

# User Story

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Every sport's activities involving training when monitored by a coach or physiotherapist can have a better improvement and best results. Triathlon is a sport that requires more than hard work and discipline; one of the most important keys in the process is the precision reporting the training activities to the coach and physiotherapist.

Triathlon Races involve the accomplishment of 3 sequential endurance sports starting with swimming, followed by cycling and running. Daily basis training does not follow this specifically order and also includes different kinds of exercises. Most of the time the athletes need to rely on their memory to provide a detailed report about their past and actual training.

Based on the athletes report the coach and physiotherapist can make adjustments in the training and analyze the impact of each activity is making in the general performance. The **Tri Report App** will provide a quick and easy way to allow the athlete to input the training program and its results. The report will provide to the coach and physiotherapist the time, type and intensity of each activity.



# Javier Gómez

Professional Triathlete

“I would like to keep control of my training program and results in order to provide a precise report to my coach and physiotherapist”

## ABOUT

32, professional athlete since 1998.

Javi has accumulated 7 World Championship, has been participating in innumerable prestigious events and achieving the best records in triathlon history.

His high performance improvement is a result of his training and workout.

## WORKS WITH

Triathlon Coach and Physiotherapist

## JOB RESPONSIBILITIES

- Perform the training and workout
- Register the activities information
- Access previous training records
- Analyze previous training results

## NEEDS

- 360 degree overview of the training
- Easy and simple way to record training data

## MAIN GOALS

- Keep accurate training results
- Explain previous training results to the coach and physiotherapist
- Improve training quality to exceed performance in each race
- Prevent injuries

## PAIN POINTS

- Memorize all training information assigned by the coach and/or physiotherapist
- No single point of information to show the overall results
- Rely only in the bicycle computer and watch

# Current Javier's Experience Journey

Duration of the Journey: 1 hour

## Mindset

*What is on the Persona's mind while taking the actions of their journey? How do they feel each step of the journey?*

I have an appointment with my coach and physiotherapist

Should I take a note?

I forgot to take a note of one sport

I need to give detailed info about each activity to my coach and physiotherapist

I need to improve my training

I need my training info

I will learn by heart

My watch's battery died

Am I forgetting anything?

Did I improve my performance?

What did I practice lately?

Too complex, too much work

## Actions

*What actions and activities does the Persona take while going thru the journey to achieve their goal?*

Take a look in my notes

Take a note

Customize my record data by sport

Choose the info regarding to the sport I've practiced

Get new training

Check my logs

Memorize

Recharge batteries

Provide accurate training performance

Get a feedback

## Touch Points

*What touch points does the Persona have? (Tools, channels, devices, conversations, and so on.)*

