

Personalized feedback

Inspirun case



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“It’s all about creating personalized running experiences”



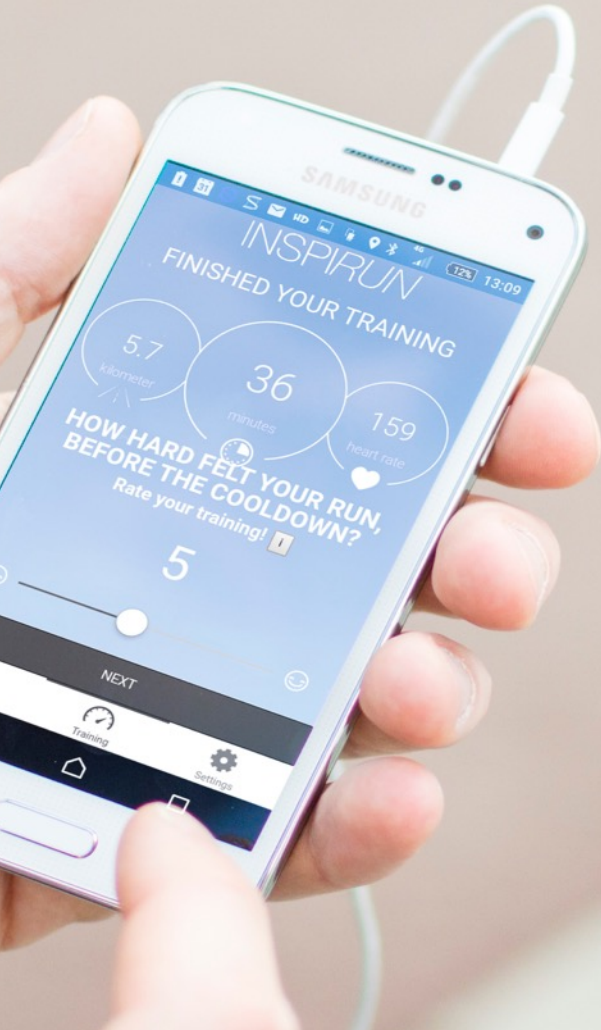
Co-created by



DESIGNING

Personalized training schedules

- Individual running factors
 - Runners' profile
 - Starting level
 - Goal setting
- Personal Running workload Profile (PRP)
 - Running speed
 - Heart rate
 - Intensity level
- 20 sessions, 3 test sessions for initial PRP
- Feedback during running
 - Visual
 - Spoken
 - Sound





DESIGNING

Prototype

- Wahoo TICKR X (reversed engineering API)
- INSPIRUN running app
 - Android
 - Built with Ionic framework (Javascript & AngularJS)
 - D3 (rendering vector graphics)
- Training session can only be started with active GPS signal and Bluetooth connection (HRM)
- Compliancy score is calculated

InspiRun: Essential features

- Start or improve running in a safe, **healthy** and **fun** way
- **personalized training schedules** that fits **runners profiles**
- Constant **feedback** speed, location and were combined with a HRM
- **Intuitive feedback** on progress while running (cf. runners profiles)
- Uses body feedback (heart rate) and environmental information (distance, location, route, time) to **adjust selected training scheme** for the next training session.
- Captures data which can be used for **monitoring**

