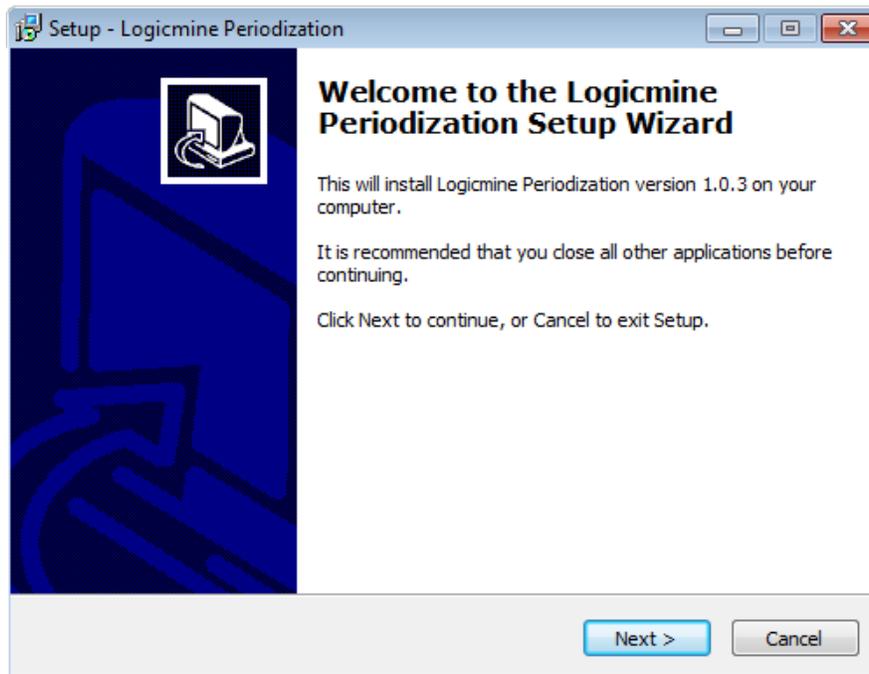


# Periodization Starter Guide

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## 1 Installing

After downloading the application setup, double click it to start the installation process. The installation wizard will guide you through the process. After finished, additional components (Java Runtime and JavaFX Runtime) will be installed too.

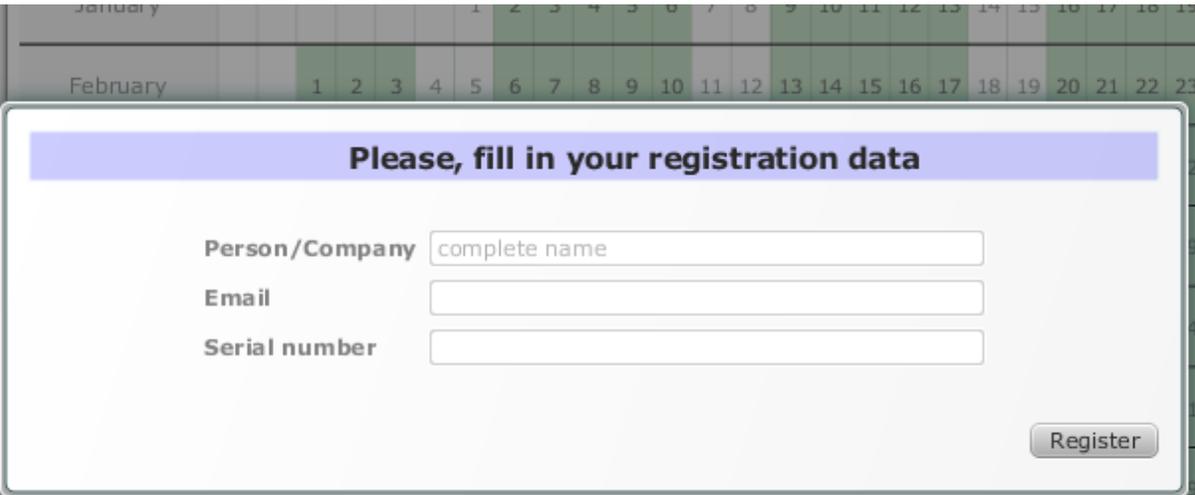


## 2 Running the application

In order to run the application, double click the icon  on your desktop. The initialization process will be shown on the splash screen.

