

Firstbeat ATHLETE

The story

Firstbeat ATHLETE is one of the most advanced software tools for analyzing heart rate based training. It makes professional-level training analysis available to all dedicated sports enthusiasts. ATHLETE has been developed by physiologists at Firstbeat Technologies Ltd together with top athletes and coaches.

At the core of the ATHLETE software is Firstbeat's physiological analysis engine – a digital model of the human body. It analyzes the beat-by-beat variation of your heart rate to provide data with outstanding depth and accuracy. In addition, ATHLETE displays the speed, distance, altitude, and cadence data stored in your Suunto device. This in-depth data is provided to you in a user-friendly and easy to understand format.

Features

Physiological analysis: Enter your basic information (date of birth, height, weight, gender, and activity class) and ATHLETE creates a digital model of your body. After each workout you can analyze multiple variables: heart rate, training effect, EPOC (excess post-exercise oxygen consumption), oxygen consumption, energy expenditure, respiration rate, and ventilation. You can further enhance the accuracy of the data by inputting your VO₂ max or maximal heart rate. You can also determine your personal training zones in %HRmax or %VO₂ max.

Training Coach: A dynamic training program for improving aerobic fitness, suitable for everyone from beginners to dedicated enthusiasts. The program provides a daily recommendation on whether to rest or train; for training, the program also recommends optimal length and intensity. This recommendation is always based on data from the previous 28 days' training recorded by the software. It also takes into account your latest workouts and recovery needs, showing you the ideal path to improving your fitness. You can also manually input workouts based on their duration and average heart rate, distance run, or Training Effect achieved (available for Suunto t3 and t4 users, for example). You can also print out the training program.

Training analysis tools: With the Data Viewer you can examine single workouts second by second or lap by lap across several different training parameters. You can also compare up to 10 different workouts in a single view. The Training History allows you to see a summary of your training over a chosen time period or week by week in the Training Calendar. Follow-up graphics, sort, filter, merge, and split functions are also included.

Training monitor: The training monitor turns your PC into a personal training center with real-time training guidance. With Suunto PC POD or Team POD, your PC can receive a signal directly from your Suunto heart rate belt. ATHLETE then shows your workout progress in real time with clear and motivating graphics. Smart Exercise Mode allows you to set your workout goal for Training Effect and duration, while Pace Guidance helps you achieve your goal.

Other key features: Training Calendar. | Seven languages: English, Finnish, French, German, Italian, Spanish, and Swedish. | Auto-import for existing Suunto Training Manager data. | Support for up to three different user profiles.

Technical details

Compatible devices:

Suunto t6 (all versions), Suunto Smart Belt, Suunto Memory Belt, Suunto PC POD, Suunto Team POD and selected devices from Polar and FRWD (only data file import).

Compatible file types:

Import: Firstbeat export files .fbe & .zip, Suunto .sdf, Polar .hrm, FRWD text export .txt, and more.

Export: Firstbeat .fbe export for backup.

Software and hardware requirements:

Compatible with Windows 7, Vista, XP, and 2000.

Software: Adobe Acrobat Reader 5.0 or later is required for displaying training report.

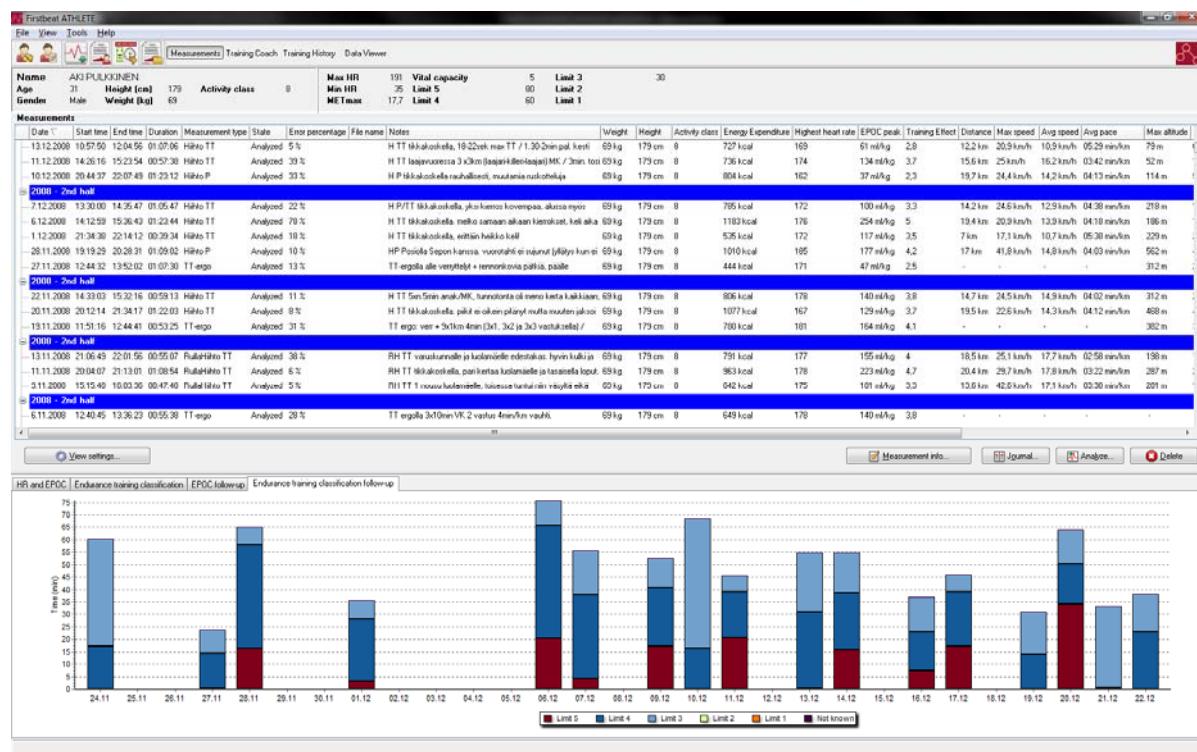
RAM memory: minimum 512 MB.