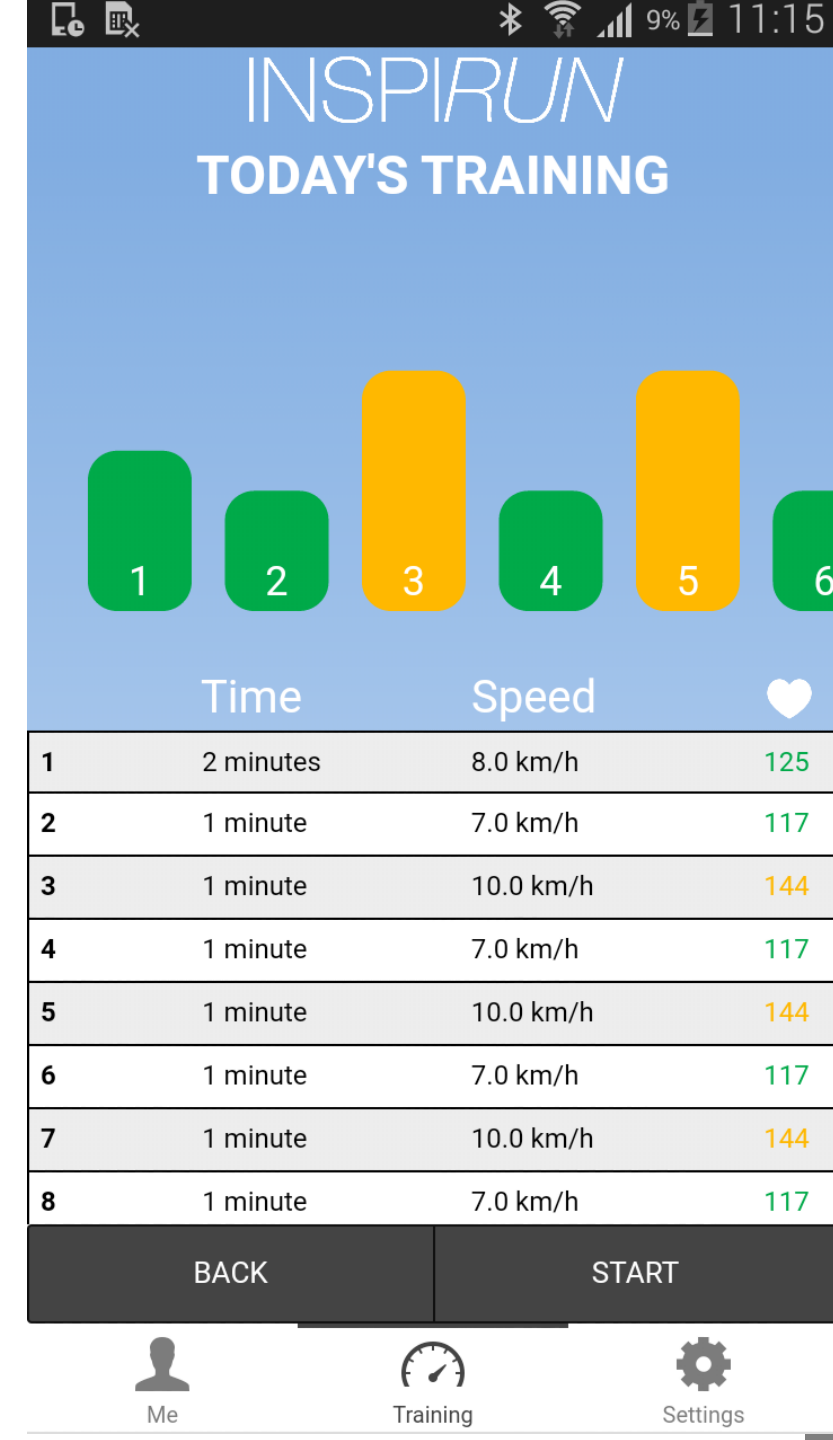
Personal Running workload Profile (PRP)

- Intensity level (3-10)