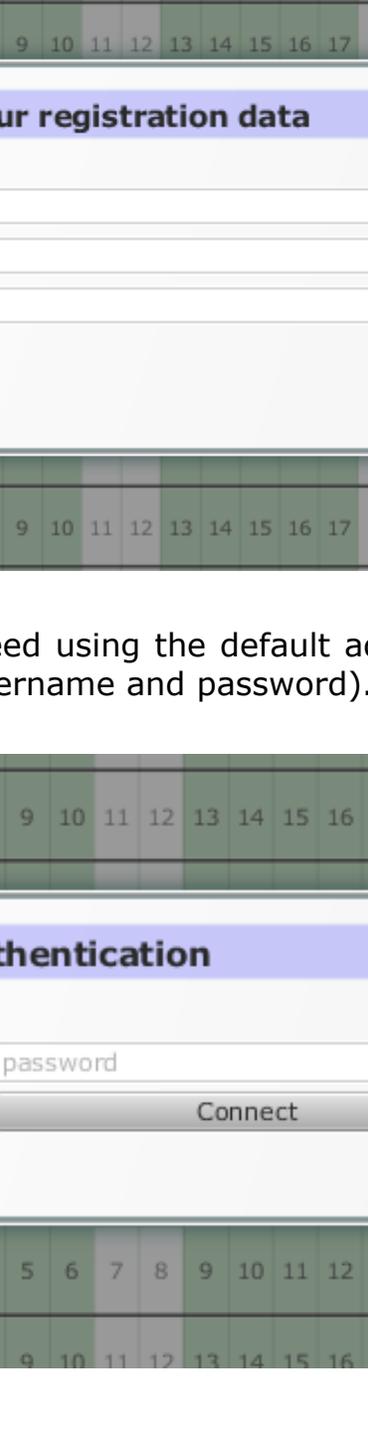


If it's the first time you execute the Periodization or upgrade it, you will need to insert your license information, initializing your serial and associating it to your email. **In order to use 30 days trial license, type "trial" in all text fields**



The image shows a registration dialog box titled "Please, fill in your registration data". It is overlaid on a calendar background. The dialog box contains three input fields: "Person/Company" with the placeholder text "complete name", "Email", and "Serial number". A "Register" button is located at the bottom right of the dialog box.

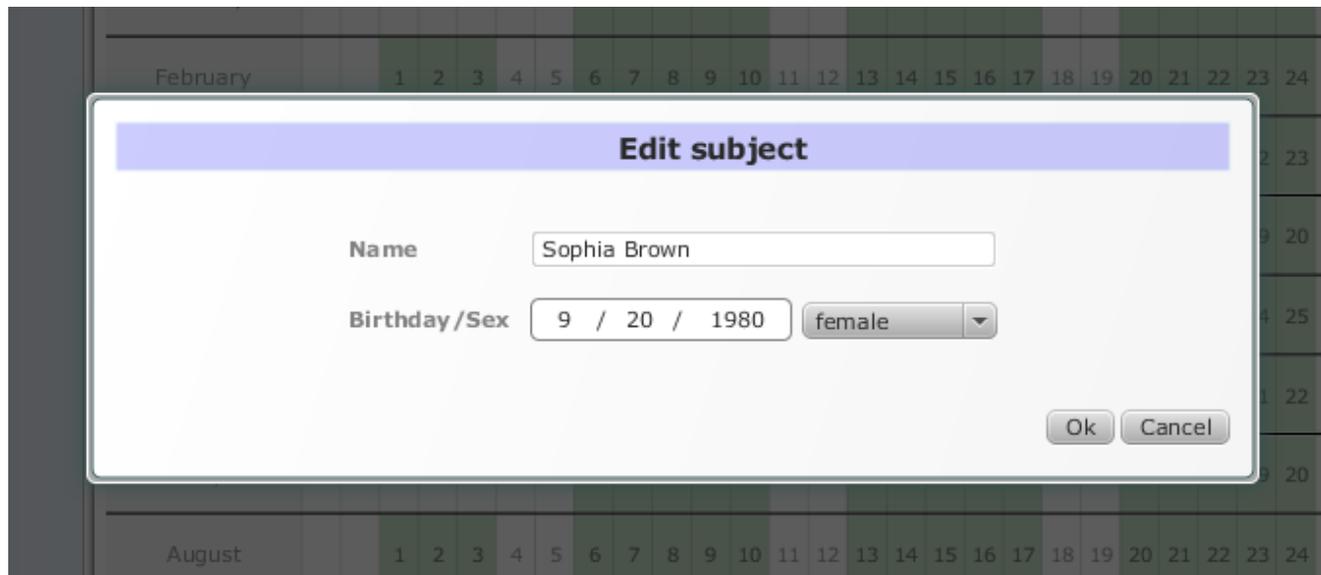
When you perform a fresh install, you need using the default administrator login and password, typing **admin** for both (username and password).



