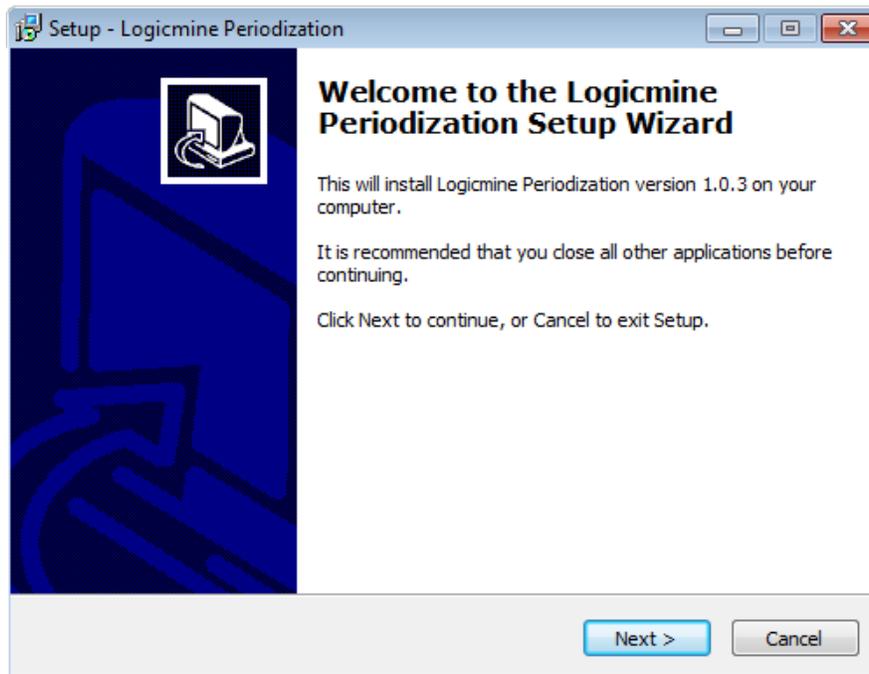# Periodization Starter Guide

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