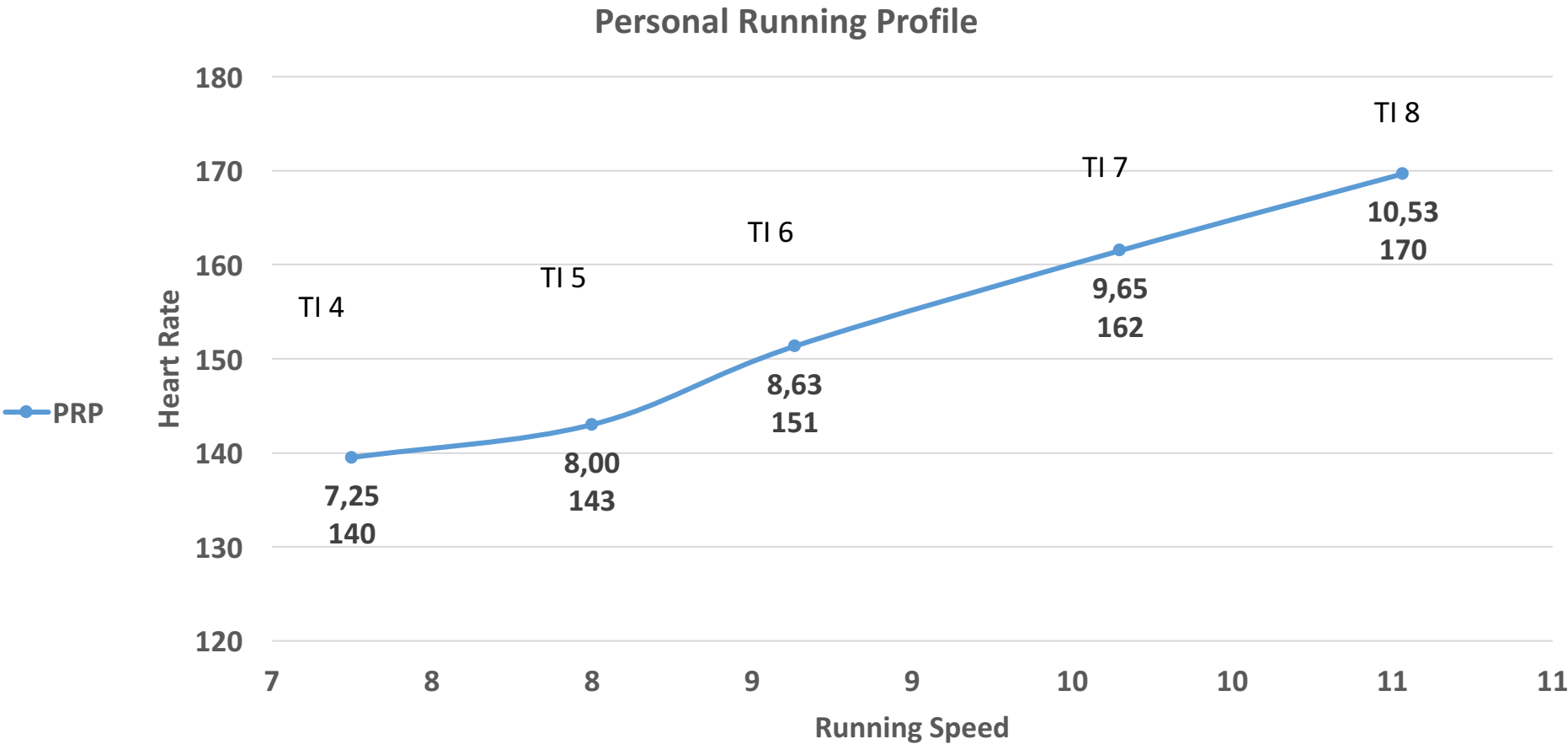


- Running Speed

Heart rate



Personal Running workload Profile (PRP)



Personal Running workload Profile (PRP)

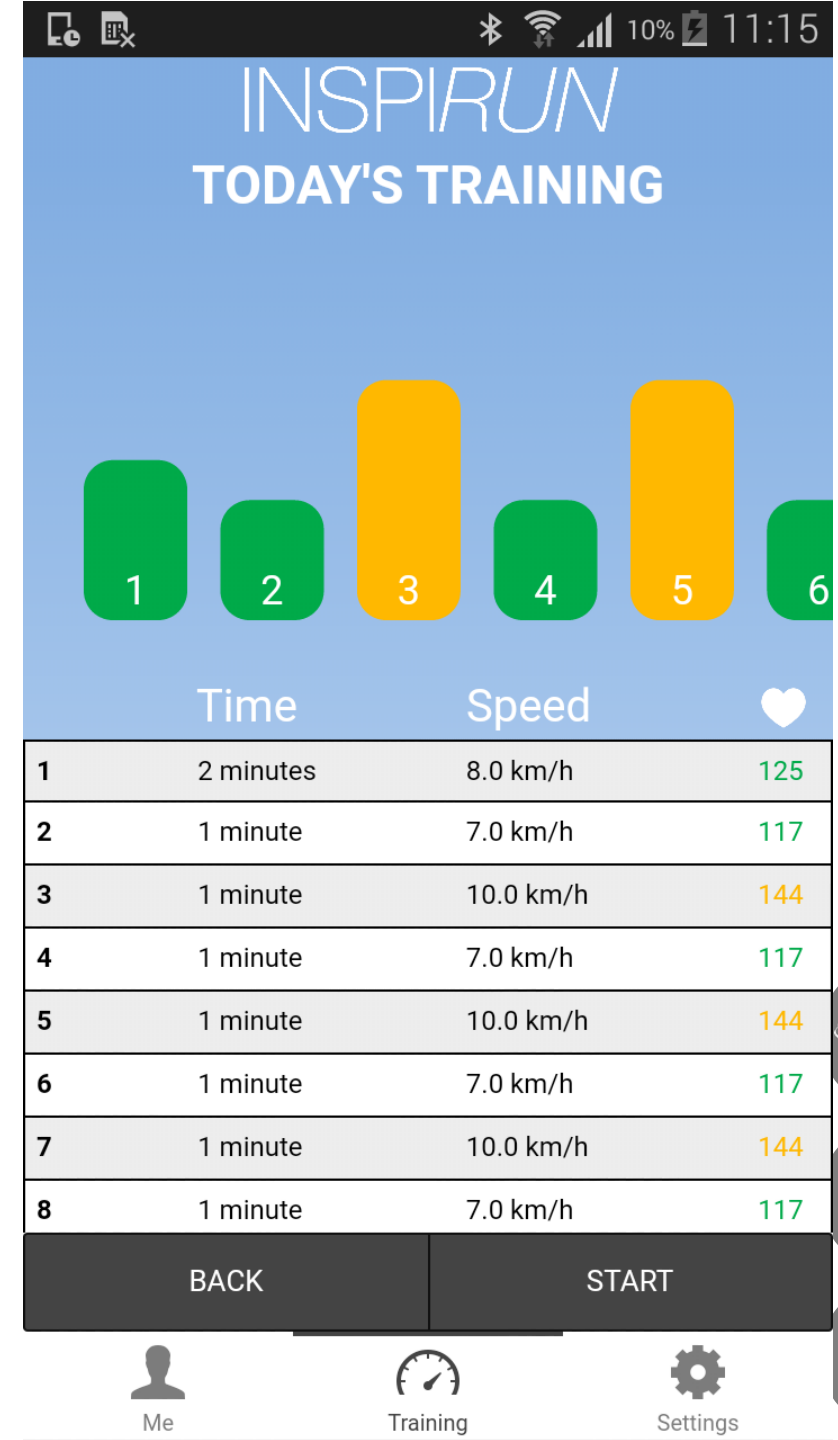
- Initial calculations:
 - Tl6 from test session 1
 - Tl4 from test session 2
 - Tl8 from test session 3