Processor speed: minimum 1 GHz.

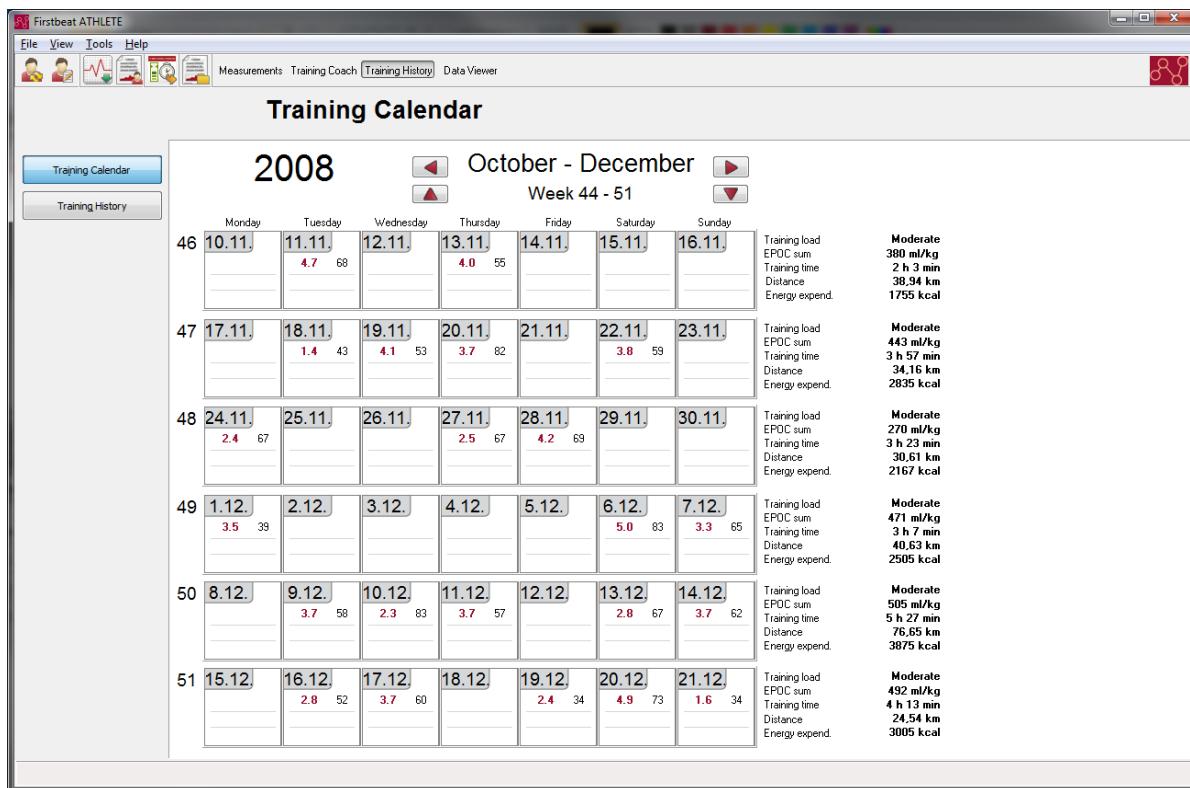
Minimum 50 MB free hard-drive space.

