

INTERVAL RUNNING V2.75 FOR: Vivoactive and HR, Tactic Bravo, FR230/235/630 (V2.4: FR20XT)



Interval Running App is the **only one** App allowing to manage your interval running session by **vibration way**. Without to have a look on the screen, the app launches a specific vibration indicating the running speed step and another for the rest step (management by time or distance); the two step are cycled until stop/pause key pressed (number of cycle can be adjusted, set to 0 for infinite cycling). A warm-up and warm-down step can be also adjusted. In real time, it's reported on the screen: the **distance** (km and mile), the **average or current pace** (min:sec by km or mile) and the **time elapsed** (h:min:sec). When the Heart Rate monitor is connected, the **heart rate** value is reported on the screen in real time. A **HR threshold** can be adjusted; a periodical vibration warning (and a signal on screen) is activated as long as the heart rate is higher than the threshold. The session (map, pace, segment...) can be stored with FIT format compatible for Garmin Connect (need to create a Garmin Connect IQ account). An **Interval analysis** is performed at the end of the interval running on speed running step, it's reported the average pace, the standard deviation (indicator of constant effort, need to be lower as possible), the minus pace and the maximum pace. For watches without Menu button, the settings menu is accessed by swiping the screen up or down for watches touch screen, or by pressing the up or down button.

Language available: French, English, German, Italian, Spanish, Dutch, Danish, Sweden, Norwegian, Slovak, Finish and Japanese.

Watches available: [Vivoactive](#), [Vivoactive HR](#), [Forerunner 920XT](#), [Forerunner 630](#), [Forerunner 230/235](#), [Tactic Bravo](#).

Summarizing of the main functionalities

Functionalities	Free	Need a code
Real time: distance, average pace, time	X	
Play, Pause, Stop	X	
Final report before App exit: distance, average pace, time, number of interval cycle	X	
Session saving (FIT format compatible for Garmin Connect): only main data, no step data	X	
Language: French, English, German, Italian, Spanish, Dutch, Danish, Sweden, Norwegian, Slovak, Finish and Japanese	X	
Final report before App exit: distance, average pace, time, number of interval cycle	X	
New parameters and operating mode: interval management by distance or time, number of cycle/interval limited to 10	X	
Number of cycle/interval to perform: 0 = infinite, limitation to 5 cycle (run + rest)/interval unlocked		X
Average or current pace displaying		X
Km or mile: parameter to switch	X	
Vibration duration setting		X
Warm up/down setting: possibility to set at zero		X
Visual improvement during speed step (cycle index and total number cycle displaying), warm-up/down indicator, slow step		X
Interval Running saving: segment (each step in the FIT file compatible for Garmin Connect IQ for analysis)		X
New parameter management: time or distance increment adjustment (1-5-15-30-60-120s, 50-100-500-1000m, 0.05-0.1-0.25-0.5-0.75-1mi), HR monitor		X
Heart Rate monitor management: activation or not, real time on screen, threshold adjustment (periodical vibration warning as long as the HR is higher than the threshold)	X	
Heart Rate monitor management: visual warning (heart picture) on screen when HR is higher than the threshold		X
Tape on screen allows to which from average to current pace or main screen to screen with HR information (when HR monitor is activated)		X
Visual improvement: countdown displaying for speed running step and rest step		X
Statistical analysis of your Interval Running: average pace, standard deviation (indicator of constant effort, need to be lower as possible), min and max pace. Result are report in the final report.		X
Last Interval Running report in menu items (only for Vivoactive HR, FR920XT, FR630 and FR235/230 watches)		X
Distance and timer size screening improvement (only for Vivoactive HR)	X	

[Download the full Interval Running specification.](#)

About statistical analysis:

At the end of the interval running session, it is determined and displayed in the final session report the following result:

- The first value is the average pace from the analysis of all period with high speed.
- The second value is the associated standard deviation. A large standard deviation indicates that the paces can spread far from the average, a small standard deviation indicates that paces are clustered closely around the average which means a constant effort along the whole interval running. This value is used to compare the interval running with the previous and to indicate by changing the color any improvement (green) or regression (red).
- Third, within [], it's reported the minus and maximum pace.

