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[www.SportCount.com](http://www.SportCount.com)

## **INSTRUCTION MANUAL** *PACE TRAINER MODEL (PT #90050 Sky Blue)*

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### **RACE PACE TRAINING**

Congratulations on your SportCount Pace Trainer purchase!

The Pace Trainer is designed to optimize workouts for competitive athletes. **Race Pace Training** is a new training technique based on the principle that the best and most effective sport training sessions should be done at competition speeds. Traditional long workouts at slow speeds can be harmful because they tend to reinforce bad technique habits that prevent athletes from ever reaching their fastest speed potential. Race Pace Training does the opposite -- It reinforces muscle memory around good technique habits necessary to win races.

Race Pace Training programs require athletes to design workouts around specific competition events and speed goals. Typically, athletes divide the event distance they want to compete at into shorter segments, with short rest periods between each segment. They will need to accurately record the time for each race segment, or "Pace Lap", and also keep track of the rest periods between Pace Laps. For example, swimmers who want to swim a 100 meter freestyle race in under 1 minute might build their workout around 25 meter sprints at 15 seconds each. After a short warm up swim, you would begin by swimming a 25 meter pace lap at the 15 second pace, followed by a short rest period. The rest period should be just long enough to catch your breath and be ready to swim another lap at speed. The cycle of pace lap and rest time can be repeated for as long as you are able to swim close to your target pace lap time. When you get to the point where you can't continue swimming at your desired pace speed, it's time to take a longer rest or stop the workout so you can avoid falling into the slow speed/bad habit trap.

The SportCount Pace Trainer is the most efficient and convenient device for Race Pace Training workouts. You will be able to count and time Pace Laps, keep track of rest time, and review summary statistics at the end of your workout. It's easy to use, and because it is operated with one hand, it doesn't interfere with the natural flow of exercise. You should take the time to try it before you jump into your exercise routine. Practice putting the Pace Trainer through its functions a few times. In most cases, you will want to wear it on your index finger (either the right or left hand may be used). Make sure it is oriented so you can comfortably reach the button with your thumb.

For more information about Race Pace Training, research "USRPT" (Ultra Short Race Pace Training) and visit the International Association website at [USRPTIA.org](http://USRPTIA.org).

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### **PRACTICE SESSION**



This section of the instructions takes you through a practice session. The figures illustrate what you should see on the display as you work through the Pace Trainer operations.



Fig.1

## POWER-UP

When the display is blank, press the button with your thumb to start the Pace Trainer. The display will read all "0's", which shows that your Pace Trainer is powered up and ready to use.

The image at the top right corner of the display is the battery indicator showing the status of the battery inside. The filled in image  represents normal battery level and  indicates that the battery is close to the end of its useful life, and will need to be replaced soon.

## TIMING AND COUNTING PACE LAPS

Press the button to start **Pace Lap** timing. The display will show running time (Fig. 2) for your Pace Lap. Press the button again when you complete your Pace Lap and the timer will show the first Pace Lap (PL) number completed (Fig. 3) alternating with a display of the time of that first Pace Lap (Fig.4). The Pace Lap time and number will both be recorded in memory and alternately displayed every 2 seconds.



Fig. 2



Fig. 3



Fig. 4

## TIMING REST PERIODS

When you press the button at the end of the Pace Lap, a second timer will begin running in the background to accurately time your **Rest Time**. The Pace Lap time will remain on the display for 8 seconds after which the running rest time will become visible (Fig. 5). The display will alternatively show the running rest time and the rest period number (Fig. 6) to help you manage your workout, but the rest time data will not be recorded in memory. Watch the rest time progress until you reach your rest time target and are ready to start the next Pace Lap. In the example below (Fig.7), as soon as you see the target rest time of 30 seconds appear, press the button to start timing as you begin swimming the next Pace Lap.



Fig. 5



Fig. 6



Fig. 7

## SUMMARY MODE

As soon as you finish your last Pace Lap, press the button quickly to record the final Pace Lap time. Then, hold down the button for about 3 seconds to end your workout and enter the **Summary Mode**. Here you can review Pace Lap data from your workout. TIP: You can do this immediately after your workout or even hours later at your convenience.

In Summary Mode, the display will automatically show the **TOTAL TIME** (Fig.8), and flip back and forth between **TOTAL PACE LAP** count and **TOTAL TIME** every 2 seconds. Total Time will include the combined times of all your Pace Laps. It does not include any of the rest time. In the Fig.8 example, the summary Mode shows a total of 32 Pace Laps that took a combined total time of 14 minutes and 41.07 seconds.

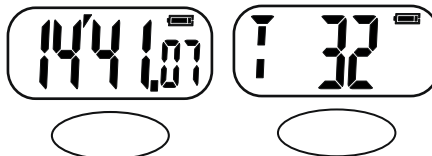


Fig. 8

Push the button again to show the **AVERAGE PACE LAP TIME**, 27.02 seconds in the example below (Fig. 9). The display will flip every 2 seconds between "AVG" and the Average Pace Lap Time.