**
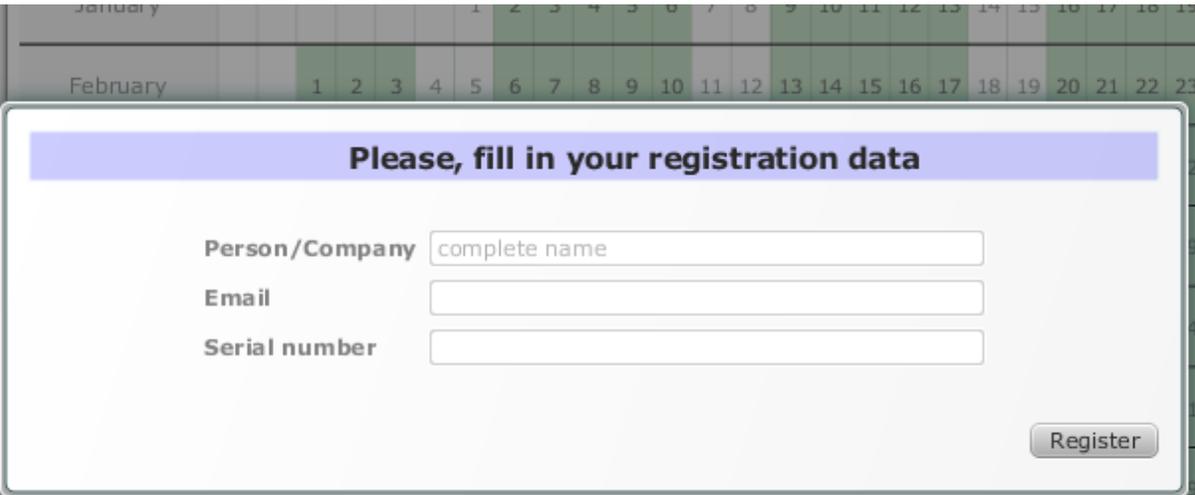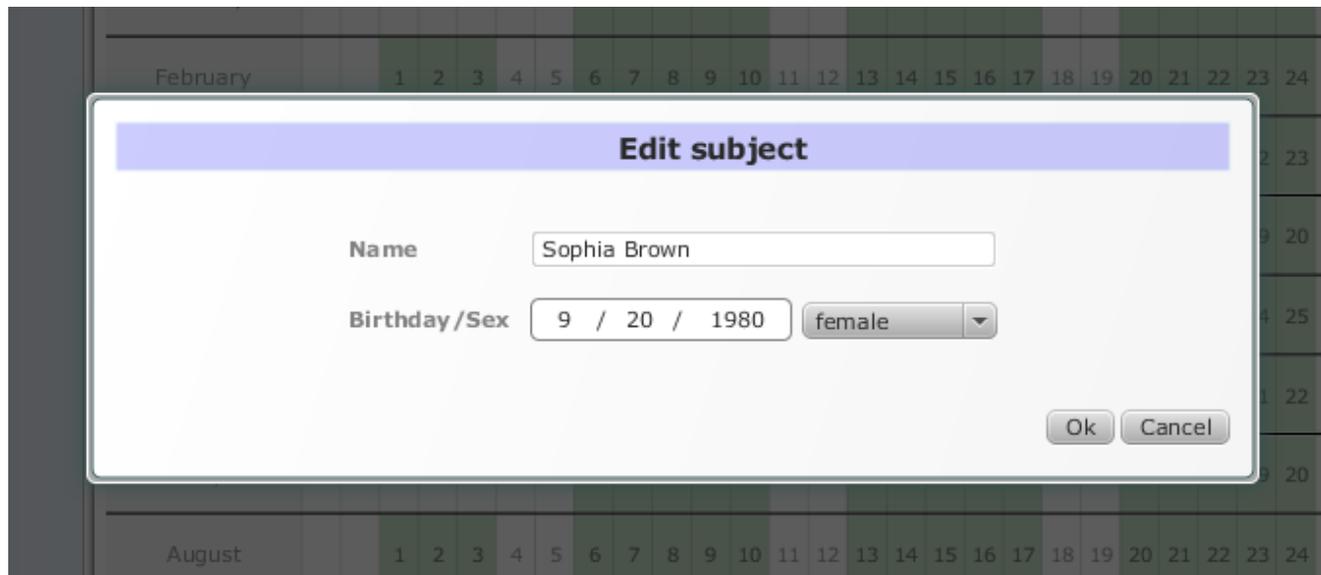