User manual - How to use Interval Running:

1. To adjust parameter, first, access to menu (with menu button usually available on each watch, or up or down pushbutton for FR230/235 watches, or by swiping up or down on screen for Vivoactive HR watch),
2. The first menu item allows to display the result of the last Interval Running session,
3. The second menu item **"Interval training mode"** allows to enable or disable the interval running mode,
4. The third menu item **"Mode time or distance"** allows to define how each step (speed running step and rest step) is managed, by time (for example 60s) or by distance (for example 100m).
Nota: if **Mode time** is selected, speed running and rest step will be managed by time, it's not possible to have speed running step managed by distance and rest step by time (or invert), both will manage by time or distance according to the selected mode,
5. The fourth menu item **"Interval parameters"** allows to access at the sub menu to adjust interval running cycle:
 - a. The first menu item **"Duration to warm-up (s)"** allows to adjust the warm-up duration with the possibility to set zero,
 - b. The second menu item **"Duration to warm-down (s)"** allows to adjust the warm-down duration with the possibility to set zero,
 - c. The third menu item **"Number of cycle"** allows to adjust the number of cycle (step run + step rest). After the last run step, there is no rest step and go directly to the warm-down step,
 - d. The menu item **"Duration in speed step (s)"** allows to adjust the speed running step duration in the cycle (step speed run + step rest). This parameter is used by app when the parameter **"Mode time or distance"** is adjusted to **"Time"**,
 - e. The menu item **"Duration in rest step (s)"** allows to adjust the rest step duration in the cycle (step speed run + step rest). This parameter is used by app when the parameter **"Mode time or distance"** is adjusted to **"Time"**,
 - f. The menu item **"Distance in speed step"** allows to adjust the speed run step duration in the cycle (step speed run + step rest). This parameter is used by app when the parameter **"Mode time or distance"** is adjusted to **"Distance"**,

- g. The menu item **“Distance in rest mode”** allows to adjust the rest step duration in the cycle (step speed run + step rest). This parameter is used by app when the parameter **“Mode time or distance”** is adjusted to **“Distance”**,
 - h. The menu item **“Increment time”** allows to change the increment value to adjust a time parameter (run/rest/warm-up/down time in time mode operating – refer to 4.). For example, with a time increment of 30s, time parameter adjustment will be done 30s by 30s,
 - i. The last menu item **“Increment distance”** allows to change the increment value to adjust a distance parameter (run/rest/warm-up/down distance in distance mode operating – refer to 4.). For example, with a distance increment of 100m, distance parameter adjustment will be done 100m by 100m (or miles if miles unit is selected),
6. The next menu item **“Heart rate monitor”** allows to adjust Heart Rate parameters: enable or disable, HR warning threshold,
 7. The next menu item **“Average or current pace”** allows to modify the pace type displaying during running. During the running, it's possible to switch from current and average pace by touching the screen,
 8. The menu item **“Vibration duration”** allows to modify the vibration level,
 9. The menu item **“KM or MILE”** allows to change the metric unit,
 10. The menu item **“About...”** display some information about the Interval Running app,
 11. The last menu item **“Code”** allows to access to the sub menu allowing to set the registration code (which unlock some features). The code is constituted of 4 numbers, each number must be set in submenu code1, code2, code3 and code4. If the code set is correct, a notification is written in information displayed by the menu **“About...”**.