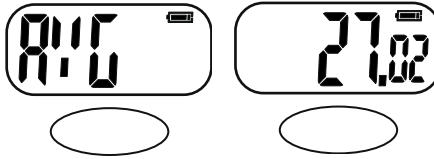


Fig. 9

### INDIVIDUAL LAP MEMORIES

Pressing the button after the Total statistics will show the first **INDIVIDUAL PACE LAP NUMBER AND TIME**. The display will flip between Pace Lap Number and Pace Lap Time every 2 seconds (Fig. 10). Each button push will advance to the next Pace Lap Number and Time set. The Pace Trainer can count and store up to 99 Pace Lap times. After the final Pace Lap, another push of the button will return the display to Total Time and Total Pace Lap Count.

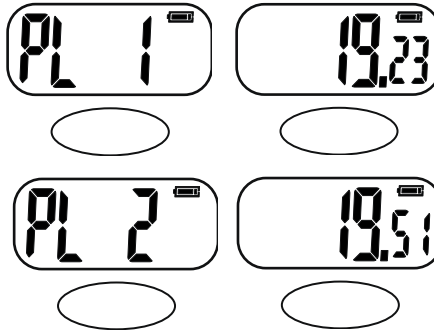


Fig.10

### RESET/TURN OFF

From the SUMMARY MODE, press and hold the button 3 seconds to RESET the Pace Trainer and the display will once again return to zeros. But be careful, because when you reset your Pace Trainer, all lap times will be erased. When left in the reset or summary mode for 10 minutes, the display will shut down automatically to conserve battery life.

### TIMING OVER 1 HOUR

When elapsed time exceeds 1 hour, the display shifts two digits, i.e., instead of displaying minutes, seconds, tenths and hundredths of seconds, it will now display hours, minutes, and seconds. In that case, a black bar will appear over the two digits on the right (below the battery indicator) to indicate that they now refer to seconds (fig. 11). The Pace Trainer will time up to 23:59'59, after which the display will show 00'00.00 and start over. While timing, if no button has been pushed for 24hrs, your SportCount will go into sleep mode (the display goes blank to save battery life). Pace data is saved as if you did a reset at the 24 hour mark.



Fig. 11

## **CARE FOR YOUR SPORTCOUNT**

### **WATER-RESISTANCE**

All Sportcount models are designed and manufactured to withstand the water pressure involved with normal swimming. After swimming, please be sure to wash the SportCount with fresh water and clean it with a dry cloth before storage.

### **TEMPERATURE**

Do not leave your SportCount under direct sunlight or in very high temperatures for a long time, or the display may darken. Do not leave your SportCount in very low temperatures as this may cause a slight time loss or gain. In both cases, the above conditions will be corrected when the SportCount returns to normal temperature.

### **SHOCKS**

Be careful not to drop your SportCount or hit it against hard surfaces as it may cause mechanical damage.


### **STATIC ELECTRICITY**

The integrated circuit in your SportCount can be affected by static electricity. Avoid touching electronic devices, and be careful of clothing made of synthetic materials in dry weather that might create a strong static shock,

### **CHEMICALS**

Do not expose your SportCount to solvents such as gasoline and alcohol, cosmetics, cleaners, paints, etc., as they may cause damage to the SportCount.

### **BATTERY CHANGE**

Depending on use, your SportCount should last for at least one year before needing a battery replacement. When the battery indicator in the top right corner of the display lights up , or the display becomes dim or blank, battery replacement is necessary. We recommend you go to a qualified technician or contact SportCount Inc. to replace the battery with a Lithium battery CR2016 or equivalent.

### **LIMITED ONE YEAR WARRANTY**

Your SportCount is warranted to be free from defects in material and workmanship for a period of one year from the date of purchase except as specified below. Within the warranty period, your SportCount will either be repaired at the Service Center or, at our discretion, replaced with a new or refurbished SportCount. This warranty does NOT cover the battery, crystal, or band. Warranty service will not be provided if there was damage while in the possession of the consumer not resulting from a defect of manufacture or there was damage caused by other than normal use.

### **SERVICE OR REPAIR**

If your SportCount requires a service or repair, pack it securely and send it to:

**SportCount Service Center  
4405 East West Hwy, Suite 309  
Bethesda, MD 20814**

### **QUESTIONS?**

Contact SportCount Customer Service at (301) 961-5940 or by email at [info@sportcount.com](mailto:info@sportcount.com).

You can also find useful information at our Website: [www.sportcount.com](http://www.sportcount.com)

### **OTHER SPORTCOUNT MODELS**

SportCount makes a variety of models that offer different counting and timing features to suit different applications and needs. They are all similar in size and can fit on your finger. Please visit our website for more information.

#### **CALIFORNIA, USA ONLY**

This Perchlorate warning applies only to primary CR(Manganese Dioxide) Lithium coin cells sold or distributed ONLY in California USA.

"Perchlorate Material-special handling may apply.  
See [www.dtsc.ca.gov/hazardouswaste/perchlorate](http://www.dtsc.ca.gov/hazardouswaste/perchlorate)."