When you perform a fresh install, you need using the default administrator login and password, typing **admin** for both (username and password).
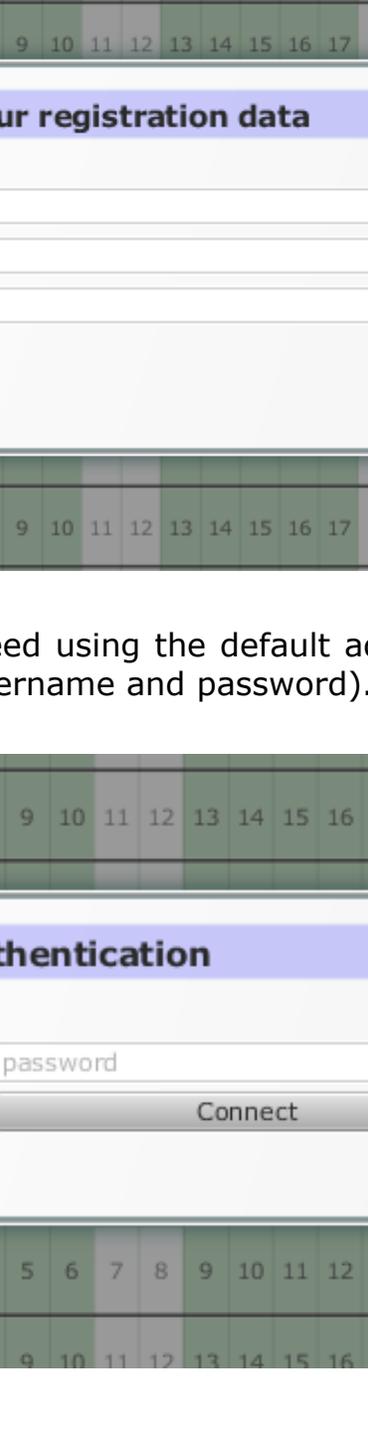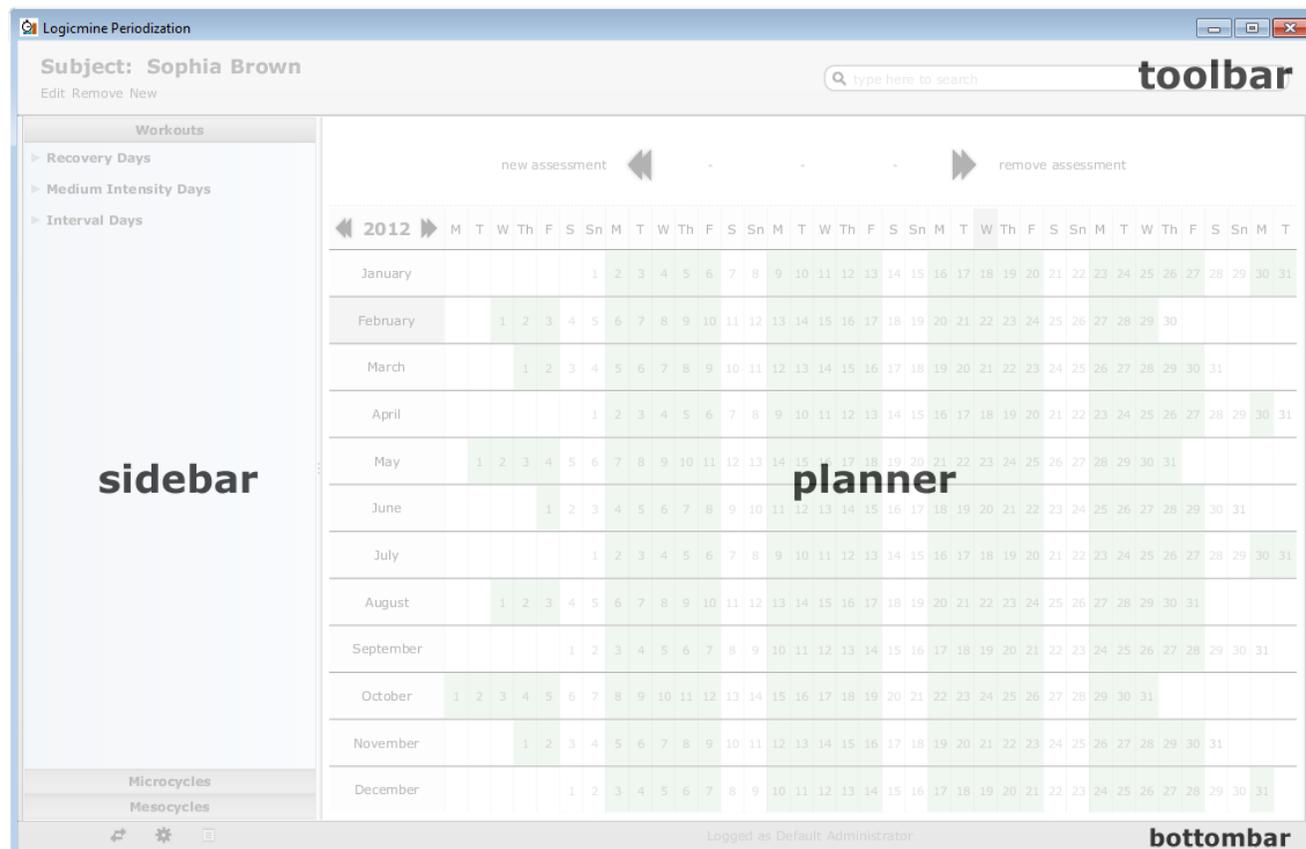
3 Subjects