Manuel d'utilisateur – Comment utiliser Interval Running:

1. Pour paramétrer, premièrement, accéder au menu (avec le bouton menu pour la plupart des montres, les touches « haut » et « bas » pour les montres FR230/235 ou en glissant le doigt vers le haut ou bas pour la Vivoactive HR),
2. Le 1er menu permet d'afficher le rapport de la dernière course,
3. Le second menu permet d'activer ou non le mode Interval Running,
4. Le 3^{ème} menu **“Mode temps ou distance”** permet de définir comment sont gérés les cycles en temps ou en distance Remarque : si le mode durée est sélectionné, les étapes course et repos seront gérés en durée, il n'est pas possible d'avoir une étape course en distance et une étape repos en durée, les 2 sont soit en durée soit en distance,
5. Le 4^{ème} menu permet de gérer les paramètres du cycle intervalle :
 - a. Le 1er sous-menu **“Durée d'échauffement (s)”** permet d'ajuster la durée de l'échauffement (avec la possibilité de mettre 0),
 - b. Le 2^{ème} sous-menu **“Durée de récupération (s)”** permet d'ajuster la durée de récupération à la fin de l'entraînement (avec la possibilité de mettre 0),
 - c. Le 3^{ème} sous-menu **“Nombre de cycle”** permet d'ajuster le nombre de fois que sera répété le cycle course + repos. Pour le dernier cycle, il n'y a pas d'étape repos, l'étape récupération est directement enclenchée,

- d. Le 4^{ième} sous-menu **“Durée étape rapide (s)”** permet d’ajuster la durée de l’étape course, cette valeur est utilisée lorsque le paramètre **“Mode temps ou distance”** est ajusté sur la valeur **“Temps”**,
 - e. Le sous-menu **“Durée étape lente (s)”** permet d’ajuster la durée de l’étape repos, cette valeur est utilisée lorsque le paramètre **“Mode temps ou distance”** est ajusté sur la valeur **“Temps”**,
 - f. Le sous-menu **“Distance étape rapide”** permet d’ajuster la distance de l’étape course, cette valeur est utilisée lorsque le paramètre **“Mode temps ou distance”** est ajusté sur la valeur **“Distance”**,
 - g. Le sous-menu **“Distance étape lente”** permet d’ajuster la distance de l’étape repos, cette valeur est utilisée lorsque le paramètre **“Mode temps ou distance”** est ajusté sur la valeur **“Distance”**,
 - h. Le sous-menu **“Incrément temps”** permet d’ajuster la valeur de l’incrément durée pour ajuster les paramètres du cycle de type durée (par exemple, de 5s en 5s, de 30s en 30s...),
 - i. Le sous-menu **“Incrément distance”** permet d’ajuster la valeur de l’incrément distance pour ajuster les paramètres du cycle de type distance (par exemple, de 100m en 100m...ou mi si c’est l’unité sélectionnée),
6. Le menu **“Moniteur FC”** permet d’ajuster les paramètres du moniteur FC : activation/désactivation, seuil FC d’alerte,
 7. Le menu **“Allure moyenne ou instantanée”** permet de modifier l’affichage du type d’allure pendant la course (moyenne ou instantanée). Pendant la course, il est possible de basculer d’un affichage à l’autre en touchant l’écran,
 8. Le menu **“Durée de vibration”** permet de modifier le niveau de vibration,
 9. Le menu **“KM ou MILE”** permet de modifier l’unité métrique,
 10. Le menu **“Au sujet de...”** affiche des informations au sujet de l’application Interval Running,
 11. Le dernier menu **“Code”** permet de saisir le code d’enregistrement (lequel débloque certaines fonctionnalités). Le code est constitué de 4 chiffres, si le code saisi est correct une notification est affichée sur l’écran

About Heart Rate monitor scale:


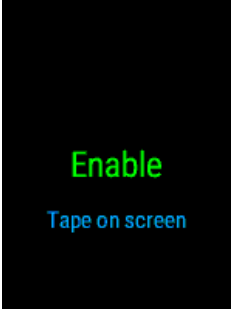

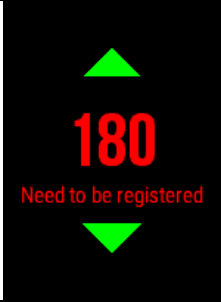
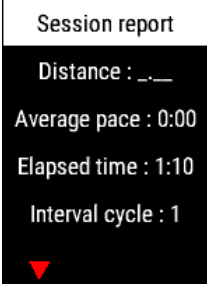
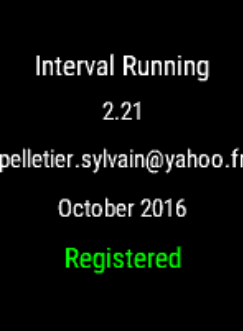
A HR scale is now displayed at the left part of the screen with 5 zones for all watches type:

- Zone 1 from 0 to 138 bpm (blue color)
- Zone 2 from 139 to 148 bpm (dark green color)
- Zone 3 from 149 to 159 bpm (green color)
- Zone 4 from 160 to 169 bpm (orange color)
- Zone 5 from 170 to 200 bpm (red color)

Some pictures for Vivoactive watch:

			
Main screen	Warm-up step	Pause	Speed running step with registration code
			
Rest step with count down (countdown need registration code)	Parameters adjustment	Parameters adjustment (value)	Speed running step without registration code
			
Parameter adjustment needed a registration code	Session report	Session report not saved	Session report saved
			
Heart rate higher warning (and vibration) needed a registration code	Heart rate threshold (need a registration code)	"About..." when registered	"About..." when not registered
			
New session report with interval analysis (need a registration code): average pace/standard deviation [min pace/max pace]	New session report with interval analysis when not registered	When HR monitor is activated a HR scale is displayed (need a registration code)	


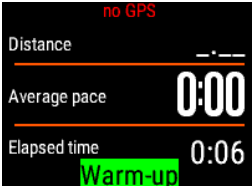

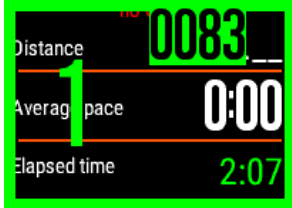
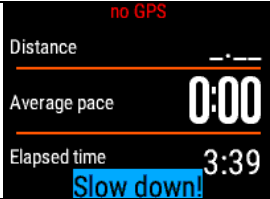
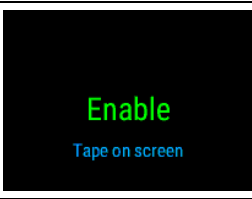
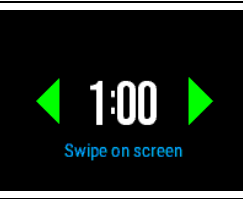
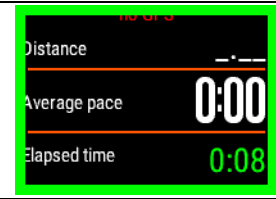
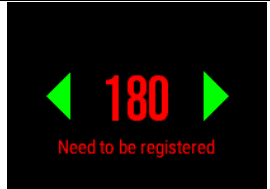

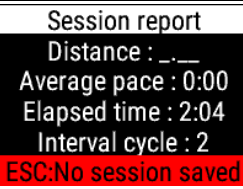
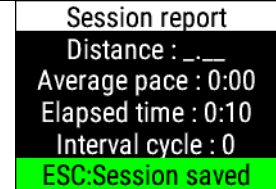

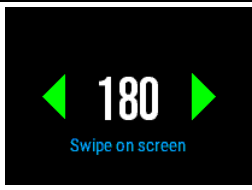
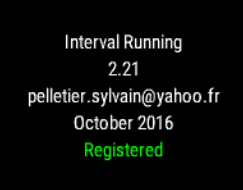
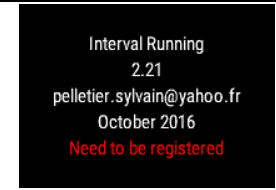




Some pictures for Vivoactive HR watch:

			
<p>Main screen</p>	<p>Warm-up step</p>	<p>Pause</p>	<p>Speed running step with registration code</p>
			
<p>Rest step with countdown (countdown need a registration code)</p>	<p>Parameters adjustment</p>	<p>Parameters adjustment (value)</p>	<p>Speed running step without registration code</p>
			