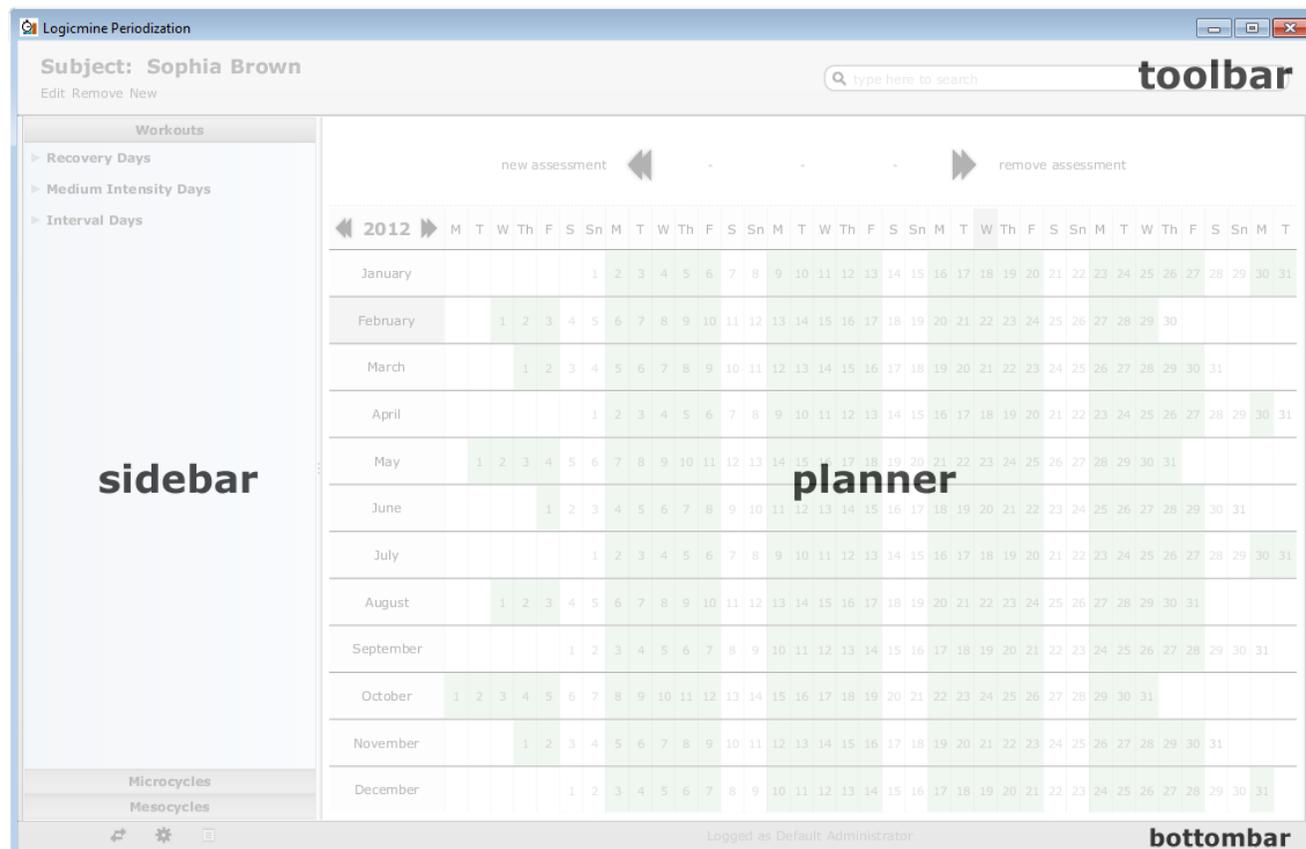
The image shows a user authentication dialog box titled "User Authentication". It is overlaid on a calendar background. The dialog box contains two input fields: "username" and "password". Below the "username" field is the text "type username and password". A "Connect" button is located at the bottom right of the dialog box.

