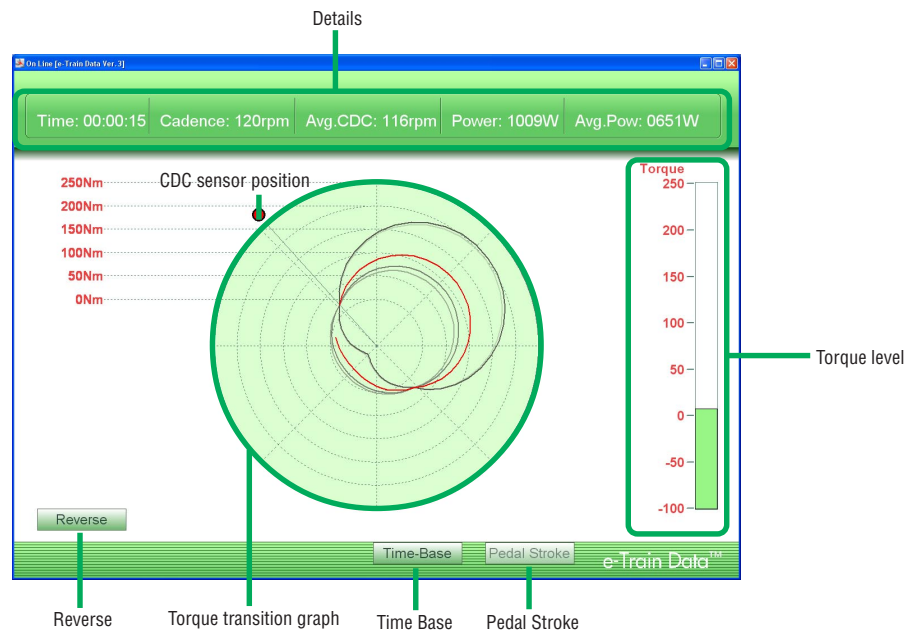
Displays a torque graph curve as a function of time.



- The following functions are available in the Time dependent graph window:
- Details ----- Displays the exercise duration, current cadence, average cadence, current power and average power of the data that is currently measured.
- Torque level ----- Displays the current torque with a bar. The color changes according to torque level.
- Torque transition graph -- Displays the torque curve.
- Time Base ----- Disabled as you are already in this window.
- Pedal Stroke ----- Opens the Pedal window.

Pedal Position Dependent Graph

The Pedal position dependent graph displays an easy-to-read graph of torque distribution throughout each pedal stroke.
















The following functions are available in the Pedal window:

- Details ----- Displays the exercise duration, current cadence, average cadence, current power and average power of the data that is currently measured.
- Torque level ----- Displays the current torque with a bar. The color changes by torque level.
- CDC sensor position ---- Indicates the position of the CDC sensor. You can drag it to the position where the CDC sensor is installed.
- Torque transition graph ---- The latest torque level is displayed in red. As the time elapses, the color lightens.
- Time Base ----- Opens the Time dependent graph..
- Pedal Stroke ----- Disabled as you are already in this window.
- Reverse ----- Reverses the torque transition graph symmetrically.

With the mouse cursor, click and drag the red dot representing the cadence sensor to a position relative to the position of the cadence sensor on the bicycle. This will give a more accurate depiction of the pedal stroke.

QUICK REFERENCE

Icon	Toolbar	Button	Description
	Data List	Data List	Displays a list of downloaded data. You can display, delete, import and export data.
			Displays training plans and downloaded data in a calendar format.
	Print	Calendar	Prints data.
	Zoom In		Zooms in the graph in data zoom window (upper graph)
	Zoom Out		Zooms out the graph in data zoom window (upper graph)
	Change Axis		Switches the horizontal axis between time and distance.
	Lap Data		Displays or hides lap data.
	HR Zone		Displays the heart rate zones.
	CDC Zone		Displays the cadence zones.
	Power Zone		Displays the power zones.
	Summary	Whole	Displays an overview of the full data.
		Visible	Displays an overview of the range of data shown in the data zoom window.
		Note	You can enter notes for data.
	History	Record	Displays all of the downloaded data in graph format.
			Displays the training zones of the downloaded data in bar graph format.
	Analysis	Zone	Displays the training zones of the displayed data in bar graph format.
	Setup	Graph	You can change the graph settings.
		Meter	You can change the CC-TR100 settings from the PC.
		User	You can change the user settings.