<p>Parameter adjustment needed a registration code</p>	<p>Session report</p>	<p>Session report not saved</p>	<p>Session report saved</p>
			
<p>Heart rate higher warning (and vibration) needed a registration code</p>	<p>Heart rate threshold (need a registration code)</p>	<p>“About...” when registered</p>	<p>“About...” when not registered</p>

<p>Session report</p> <p>Distance : _._</p> <p>Average pace : 0:00</p> <p>Elapsed time : 0:04</p> <p>Interval cycle : 0</p> <p>0:00/0:00</p> <p>[20:00/0:00]</p> <p>▼</p>	<p>Last run report</p> <p>Interval training mode</p>	<p>Last run report</p> <p>Distance : ---</p> <p>Elapsed time : --</p> <p>Average pace : ---</p> <p>Interval cycle : 0</p> <p>0:00/0:00</p> <p>[0:00/0:00]</p>	<p>Last run report</p> <p>Distance : ---</p> <p>Elapsed time : --</p> <p>Average pace : ---</p>
<p>New session report with interval analysis (need a registration code): average pace/standard deviation [min pace/max pace]</p>	<p>New menu item to display the last Interval running result (need to be registered)</p>	<p>Last run report when interval running is activated (need to be registered)</p>	<p>Last run report for standard running (need to be registered)</p>




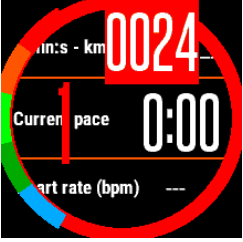

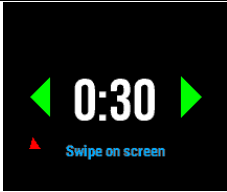



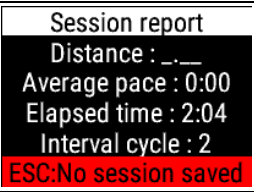

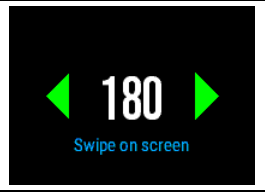
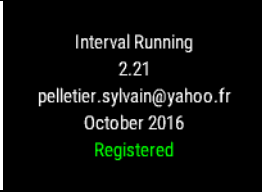
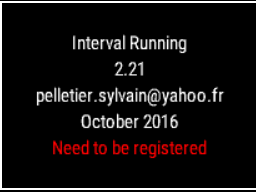



Operating specificities: **up or down swipe on tactile screen allow to access to parameters menu.**

Some pictures for Forerunner 920XT watch:






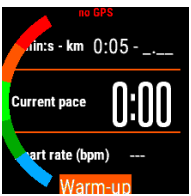

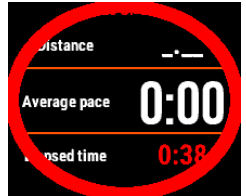
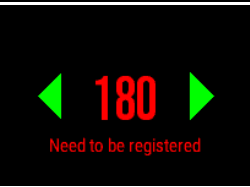

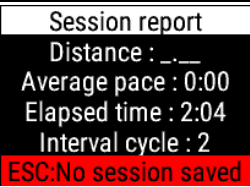


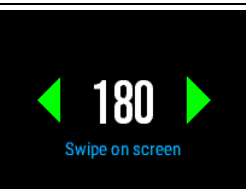
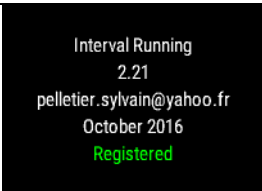
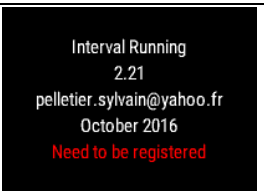

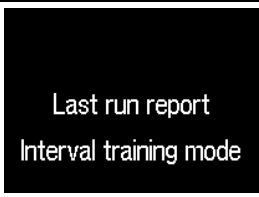


			
Main screen	Warm-up step	Pause	Speed running step with code
			
Rest step	Parameters adjustment	Parameters adjustment (value)	Speed running step without code
			