### 3 Subjects

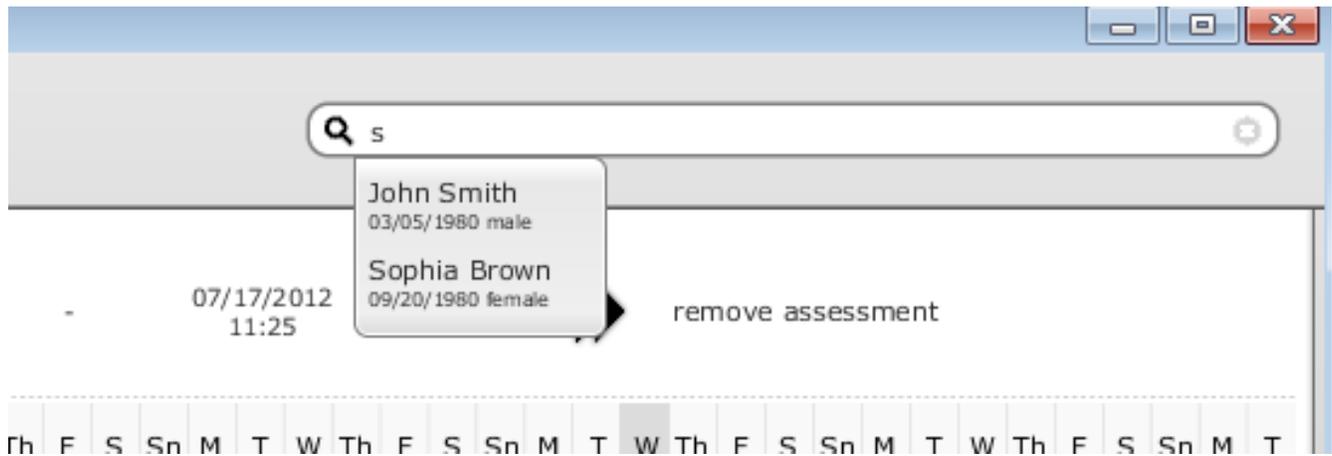
Initially, there is no subjects on database, so you will need to create a new one. Click on **New** button on the upper left corner, fill in the data and click the **Ok** button.