Screen resolution: minimum 1024 x 768 pixels, 16-bit colors.

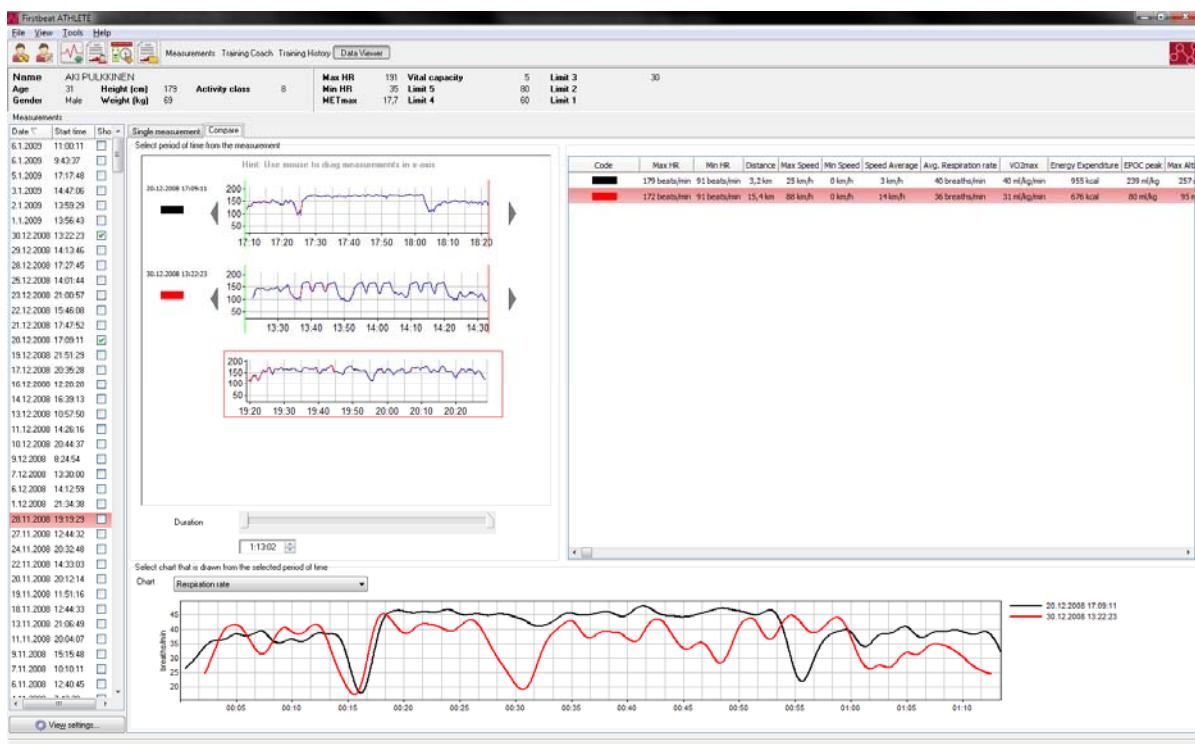
Screen shots



Training overview



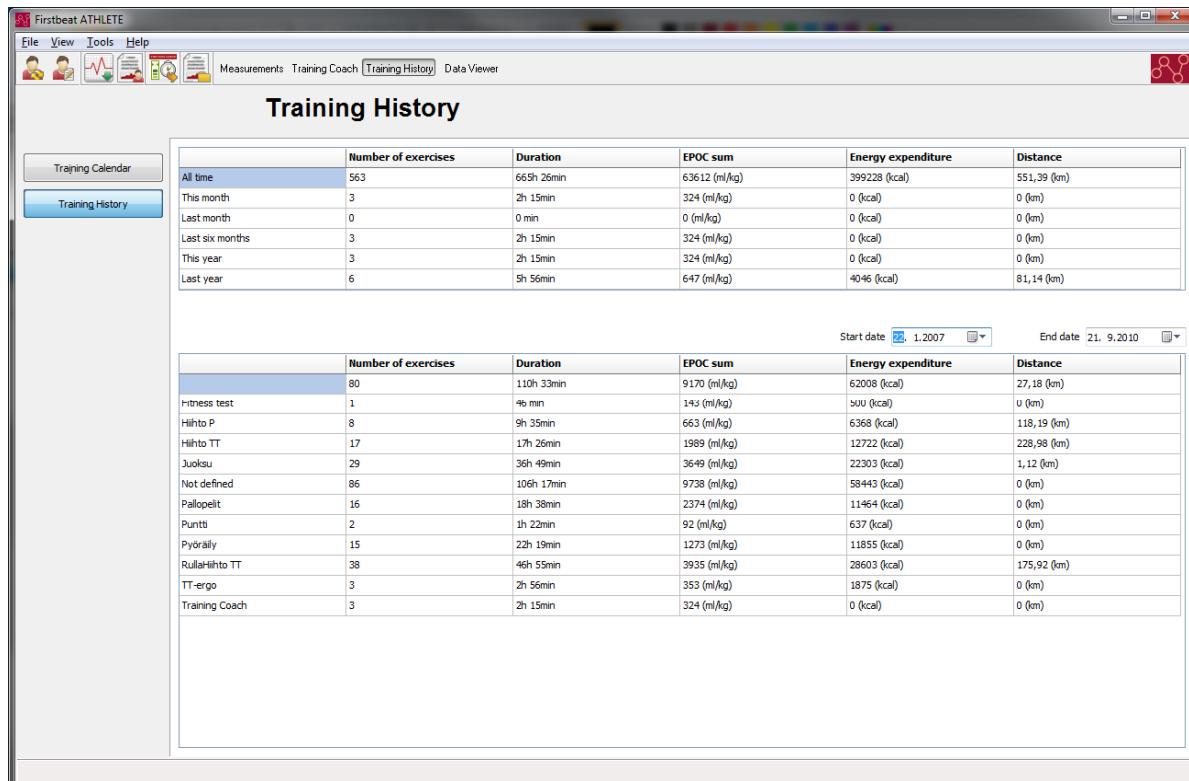
Training Calendar with Training History and weekly summaries