Parameter adjustment needed a code	Session report	Session report not saved	Session report saved
			
Heart rate higher warning (and vibration) Needed a code	Heart rate threshold (need a code)	"About..." when registered	"About..." when not registered
			
New session report with interval analysis (need a code): average pace/standard deviation [min pace/max pace]	New menu item to display the last Interval running result (need to be registered)	Last run report when interval running is activated (need to be registered)	Last run report for standard running (need to be registered)

Operating specificities: **this watch is not with tactile screen, right up or down pushbutton allow to access to parameters menu.**

Some pictures for Forerunner 630 watch:

			
Main screen	Screen with HR scale if registered	Pause	Speed running step with code
			
Rest step	Parameters adjustment	Parameters adjustment (value)	Speed running step without code
			
Parameter adjustment needed a code	Session report	Session report not saved	Session report saved
			
Heart rate higher warning (and vibration) Needed a code	Heart rate threshold (need a code)	"About..." when registered	"About..." when not registered
			
New session report with interval analysis (need a code): average pace/standard deviation [min pace/max pace]	New menu item to display the last Interval running result (need to be registered)	Last run report when interval running is activated (need to be registered)	Last run report for standard running (need to be registered)

Some pictures for Forerunner 235/230 and Tactic Bravo watches:

			
Main screen FR235	Main screen FR230	Main screen Tactic Bravo	Speed running step with code
			
Rest step	Warm-up with HR monitor	Parameters adjustment (value)	Speed running step without code
			
Parameter adjustment needed a code	Session report	Session report not saved	Session report saved
			
Heart rate higher warning (and vibration) needed a code	Heart rate threshold (need a code)	"About..." when registered	"About..." when not registered
			
New session report with interval analysis (need a code): average pace/standard deviation [min pace/max pace]	New menu item to display the last Interval running result (need to be registered)	Last run report when interval running is activated (need to be registered)	Last run report for standard running (need to be registered)

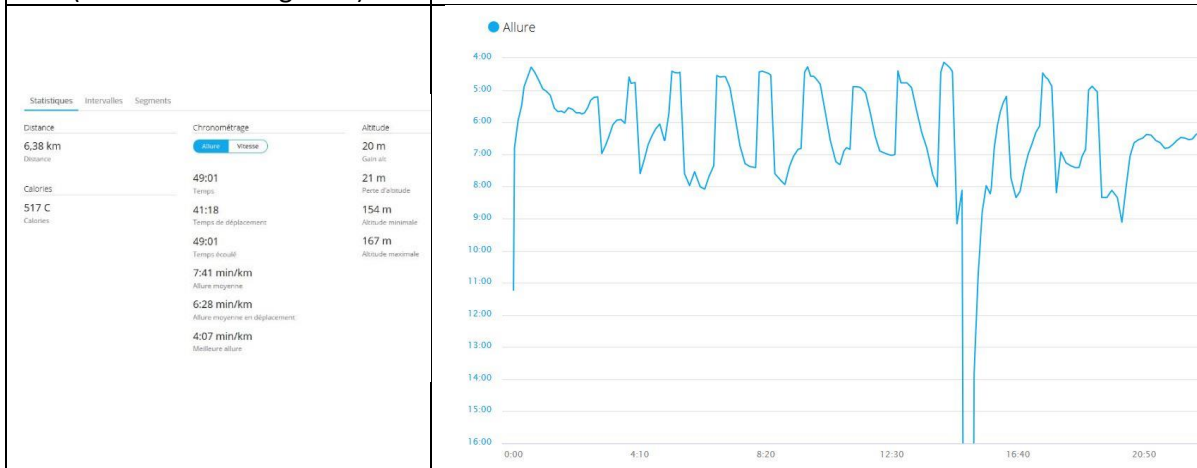
Operating specificities: this watch is not with tactile screen, left up or down pushbutton allow to access to parameters menu.

