**Training Pack Features**

**USE YOUR LANYARD AND FLOAT** – To prevent loss of your SpeedCoach GPS, make sure to loop your lanyard through the NK supplied Life Preserver float and wrap the lanyard around any secure part of your boat. There are a lot of electronics packed into the unit and IT DOES NOT FLOAT. NK is not responsible in the event that your unit sinks.

**INSTALLATION**

**Strap Mounting**

Use the strap mount to attach your SpeedCoach GPS to a rower, foot stretcher or any other convenient fixed location in your boat. The mount base rotates to allow you to install the strap vertically or horizontally. (Please see Use Your Lanyard and Float warning above)

**SpeedCoach Harness Dock Mounting**

If your boat is equipped with a SpeedCoach harness, you can mount your unit on the dock. Your SpeedCoach GPS will always use its internal accelerometer to calculate stroke rate so as to avoid jitters caused by magnets and are not necessary. If an impeller is present, you have the option to select “Impeller” for speed and distance input. Otherwise, the harness dock will serve as a secure holder and your unit will use its internal GPS receiver to calculate speed and distance. (Please see Use Your Lanyard and Float warning above)

**SpeedCoach Heart Rate Monitor**

The heart rate SMART LE monitor belt connects to your unit via Bluetooth® technology and adjust the strap to fit your body snugly. Attach belt across the lower portion of your chest, as shown in the figure to the right. To pair your unit to your chest, please see Setup Menu option.

**BASIC OPERATION**

**Turn On** - Hold for 2 seconds.

**Start** - Press once. A checked READY bar will appear on the screen. The READY bar will disappear and the stroke rate, speed/split, timer and flex windows will all start to run when the unit detects a stroke.

**Stop** - Press once.

**Reset Timers** - Hold for 2 seconds until the RESET bar appears, then release. Press again to Start.

**Turn Off** - Hold for 3 seconds until TURN OFF bar appears (after STOP and RESET), then release. Your SpeedCoach GPS will turn off automatically after 4 minutes of inactivity due to accelerometer movement.

To preserve your battery, be sure to turn your unit off before carrying it in your workout bag or car.

**Classic Mode**

**Change Flex Field Measurement** - Press up to change the bottom left flex window and press down to change the lower right flex window. Note: You can also change the top windows through our Setup-Display Setup option ( firmware 2.12 or higher). Please see the Setup section on how to change these fields.

**Distance** - Accrued distance since reset in your selected units of measure.

**Average Speed** - Shows Speed or Speed since reset calculated as a function of the distance traveled over the elapsed time.

**Count** - Count of strokes detected since reset.

**DIST/STROKE** - Distance per stroke calculated on a stroke-by-stroke basis.

**Heart Rate** - Current heart rate in beats per minute (bpm).

**Elapsed Time** - Amount of time since start of row.

**Satellite Lock Indicator** - It is recommended to turn the unit on when outside and wait for this icon to go from a hollow satellite icon to a solid satellite icon. A solid (i.e., filled in) icon indicates that you have 4 or more satellites available.

**Live Link Indicator** - Indicates mobile device is connected and streaming.

**Live Link Indicator** - Indicates mobile device is connected but not streaming.

**Skill Mode**

**Change Flex Field Measurement** - Press up or down to change between the different skill measurement views based on the selected oarlock.

**Length** - Shows Total Length in the top window. Catch in the lower left window and Finish in the lower right window.

**Work** - Shows Work in the top window. Force in the lower left window and Total Length in the bottom right window.

**Power** - Shows Power in the top window and Average Power in the lower window.

**Catch** - Shows Catch in the top window and Slip in the bottom window.

**Finish** - Shows Finish in the top window and Wash in the bottom window.

**MEMORY**

The total memory that the unit can store is approximately 25 hours. Every stroke is stored in memory and the memory can be reviewed by every 100 meter increment. The speed input (GPS or Impeller) and system of units used will be stored as was rowed.

**Memory Storage**

When the memory is full, the unit will stop recording data. When measuring or at full data, delete all session data to continue recording (see below). The amount of memory used can be found on the bottom of the Recall Menu. An alert message will appear when memory log is nearly full.

**Data Recall**

Select Data Recall from the Main Menu to review stored data. Recall memory will be formatted in sessions according to date and time. Just row sessions will have the Just row prefix whereas a Workout session will just show the row icon.