Minute																														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29		
4	4	4	6	6	3	6	6	6	6	6	6	6	6	6	6	6	6	3	4	4	4	4	4							
4	4	4	6	6	3	6	6	6	6	3	3	5	5	5	5	3	3	4	4	4	4	3	4	4	4	4	4			
4	4	4	6	6	3	5	5	5	5	3	3	6	6	6	6	3	3	7	7	7	7	3	3	8	8	8	8	3		

- Adaptive respons to training:
 - TI, Speed and HR monitoring from last 6 sessions.

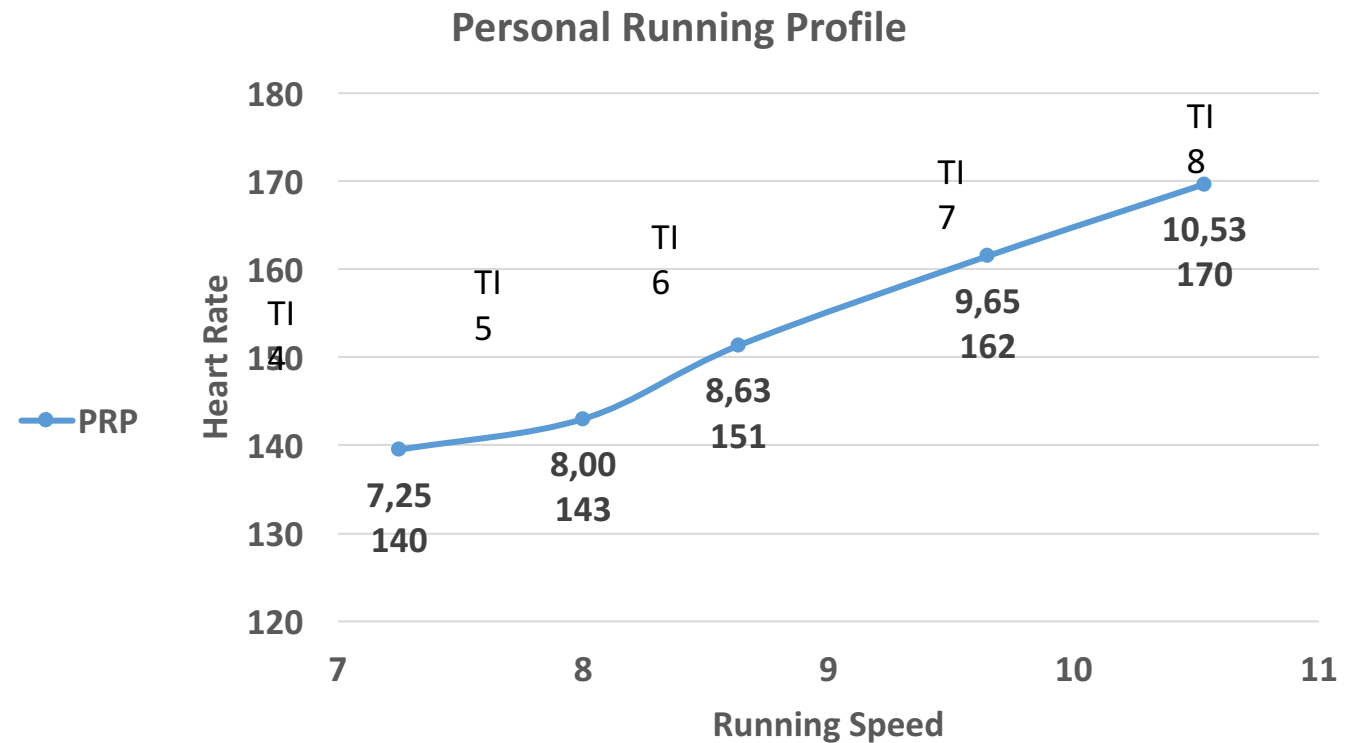
Running Training schedule

- 20 sessions, 3 test sessions for initial PRP
- Intensity level is scheduled, running speed and heart rate are personalized through PRP