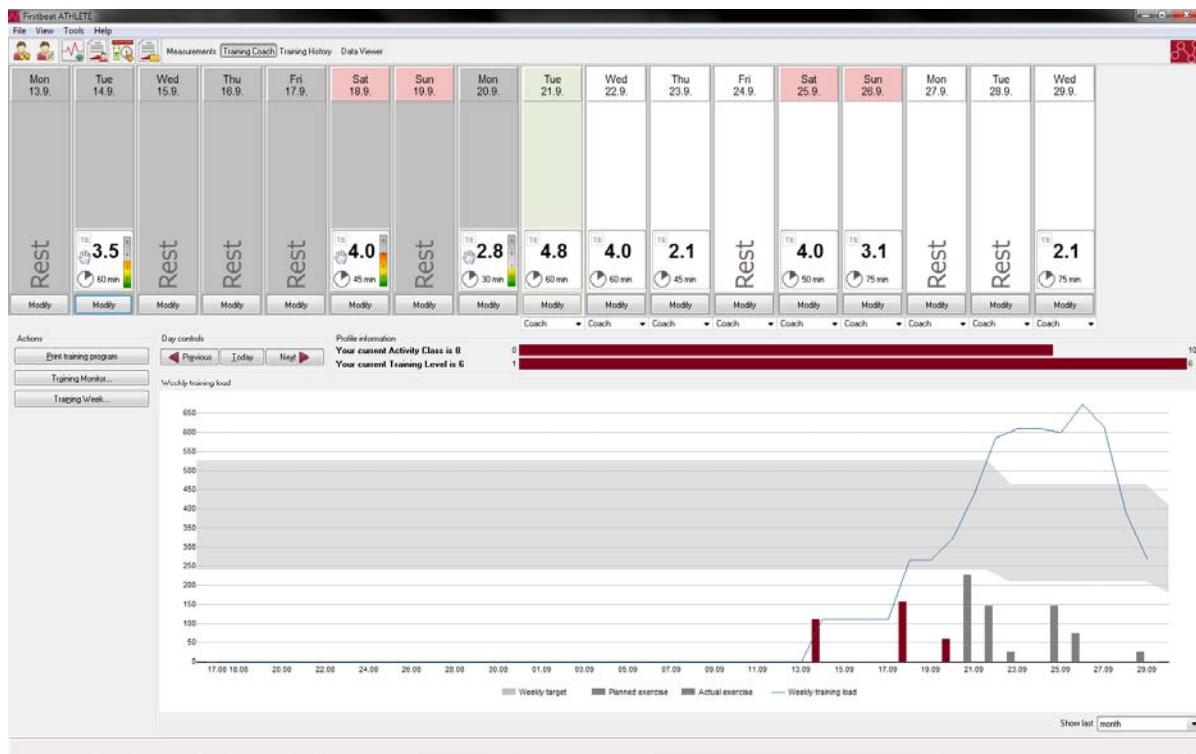
Data Viewer for analyzing workouts



Detailed analysis of a workout with Data Viewer



Training History



Training program with Training Coach



Real-time view with Training Monitor