TROUBLESHOOTING

If a malfunction occurs, check the following before contacting CatEye or your retailer for repair or service

You cannot install e-Train Data Ver. 3 in your PC.

Does your PC meet the system requirements to run e-Train Data Ver. 3?

In order to use e-Train Data Ver. 3, the hardware and software requirements described on page 5 must be met.

You cannot download data from CC-TR100.

Is the Power Unit connected to your PC properly?

See page 12, and check the connection again.

Is CC-TR100 securely attached to the Power Unit?

See page 12, and make sure that it is securely attached.

Is the communication port of e-Train Data Ver. 3 properly set up?

Right-click the [Connection Manager] icon shaped like TR-100 on the task tray, and select [Setup] to open the "Serial Port Setup [e-Train Data Ver. 3]" screen. Set the correct communication port.

NOTE

When the serial-to-USB converter cable is used, the communication port is automatically set up. However, if downloading is unsuccessful, set the correct communication port on the "Serial Port Setup [e-Train Data Ver. 3]" screen.

Have you navigated CC-TR100 to the "PC LINK" screen?

When the [START/STOP/ENTER] button is pressed on the "PC LINK" screen, CC-TR100 is ready for the download process. Check that "PC Online" is displayed on the CC-TR100 monitor.

If "PC Online" does not appear on the CC-TR100 screen, connect the CC-TR100 correctly, referring to page 15 or electronic "Power Unit Instruction Manual. pdf".

Are the contacts between CC-TR100 and the Power Unit clean?

If not, clean them.

Download starts, but an alert message appears. Or download starts, but it never completes.

Are the contacts between CC-TR100 and the Power Unit clean?

If not, clean them.

The displayed date is incorrect.

The displayed date corresponds to the date and time set in the CC-TR100.

Enter the correct values in "Date setting" and "Clock setting" menu screens of the CC-TR100.

For further information, refer to the electronic "Power Unit Instruction Manual. pdf".

After download with e-Train data Ver.3, the data are displayed incorrectly in graphical format. (In the graph, a straight line is displayed or a line is partially missing.)

Was the measurement carried out correctly using the CC-TR100?

Check the values displayed on the LCD, which are recorded in the CC-TR100. If these measurement values are incorrect, the downloaded data are displayed incorrectly.

To carry out correct measurements using the CC-TR100, refer to "Troubleshooting" in the electronic "Power Unit Instruction Manual. pdf".

Delete the relevant downloaded data from the e-Train Data Ver.3, referring to page 27.

Have the CC-TR100 batteries run down?

Replace the batteries (CR2450). After replacement, restart the CC-TR100, referring to the electronic "Power Unit Instruction Manual. pdf".

Before downloading the data, did you reset just the CC-TR100 or delete a data file?

The power related measurement data are recorded in the power unit; the other data are stored in the CC-TR100. Be sure to reset the device or delete the data file with the power unit attached to the CC-TR100. If these operations are carried out using the CC-TR100 alone, power-related data will not be deleted, resulting in incorrect measured data.

Refer to "Troubleshooting" in the electronic "Power Unit Instruction Manual. pdf" for further information on how to handle the CC-TR100 correctly.

Delete the relevant downloaded data from the e-Train Data Ver.3, referring to page 27.

Power-related data are not displayed.

Is the Power select option of the CC-TR100 set to ON?

Set the Power select option to ON. For further information, refer to the electronic "Power Unit Instruction Manual. pdf".

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UPGRADING YOUR e-Train Data™

CATEYE Web Site (<http://www.cateye.com>)

You can download the latest version from our website, www.cateye.com, free of charge. Check our website periodically to obtain the latest version.