**Delete All Memory Data**

This selection will delete ALL memory if chosen. Sessions cannot be deleted individually.

**Viewing Sessions**

Selecting a session will bring up the Session Overview (Figure 1). The overview provides the overall distance, time, avg split, and avg stroke rate during that session. Selecting the Session Overview will bring up the Session Details (Figure 2). This page will show the session breakdown by specified period (time or distance). Select MORE to view additional measurement values not currently shown on the screen.

**Data Link**

Select this to connect your unit to your PC or Mac for firmware updates and uploading data to your computer. Please go to www.nkhome.com/support/rowing-and-sports-support/manuals-updates/downloads/ to download the LINK application and follow instructions.

**Please note:** Bluegiga Bluetooth Smart dongle required

**LIVE STREAM**

Select Live Stream to broadcast your SpeedCoach measurements to the cloud for public viewing. You will need to pair the SpeedCoach to a mobile phone and have the phone in range of the SpeedCoach to broadcast your data live. We recommend keeping the phone in a waterproof bag.

1. Download NK Live Stream application to your mobile device.
2. Make sure Bluetooth is turned ON on your mobile device.
3. Open the NK Live Link App.
4. Enter a Boat ID in the Live Link application.
5. Turn Live Streaming on the SpeedCoach.
7. Your data will now be broadcast live. Go to the app or link nkports.com to view live results.

**Model 2**

Includes Training Pack Upgrade

**Access Menus/Select**

Press once to access the Main Menu. From there, you can Setup or Run Workouts, View Data Recall, open the Data LINK, enter the Setup Menu or view the About screen for firmware version number and other information. On any menu, select the highlighted option to enter the submenu or enter adjustment mode.

**Move/Adjust**

Use the up and down buttons to navigate with a menu item or adjust a selected value.

**Go Back/Exit**

Press to exit from any screen or menu to the previous screen.

**Oarlock Indicator**

This window shows choice of distance, distance per stroke, average speed/split, stroke count, heart rate or elapsed time.
SETUP MENU

From the Main Menu select Setup. From there, use the menu navigation steps described above to navigate, select, adjust and exit setup options.

Display Setup: Allows you to toggle between using the Classic SpeedCoach display layout and the Skill display layout when using the Empower Oarlock.

Display Mode: Choose between Classic and Skill (see above). Please note that you can also view oarlock measurements in the Classic display mode in the window of your choice.

Classic Setup: Allows you to set the top two windows to display any of the available measurements.

Input:
The Speed (and distance) Input setting can be set to GPS or Impeller. Please note that you will need a wiring harness and impeller to use the impeller mode.

Accessory Setup: Used to pair either the Heart Rate belt or Empower Oarlock.

HRM Setup
Selecting this option will automatically attempt to pair the Heart Rate Monitor (HRM) Belt with the unit. If more than one belt is found, you may need to change locations to isolate belt. The HRM will automatically turn on when attached to your body. The belt works best with moisture, so if you are not getting a reading, place some moisture on the rubber contacts of the belt before attaching to your body. Once the belt has been paired with the unit, you will not need to pair in the future (unless you select HRM or change belts).

Oarlock Setup: Selecting this option to pair your wireless oarlock.

Connection — This option to pair your wireless oarlock to the SpeedCoach unit.

Oarlock — Enter the full length of your oarlock.

Inboard — Enter the measurement from the collar to the sleeve of your oar.

Boat ID — Enter the name that the boat being used (up to 5 characters).

Seat Number — Enter the seat number in which the oarlock is used.

Side — Side that the oarlock is on: starboard or port

Set Zero Force: Used to run a routine to calibrate the zero force of the oarlock.

Set Zero Angle: Used to run a routine to calibrate the zero angle of the oarlock.

Multiplier F,W,P by 2 (sculling only) Toggle between showing double the force, work and power being displayed by the unit for all other oarlocks.

Battery Type: Enter the battery type that you are using with the oarlock: Alkaline, Lithium or Nickel Metal (recyclable).

Firmware Version — Shows the current firmware version of your oarlock.

Speed/Distance Setup
Options are Speed mode or Split mode. Speed mode will display your speed in the top left window. Split mode will display your speed past as expressed as a time to cover a distance (usually 500 meters). Units allows you to change the units shown for speed and distance (options are: M, M/S, /500 M, KM, KMH, /500M, /M, MPH, /N).