Personalized feedback

- According to Personal Running Profile
- Actual monitoring of heartrate



Feedback during running

- Running speed and heartrate

- Visual

- Beep I Beep II



- Spoken instructions

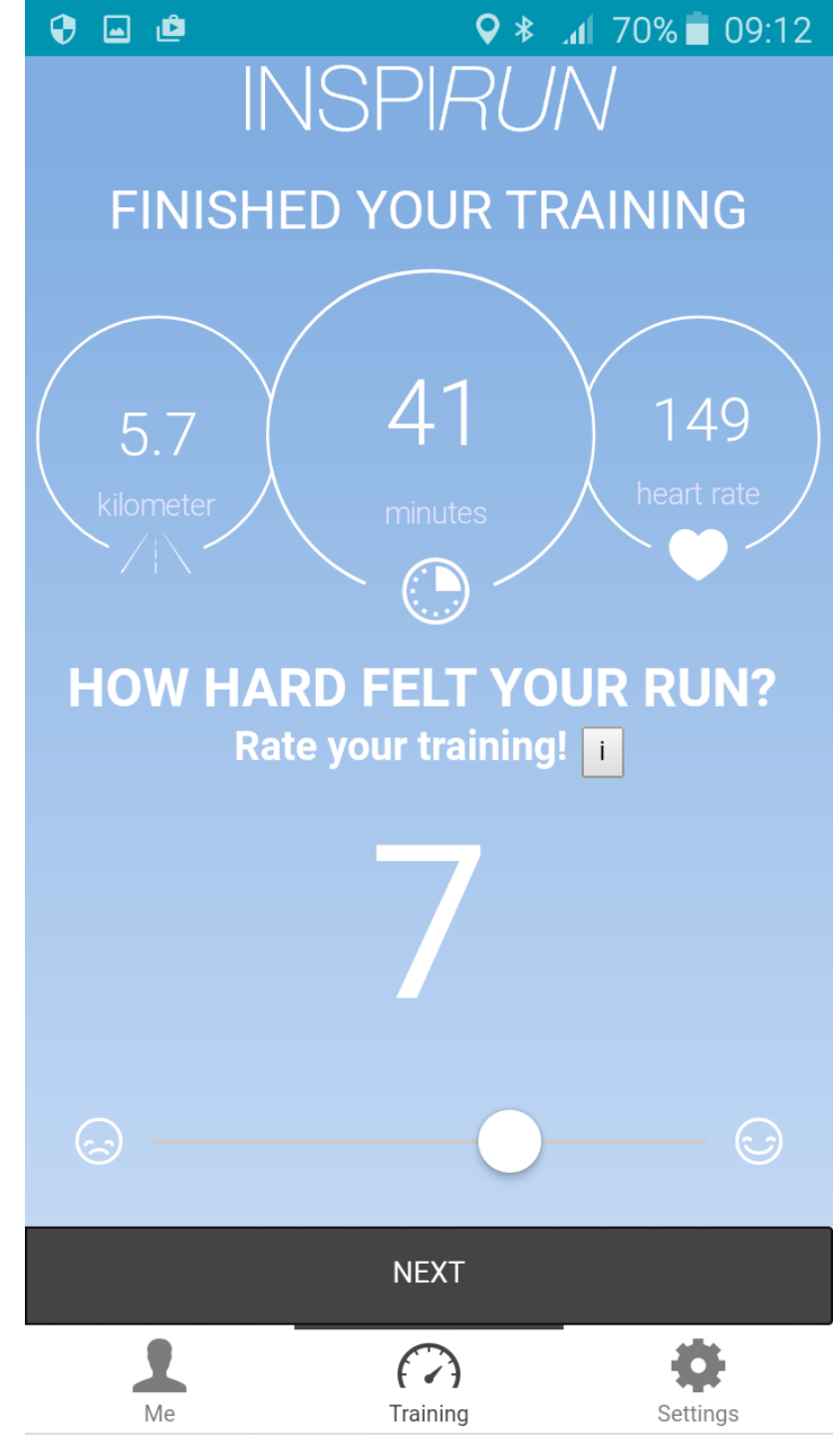
- 'Speed up a little...'

- 'Slow down...'