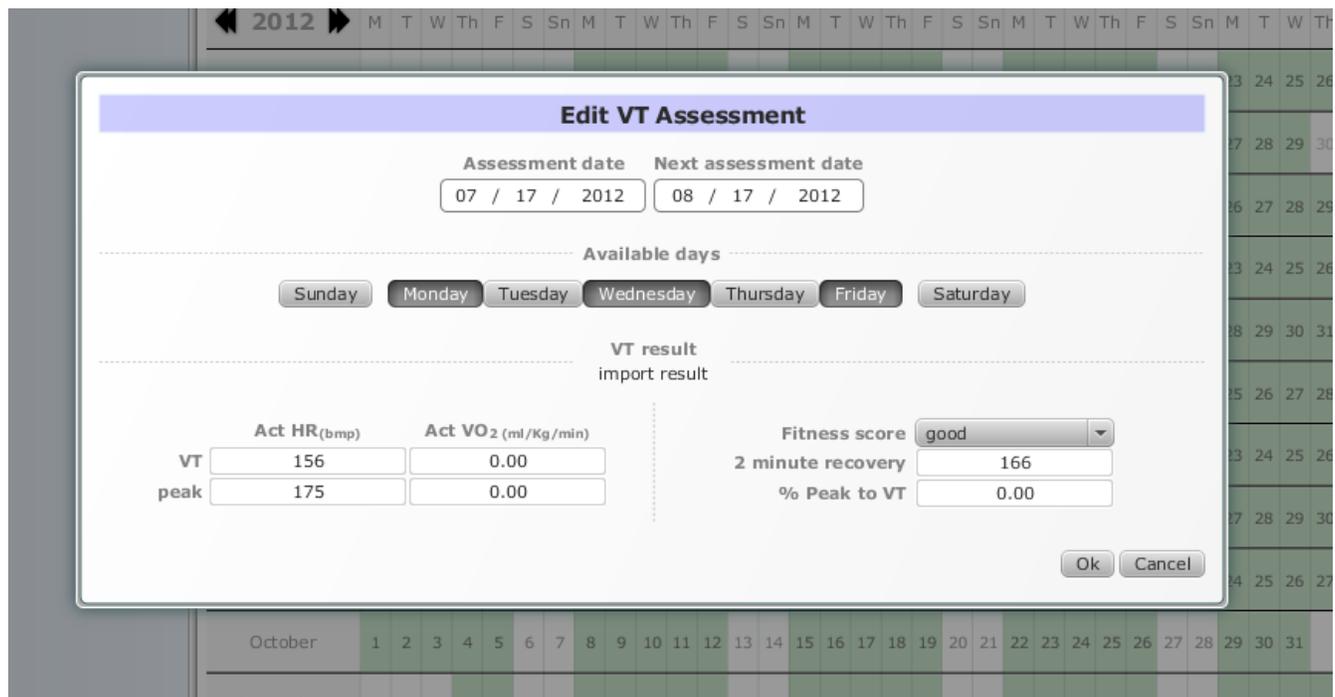
Now, you have access to the main application interface. It's composed by toolbar, planner, bottom bar and sidebar.



Searching and loading a subject is quite simple, just type the initial letters of name or surname on upper right corner, and the result will be shown.



Before dragging workouts or cycles to the planner, you need creating a new Assessment. Each Assessment contains its own set of workouts and cycles. Click on the button **new assessment** on the top of the planner.



## 4 Workouts and Cycles

At the sidebar you will find the workouts and cycles. Using it is simple, just drag and drop one of them to the Planner. Doing it will paint the Planner cell using the workout color. Note that you can identify workouts individually by hovering the mouse cursor over the cell, it will show the workout name and if it's part of a cycle.

◀ 2012 ▶	M	T	W	Th	F	S	Sn	M	T	W	Th	F	S	Sn	M	T	W	Th	F	S	Sn	M	T	W	Th	F	S	Sn	M	T							
January							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
February			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					
March				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
April							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
May		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					

Double clicking a cell will open the workout view showing the maximum and minimum beats.

Workout edit

**Name**

**Group**

**Color**

**Notes**

**Template**

Warm-up






Recovery

05 : 00
01 : 00
01 : 00
01 : 00
01 : 00
01 : 00
05 : 00

The application allow you creating new workouts, click with secondary mouse button over a workout group or an existing workout.

The screenshot shows the Logicmine Periodization software interface for a subject named Sophia Brown. The interface is divided into a left sidebar and a main content area. The sidebar, titled "Workouts", lists workout categories: Recovery Days, Medium Intensity Days, and Interval Days. Under Interval Days, there are nine "High intensity Day" entries. A context menu is open over "High intensity Day 5", showing options: View workout, New workout, Create copy, and Delete workout. The main content area displays a calendar for 2012, with days of the week (M-F) and months (January to June) as columns. A "new assessment" button with a left arrow is visible above the calendar. The calendar shows workout days as green cells with numbers 1-11. February 8th is highlighted in yellow.