Auto Pause: If toggled ON, the unit will stop the timer if it does not detect a stroke within the last 6 seconds. If toggled OFF, the unit will not stop the timer even if no strokes are being detected. If you would like to stop the timer manually, please select the button to start and stop the timer manually. Please note: the unit will not Auto Pause during the first sessions of a Workout.

Auto Shutdown: When Auto Shutdown is set to 10min, the unit will automatically shut off after 10 minutes of not detecting a stroke. If the Auto Shutdown is shut off, the unit will only turn off when the user manually shuts the unit off.

NOTE: Average Speed is always calculated as a function of the distance covered in the elapsed time shown. Because the timer will continue to run while you are not rowing, turning Auto Pause “OFF” will impact the calculation of your cumulative average speed.

ADVANCED SETUP MENU

Impeller Calibration
To enter Impeller Calibration Value or run the calibration routine (see below) in Impeller mode for speed and distance calculations are based. Calibration applies only when in Impeller mode for speed and distance can vary by type and duration.

Work: Defines the first integral of the speed value over time. Work can be computed for a range of time-based distances. For example, if the distance being performed, a number will be added to this entry (i.e., Work1, Work2, Work3, etc). Rest: Defines the number of rest in between work intervals, rest can be time based or distance based. The number shown to the right is the rest value per the unit shown. Similarly if more than one rest period is entered in a variable workout, it will be followed by a number that indicates the number of rest periods. Number of Sets: Select the number of sets of the proceeding interval workout to run. For example if you have a workout with a work and rest interval setting, this 2 will run this work and rest interval workout twice. Rest Between Sets: Only appears if Number of Sets is greater than 1. Defines the rest period between a repeated group of intervals.

Impeller Calibration
Calibration is only relevant if you are using your SpeedCoach GPS with a wiring harness and speed impeller. The Calibration value is a factor that compensates for any difference between your impeller’s distance covered and the “standard boat” upon which the SpeedCoach’s calculations are based. Calibration applies only when Impeller mode for speed and distance can vary by type and duration.

Entering Impeller Calibration
Select “Impeller Calibration” from the Advanced Setup Menu.

Calibrating Your Impeller
To calibrate your Impeller Calibration Value, follow these steps:

1. From the Main Menu, select the Advanced Setup menu.
2. From the Advanced Setup menu, select Impeller Calibration.
4. Set up the calibration routine. Please note: the calibration routine is a multi-interval based routine. You will be prompted to enter the duration and rest intervals for each interval.
5. Set the number of intervals you wish to run. The default is 10 intervals.
6. Set the distance you wish to cover. The default is 1000 meters.
7. Enter the number of sets you wish to run. The default is 1.
8. Enter the rest time you wish to have between each interval. The default is 60 seconds.
9. Select the calibration button to start the routine.

Running the Calibration Routine
The SpeedCoach GPS does not need a measured course to be calibrated. Because the SpeedCoach GPS knows both the GPS and Impeller distance measured, it can self-calibrate. Calibration simply involves rowing the selected distance in two directions. Your distance options are 500m to 1000m.

If you wish to change calibration distance from 500m, press to move the distance line to select, then to adjust and to accept.

To run the calibration routine, press to highlight Run on the Calibration Menu, then to select. From the calibration screen, press to start each calibration leg and follow the screen prompts. On each leg, the leg distance and the required distance will be displayed until the leg distance is reached. The routine will display the calibration value.

BATTERY USE AND CHARGING

A fully charged battery will provide approximately 6-8 hours of operating time, depending on backlight use. Each bar on the battery indicates 20% of battery life, or approximately 1.2 to 1.6 hours. A fully charged battery will provide approximately 6-8 hours of operation, depending on backlight use. Each bar on the battery icon represents 20% of battery life, or approximately 1.2 to 1.6 hours.

To charge your unit, please use the charging dock and cord that came from the charging dock and cord that came from the unit. If the charging dock and cord that came from the charging dock and cord that came from the unit is not working, please contact our support department for service. Further attempts to charge may result in fire or permanent damage.

Your SpeedCoach is equipped with a safety feature that will shut down charging if the battery is too hot or too cold. Do not charge below 32°F or above 110°F. If you receive a battery warning on the screen while the unit is within these temperature limits, please remove the unit from the charging dock and cord that came from the unit. Further attempts to charge may result in fire or permanent damage.