Bicycle computer and/or my watch

Paper and pen

Watch

Coach, physiotherapist or doctor

Report

Training notes

Grab the recharge cable and plug the device in

My training logs and notes

# Mockup – Desktop and Tablet

← Tri Report

8 Activities

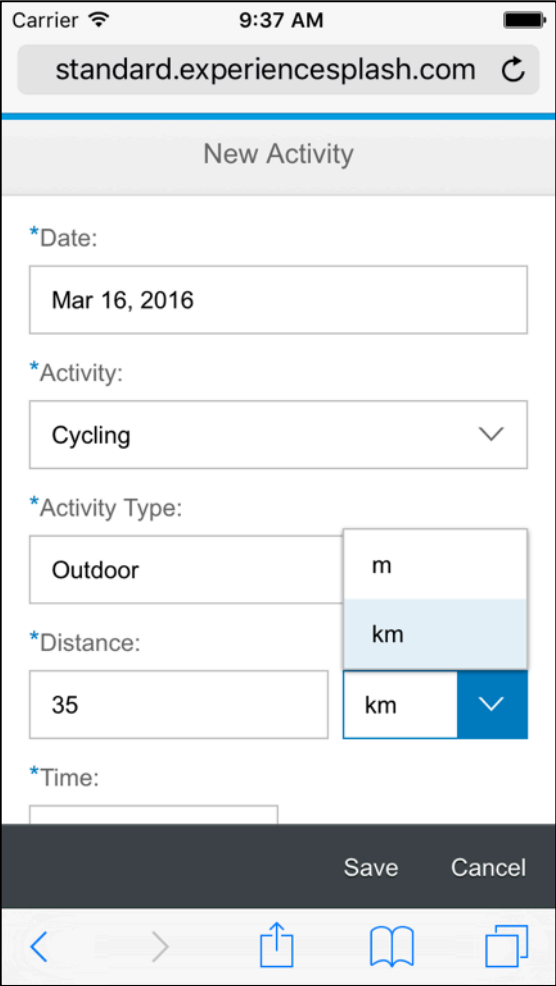
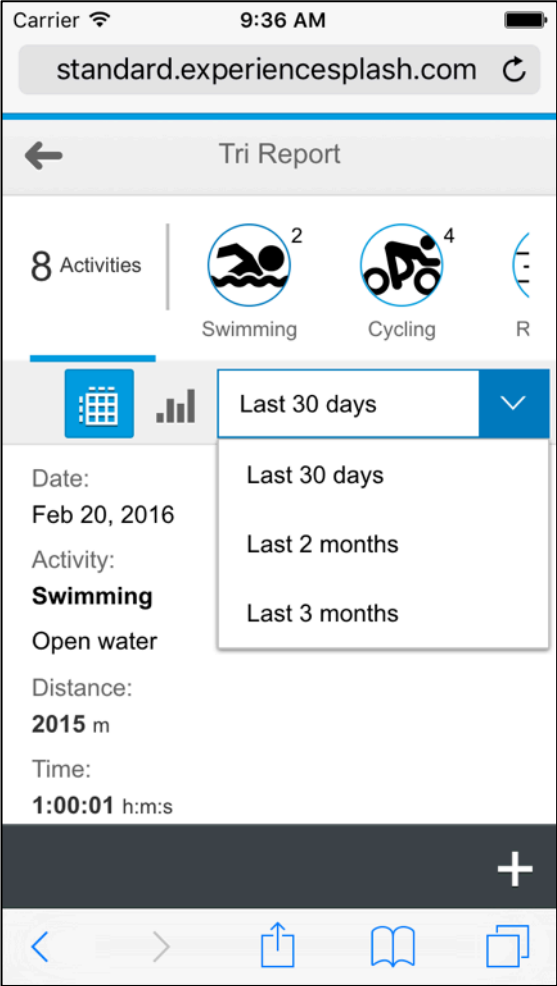
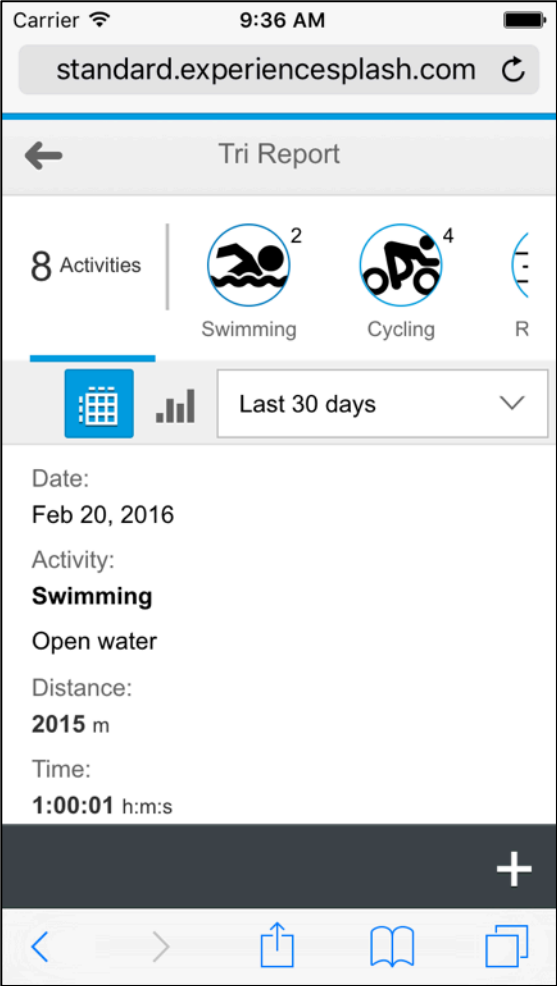
Swimming<sup>2</sup>   Cycling<sup>4</sup>   Running<sup>2</sup>   Workout<sup>0</sup>

Calendar | Bar Chart | Last 30 days

Date	Activity	Distance	Time	Average
Feb 20, 2016	<b>Swimming</b> Open water	<b>2015 m</b>	<b>1:00:01</b> h:m:s	<b>2.08</b> min/100 m
Feb 20, 2016	<b>Cycling</b> Indoor	<b>40 km</b>	<b>1:30:00</b> h:m:s	<b>30.5</b> km/h
Feb 21, 2016	<b>Run</b> Indoor	<b>10 km</b>	<b>30:00</b> h:m:s	<b>6</b> min/km
Feb 22, 2016	<b>Swimming</b> Pool 25 metres	<b>1.5 km</b>	<b>1:00:01</b> h:m:s	<b>1.36</b> min/100 m
Feb 23, 2016	<b>Cycling</b>	<b>20 km</b>	<b>1:30:00</b> h:m:s	<b>40</b> km/h

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# Mockup - Mobile



# Point of View

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Javier, the professional triathlete, needs a way to easily record and visualize his training information to provide a precise report to his coach and physiotherapist so that he can focus to improve his results.

## Research, Feedback and Develop Challenge (video)

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- Study Link:
  - <https://standard.experiencesplash.com/home/projects/d3cb243de322130a0ba616b8/research/participant/cd41b2d525d7dab20bac665e>
- Published Prototype Link:
  - <https://standard.experiencesplash.com/api/projects/d3cb243de322130a0ba616b8/prototype/snapshot/latest/index.html>
- Develop Challenge YouTube link:
  - <https://youtu.be/GiygOQaqLA4>