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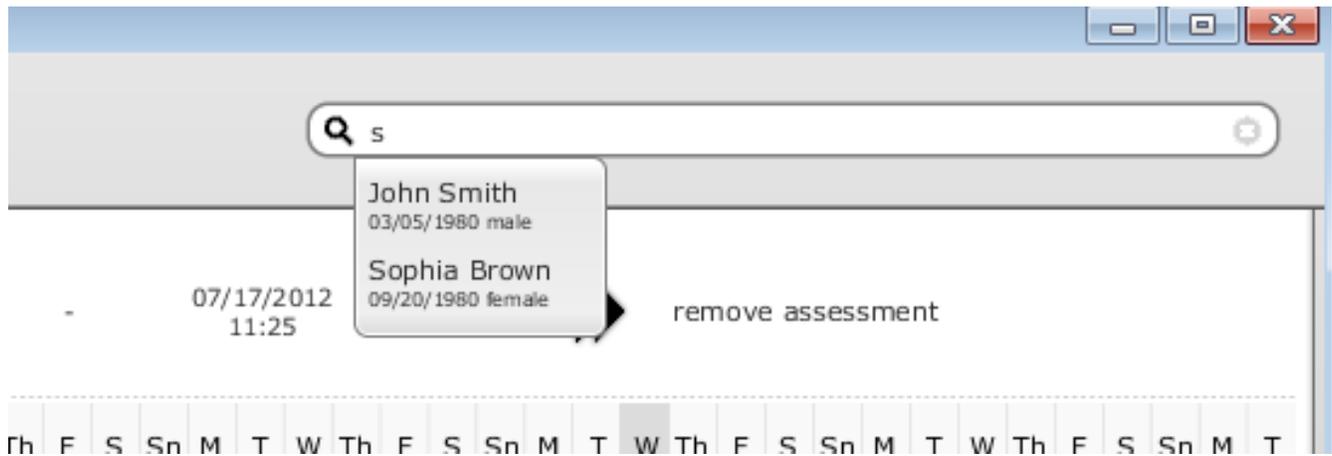
Before dragging workouts or cycles to the planner, you need creating a new Assessment. Each Assessment contains its own set of workouts and cycles. Click on the button **new assessment** on the top of the planner.
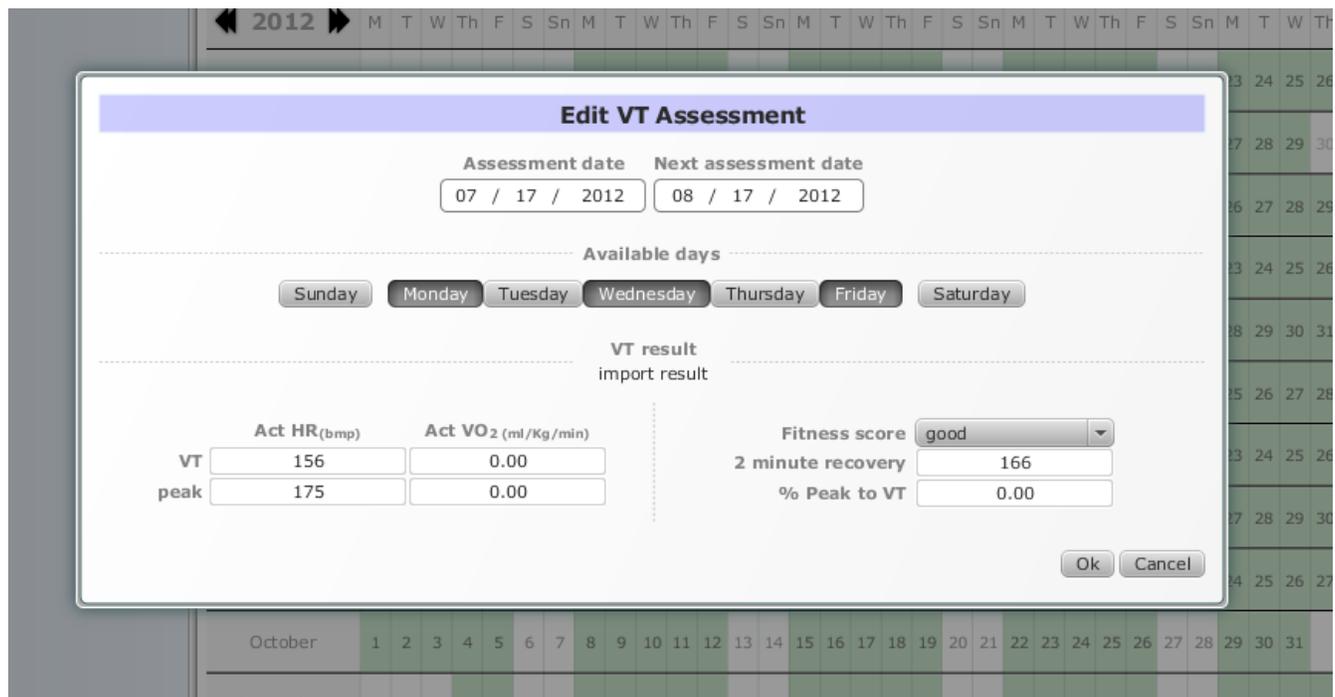
4 Workouts and Cycles

