

## AthlyraX – User Guide

### 1. Introduction – What AthlyraX Is

AthlyraX is a system designed to manage, track, and interpret training across swimmers and squads within a club environment. It connects:

- Training planning
- Session execution
- Data collection
- Competition structure and results
- Performance interpretation

into a single, coherent framework.

AthlyraX supports:

- Efficient day-to-day coaching
- Structured training management
- Consistent interpretation of development over time

The purpose is simple: **to help coaches understand not only what is happening, but why it is happening and how it is changing.**

### 2. Getting Started

AthlyraX can be used immediately without a full setup.

#### Quick Start

- Generate or create sessions
- Use the Training Planner
- Add training and/or test data

*(Swimmers are not required initially, but outputs will be limited.)*

#### Full Setup (Recommended)

Upload data via: **System → Upload Data (Templates)**

You can upload:

- Swimmers
- Squads
- Coaches
- Venues
- Sessions (optional)
- Competitions (bulk upload supported)

### 3. System Status & Approach

AthlyraX is:

- **Intuitive** – follows coaching logic
- **Practical** – built for real environments

#### Development Status

- Active development
- Core features stable
- Graphs under calibration

#### What This Means

- The system is fully usable day-to-day
- Planning, input, and tracking are stable
- Outputs improve as calibration evolves

### 4. Season & Structure Setup

Generate a season via: **System** → **Timetable** → **Generate Schedule**

Define:

- Start date
- End date

The system builds the full season structure.

You can:

- Regenerate at any time
- Update existing sessions within a date range

### 5. Competitions & Fixtures

Competitions must be created in **Fixtures** before they:

- Appear in the Training Planner
- Become available for targeting

### 6. Sessions & Results Setup

Sessions are required for results tracking.

Sessions can be:

- Generated in-system
- Uploaded via templates

Results depend on sessions existing.

## Results Sheet

A printable sheet is available for poolside use.

## 7. Training Planner (Core Working Area)

The Weekly View shows:

- Sessions
- Daily volumes
- Competitions

### Session Visibility

Sessions appear in:

- **Training Planner** → for planning and input
- **Calendar** → for scheduling and management

### Target Events & Cycles

Click a competition name to set it as a **Target Event**.

Use the phase dropdowns to:

- Define training phases
- Structure cycles

### Multiple Sessions per Squad

If more than one session exists for a squad on a given day:

- All sessions appear in the Training Day Popup
- Coaches can assign training clearly
- Participation and response can be tracked across sessions

## 8. Daily Training Input

Double-click a day to open the **Training Day Popup**.

### Adding Sets

- From templates
- Add Template Set/Test
- 3-dot menu for grouped sets

### Test Sets

Select a row → mark as **test** Test sets feed directly into analysis.

## 9. Session & Schedule Management

### Planner vs Calendar vs Timetable

- **Training Planner** → defines and adjusts training
- **Calendar (Schedule)** → manages scheduled sessions
- **Timetable (Session Manager)** → defines recurring structure

#### **Calendar**

- Adjust timing
- Assign coaches
- Modify sessions

#### **Timetable**

Defines:

- Training blocks
- Camps
- Extra sessions

### **10. Attendance, Volumes & Manual Override**

#### **Attendance**

Recorded per session.

#### **Volumes**

Calculated per swimmer based on:

- Attendance
- Participation

#### **Manual Override**

Coaches can edit sessions, sets, and volumes at any time to ensure the system reflects actual training performed.

### **11. Training Analysis Popups**

Provide breakdowns of:

- Energy systems
- Total volumes
- Stroke-specific volumes

#### **Energy System Aggregation**

Automatically calculated from training input.

#### **Override Option**

Coaches can manually adjust classifications for accuracy and flexibility.

## **12. Swimmers, Training History & Squad Movement**

### **Swimmer Profiles**

Each swimmer can have:

- Defined main events
- Individual focus areas

### **Training History Tracking**

AthlyraX tracks:

- Individual training history
- Participation across sessions
- Exposure across cycles and phases

This helps coaches:

- Understand how a swimmer has been trained
- Track consistency and progression
- Relate training history to performance and capability

### **Squad Movement Tracking**

The system tracks movement between squads over time, providing context for:

- Changes in training load
- Changes in structure
- Development progression

## **13. Training, Swimmer Evidence, Capability & ISP**

### **Training**

Shows:

- What has been done
- Structure of work
- Comparisons across cycles, phases, seasons

### **Swimmer Evidence**

Built from:

- Training
- Tests
- Competitions
- Training history

- Squad movement

Represents the **supporting information** behind development.

### **Capability**

Represents what the swimmer can:

- Reproduce
- Sustain
- Control

### **Integrated Swimmer Profile (ISP)**

Combines:

- Capability
- Evidence
- Context

Used for:

- Training input
- Evidence support
- Capability interpretation
- Decision-making

ISPs should be updated regularly and require minimal effort.

## **14. Graphs & Slider**

Graphs represent development across defined axes.

The slider allows:

- Adjustment of time window
- Focus on specific cycles or phases

## **15. Feedback & Support**

Use: **Top Menu → Feedback**

Submit:

- Issues
- Suggestions
- Descriptions

## **16. Scaling & Structure**

AthlyraX supports:

- Single-coach environments
- Multi-squad structures
- Multi-coach clubs

### **Future – Coach App**

Will support:

- Poolside session management
- Live data capture
- Assistant coach input

### **17. Reports (Core Outputs)**

#### **Session Record**

- Attendance
- Volumes
- Sets completed (*Descriptive only – not evaluative*)

#### **Training Load Overview**

- Weekly/cycle volumes
- Energy system distribution
- Stroke distribution

#### **Competition Report**

- Entries
- Results
- Trends

#### **Swimmer Tracking**

- Attendance
- Volumes
- Test data

#### **Swimmer Development Report**

- Training history timeline
- Squad movement
- Volume exposure
- Key test markers

#### **Capability Report**

- Axis values
- Supporting evidence

### **ISP Report**

- Integrated swimmer profile
- Context and interpretation

### **Training vs Outcome**

Shows the relationship between training and performance. Used for understanding, not judgement.

### **18. Summary**

AthlyraX connects:

- Planning
- Execution
- Data
- Interpretation

into a single system.

It does **not** evaluate the coach. It provides structured information to support:

- Better understanding
- Better decisions