Garmin Connect IQ:



Map with interval segment (need code for segment)

Interval running data for each step (need code)



Main running data

Interval running chart for each step (need code)

Interval Running development takes many time, thanks you to support me if you enjoy Interval Running. Some function can be unblocked with a specific code (in parameters menu). To obtain the code (to set in the parameters of Interval Running) which unblock functions, please, make a free donation (**EURO only, don't forget to check PayPal tax in your country**) to my PayPal account:

<https://www.paypal.me/SylvainPelletier169>

Then, send me the prove of donation to my email (with your watch type and the name of the app): pelletier.sylvain@yahoo.fr. I will send you the code.

Special thanks for their help with the translation: Martin Paulick (Germany), Eduart Petrovsky (Slovakia).

How to set the registration code in App: in Interval Running parameter, go to the "registration code" section and set the correct number for code 1, 2, 3 and 4.

Version 1.00: May 2016

- Real time: distance, average pace, time
- Play, Pause, Stop
- Final report before App exit: distance, average pace, time, number of interval cycle
- Session saving (FIT format compatible for Garmin Connect): only main data, no segment
- Language: French and English
- Parameters: Enable/Disable Interval function, duration before start cycling, duration for the speed step, duration for the slow step

Version 1.10-20: May- June 2016

- New parameters and operating mode: interval management by distance or time, number of cycle to perform (0 = infinite)
- Bug and Visual improvement
- Language: French, English and Japanese (available without code)

Version 2.00 (need code): August 2016

- Average or current pace displaying
- Km or mile: parameter to switch (available without code)
- Vibration duration setting
- Warm-down setting, possibility to set at zero (warm-up setting also, available without code)
- Visual improvement during speed step (cycle Number displaying), warm-up/down indicator, slow step
- Interval Running saving (segment in the FIT file compatible for Garmin Connect) for analysis
- Some improvement
- Code setting

Version 2.10 (need code): September 2016

- New parameter management: time or distance increment adjustment (5-30-60-120s, 50-100-500-1000m, 0.05-0.1-0.5-1mi), HR monitor
- Heart Rate monitor management: activation or not, real time on screen, threshold adjustment (periodical vibration warning as long as the HR is higher than the threshold)

Version 2.20 (need code): October 2016

- Heart Rate monitor management: visual warning (heart picture) on screen when HR is higher than the threshold
- Tape on screen allows to which from average to current pace or main screen to screen with HR information (when HR monitor is activated)

Version 2.2 (need code): November 2016

- Heart Rate monitor management: visual warning (heart picture) on screen when HR is higher than the threshold
- Tape on screen allows to which from average to current pace or main screen to screen with HR information (when HR monitor is activated)

Version 2.3: December 2016

- New watches: Forerunner 630, 230/235
- New policies: without registration, the number of interval is limited to 10
- Statistical analysis of your Interval Running: average pace, standard deviation (indicator of constant effort), min and max pace
- Last Interval Running report in menu items (only for Vivoactive HR, FR920XT, FR630 and FR230/235 watches)

Version 2.4: January 2017

- HR scale displayed on screen
- New policies: without registration, the number of interval is limited to 5
- Last Interval Running report in menu items for Vivoactive watch

Version 2.5: April 2017

- Current pace calculation improvement
- New policies: without registration, the number of interval is limited to 10
- Screening improvement for Vivoactive HR

Version 2.51: May 2017

- Japan, Slovak and German translation improvement
- GPS distance calculation improvement

Version 2.6: September 2017

- Text improvement
- Interval Running step color modification
- Implementation of a countdown during the rest step
- New value for distance increment for mile unit: 0.05-0.1-0.25-0.5-0.75-1mi
- Some bug correction for mile unit management

Version 2.63: January 2018

- Improvement HR control

Version 2.65: June 2018

- Tactic Bravo support
- Visual improvement for circle watch (fr230/235/630)

What's new in this version 2.75: December 2018

- Run step index and total number of cycle displayed during Interval Running by flashing mode