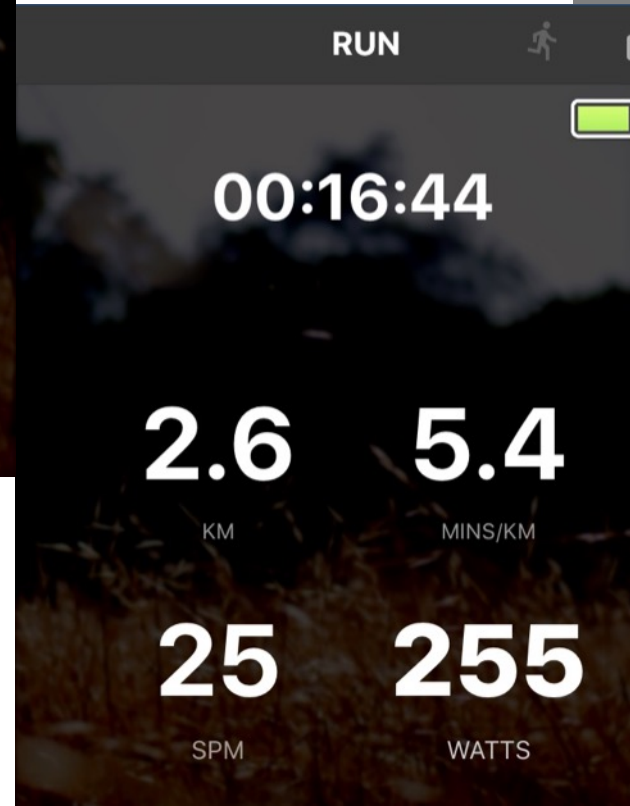
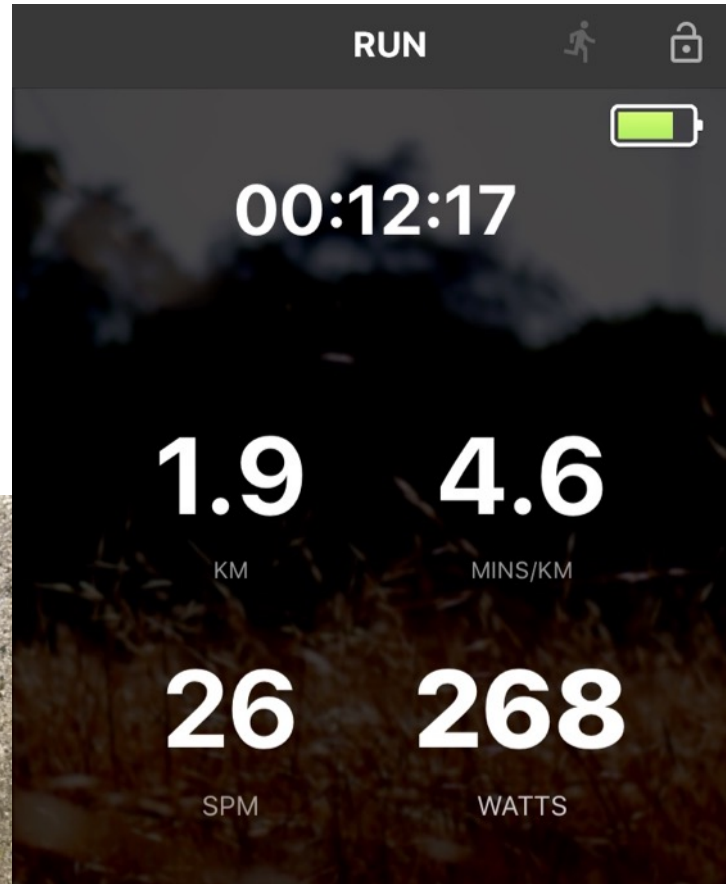
Feedback after sessions

- Summary of the run
 - Distance
 - Minutes
 - Avg heart rate
 - Avg speed
- Compliancy score
 - Speed
 - Heartrate