Logicmine Periodization

**Subject: Sophia Brown**  
Edit Remove New

**Workouts**

- ▶ Recovery Days
- ▶ Medium Intensity Days
- ▼ Interval Days
  - High intensity Day 1
  - High intensity Day 2
  - High intensity Day 3
  - High intensity Day 4
  - High intensity Day 5
  - High intensity Day 6
  - High intensity Day 7
  - High intensity Day 8
  - High intensity Day 9

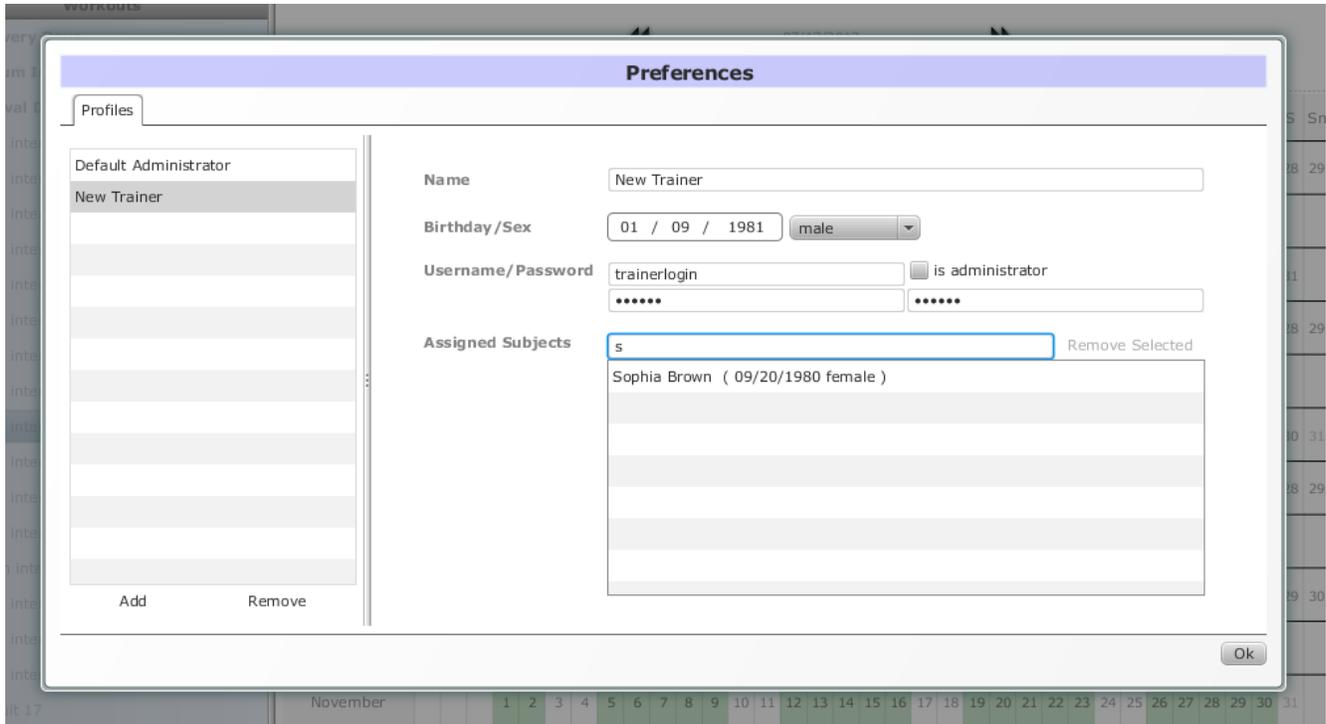
new assessment ◀

◀ 2012 ▶ M T W Th F S Sn M T W Th F

Month	M	T	W	Th	F	S	Sn	M	T	W	Th	F
January							1	2	3	4	5	6
February			1	2	3	4	5	6	7	8	9	10
March				1	2	3	4	5	6	7	8	9
April							1	2	3	4	5	6
May		1	2	3	4	5	6	7	8	9	10	11
June					1	2	3	4	5	6	7	8

## 5 Trainers

Creating new trainers, or changing user login/password is performed clicking on the bottom left icon . Note that you need associating trainers to subjects.