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	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: High intensity Day 5
Group: Interval Days
Color:
Notes: Repeat the 5 minute of work and recovery based on the client's time frame that day. Add workload (watts, incline, level) to each sprint the goal is to increase strength by overloading the legs 1 min

- 132 bpm to 148 bpm
- 156 bpm to 171 bpm
- 171 bpm to 175 bpm

Template

132 - 148	156 - 167	171 - 174	132 - 148	156 - 171	171 - 175	132 - 148
Warm-up						Recovery
05 : 00	01 : 00	01 : 00	01 : 00	01 : 00	01 : 00	05 : 00

Ok Cancel

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

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.
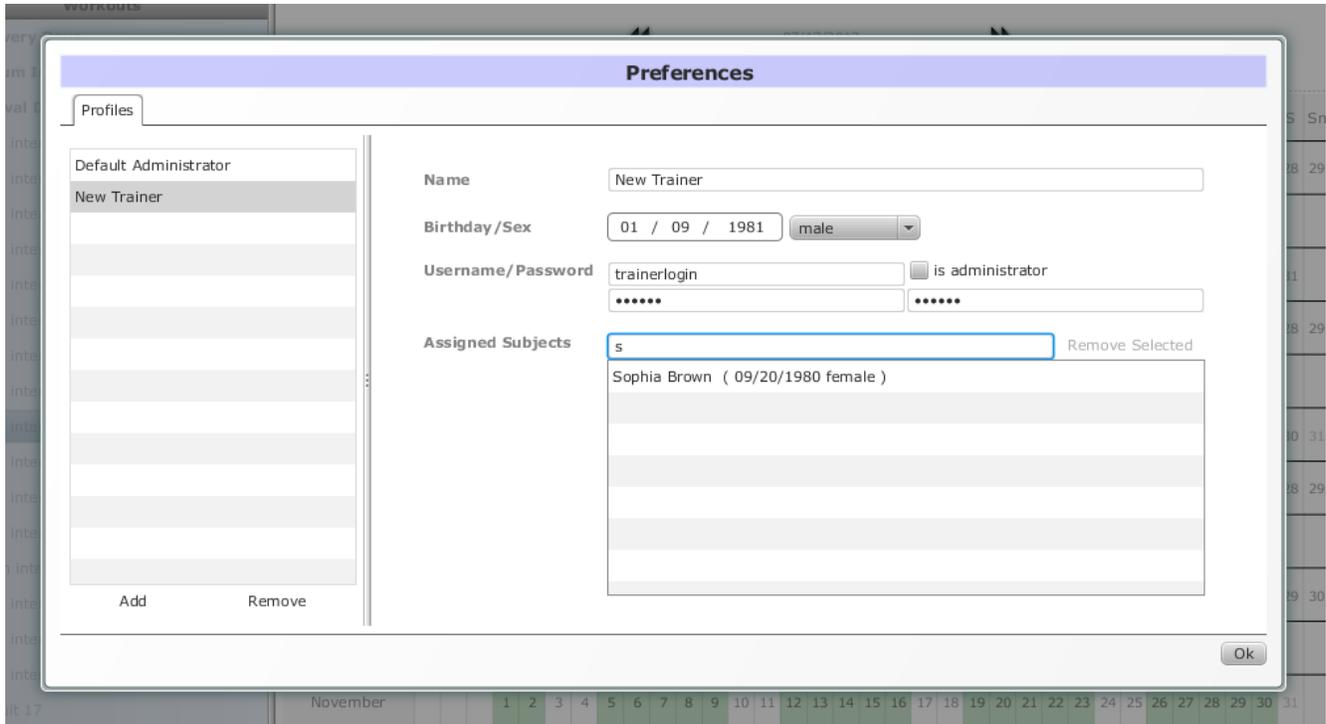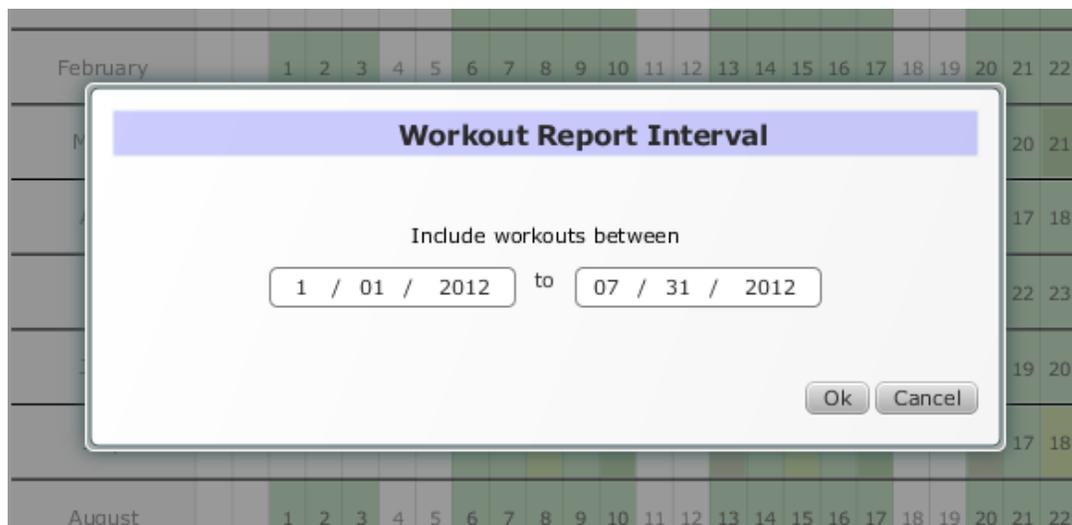

6 Printing

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

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