Other Feedback examples

Stryd Running



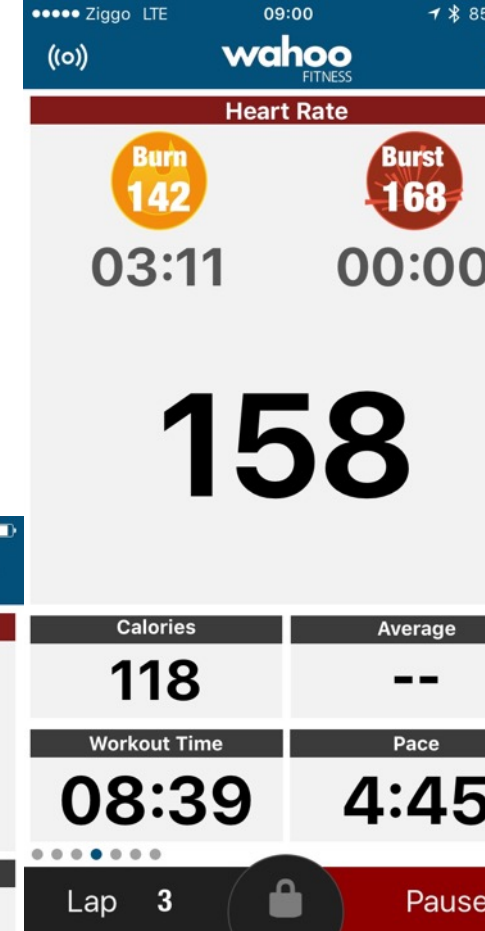
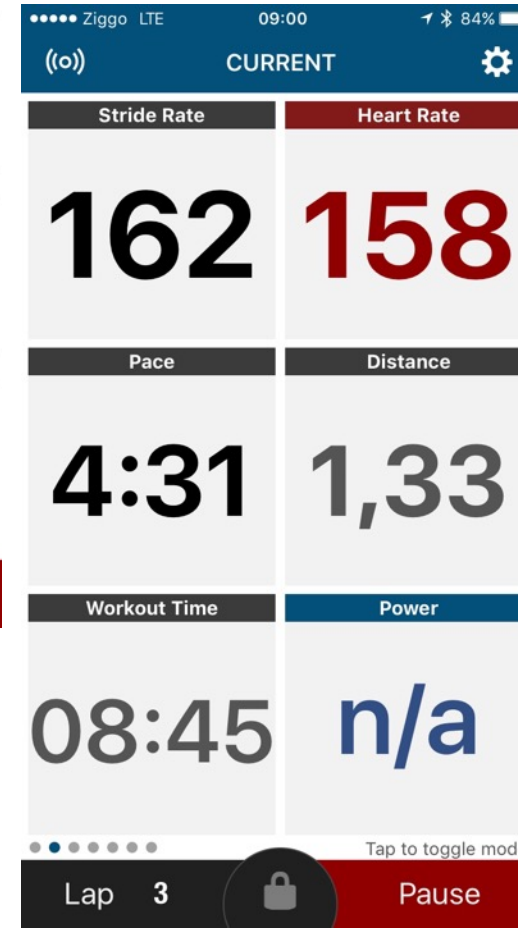
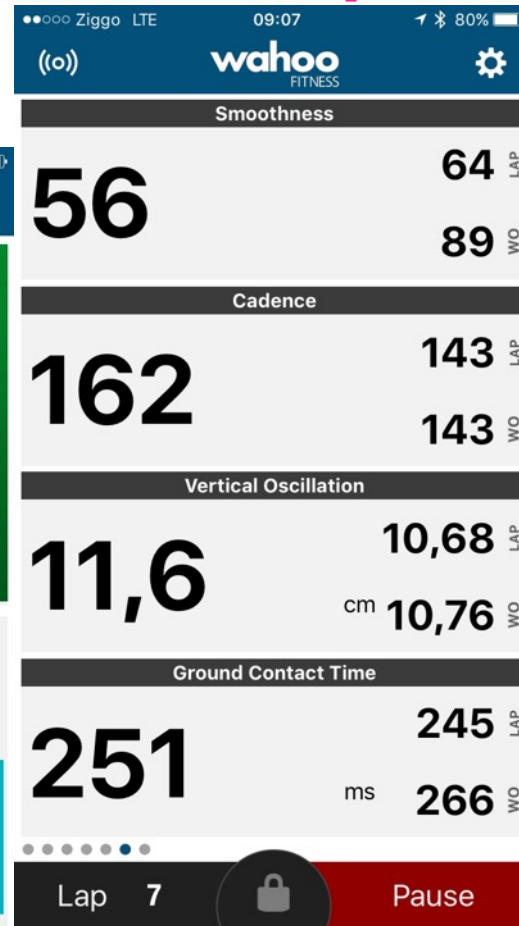
Other Feedback examples

Garmin Run



Other Feedback examples

Wahoo Tickr



Thank you for your attention!