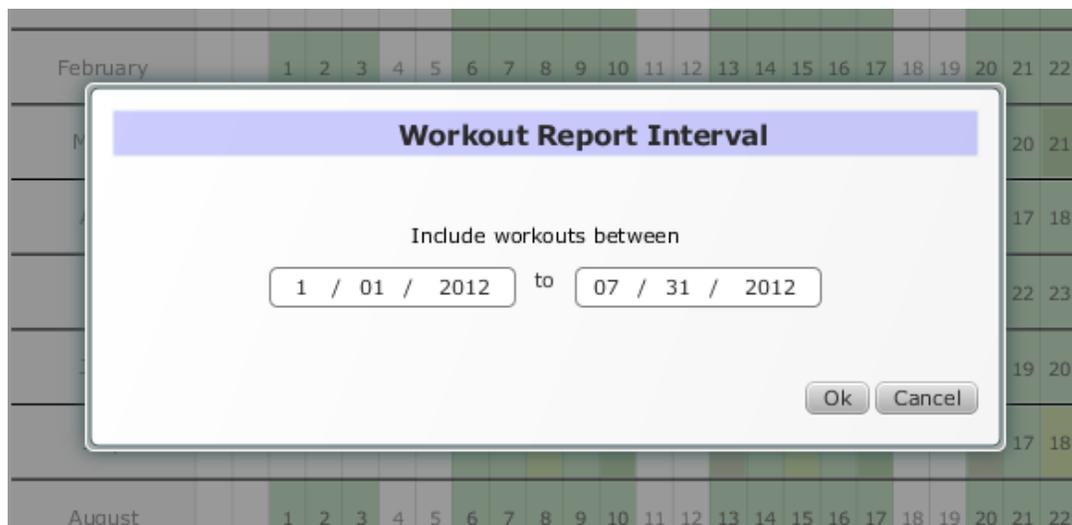
The screenshot shows a 'Preferences' dialog box with a 'Profiles' tab. On the left, there is a list of profiles: 'Default Administrator' and 'New Trainer'. Below the list are 'Add' and 'Remove' buttons. The main area contains the following fields:

- Name:** New Trainer
- Birthday/Sex:** 01 / 09 / 1981, male
- Username/Password:** trainerlogin, is administrator (checkbox), and a password field with masked characters.
- Assigned Subjects:** A list containing 's' and 'Sophia Brown ( 09/20/1980 female )'. A 'Remove Selected' button is next to the list.

An 'Ok' button is located at the bottom right of the dialog box.

## 6 Printing

It's possible to print the subject's workouts. First click on the bottom left icon  and specify the calendar interval.



The screenshot shows a 'Workout Report Interval' dialog box overlaid on a calendar. The dialog box contains the following text and fields:

- Title:** Workout Report Interval
- Text:** Include workouts between
- Fields:** 1 / 01 / 2012 to 07 / 31 / 2012
- Buttons:** Ok, Cancel

The background shows a calendar with months February, August, and November visible.

It will show you first a print preview, allowing you choosing to print or save as a PDF file.

**Print preview**

Print Win32 Printer : Microsoft XP... Save as PDF 1 of 7

**Subject: Sophia Brown** 03/05/2012 to 07/30/2012

**03/05/2012 - Recovery Day**

132 - 140	132 - 148
Warm-up 05:00	30-00 min 60:00

**03/07/2012 - Medium Intensity**

132 - 148	166 - 171	132 - 148
Warm-up 05:00	30-00 min 01:00	Recovery 05:00

**03/09/2012 - High Intensity Day**

132 - 148	156 - 167	171 - 175	166 - 171	156 - 167	156 - 163	132 - 148
Warm-up						Recovery

Ok

Logged as New Trainer