

PRESS RELEASE

FOR IMMEDIATE RELEASE

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iSMARTtrain V3.0.7, Heart Rate & Power Meter Software for Macintosh

21st July 2010. Yellow Field Technologies announce the release of iSMARTtrain version 3.0.7, a major update to their Mac OS X training journal application for downloading from heart rate monitors & power meters and tracking & analysing sports training.

The latest release contains many new features & bug fixes including support for Garmin's Edge 500 and route mapping.

The software is designed to allow multi-sport and single sport endurance athletes, for example triathletes, duathletes, runners and cyclists, to download training data, such as heart rate, cadence, speed and power, from a variety of heart rate monitors & power meters and analyse it in graph, table and list formats. Information about training sessions, for example duration, distance and speed can also be similarly reviewed.

Any number of different sports can be quickly and easily tracked, using either metric or imperial units for each sport. Commonly used routes and sessions can be stored and quickly recalled. Total times, distances and number of sessions can be viewed per week, month or year. Equipment usage and user-defined keywords, such as weight and energy expended, can also be tracked.

Cyclists can analyse power from the Polar, Garmin, SRM & Ergomo power systems data, whilst runners can see run speed and distance data from the Garmin Forerunner & Polar RS200sd, S625x and S725x models. The latest iSMARTtrain release includes weekly totals for training time, calories expended, time spent in up to 5 HR zones and easy to read visual bar graphs. Data from GPS devices can be shown on a route map.

Development work on the software has been carried out in conjunction with leading sports scientist, coach and writer Joe Beer (<http://www.coachjoebeer.com>). Joe has provided valuable input to the software, both from a scientific and coaching aspect. Future releases will continue to benefit from his wealth of knowledge and experience.

A demo version, limited to 20 entries can be downloaded from <http://www.ismarttrain.com>. This release will be a free upgrade to existing customers.

For more information, contact Stuart Tevendale, stuart@yellowfield.co.uk.

Note to Editors:

For press information, reviewer's guide & screenshots, visit <http://www.ismarttrain.com/press/>

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