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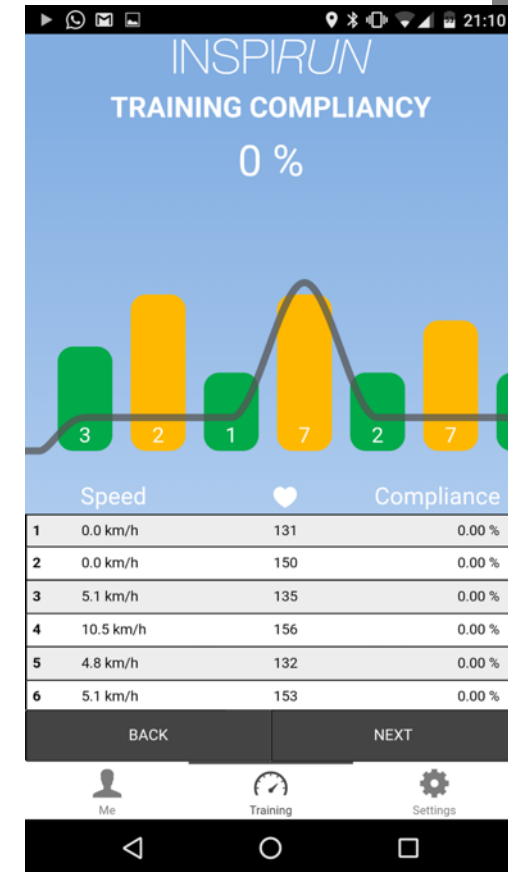
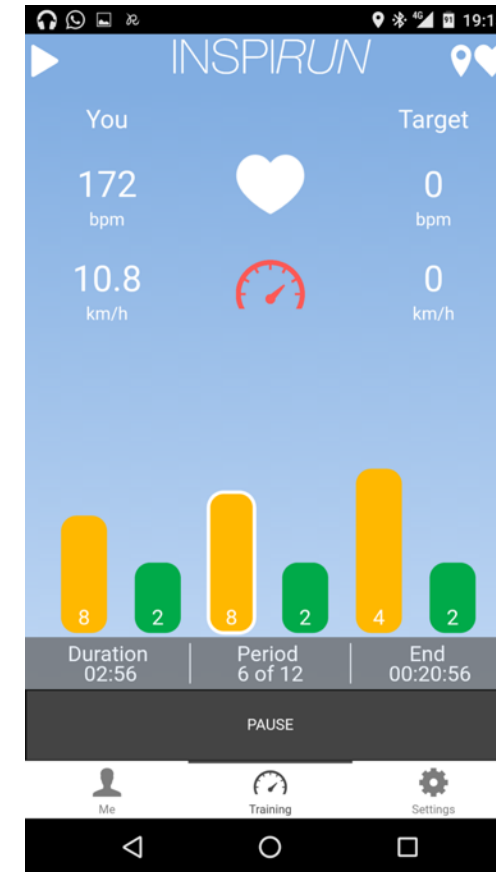
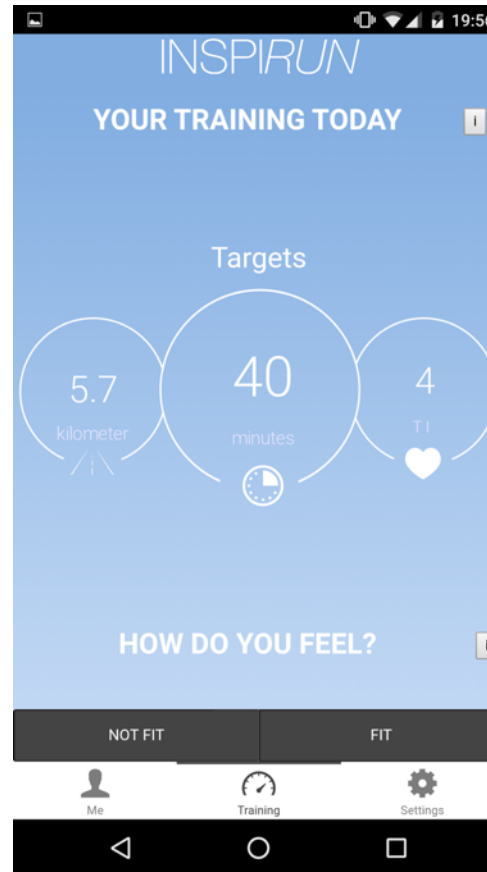
@JosGoudsmit



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@MA_Janssen



117 bpm

7.0 km/h

2

10

2

10

Period 5 of 10

End 00:28:35

PAUSE

Training

Settings

1

2

3

4

5

6

Time

Speed

2 minutes	8.0 km/h	125
1 minute	7.0 km/h	117
1 minute	10.0 km/h	144
1 minute	7.0 km/h	117
1 minute	10.0 km/h	144
1 minute	7.0 km/h	117
1 minute	10.0 km/h	144
1 minute	7.0 km/h	117

BACK

START

Me

Training

Settings

You

172 bpm

10.8 km/h

8

2

Duration 02:56

Period 6 of 12

PAUSE

Speed

Compliance

7	4.7 km/h	156	0.00 %
8	11.5 km/h	177	0.00 %
9	4.7 km/h	155	0.00 %
10	13.5 km/h	179	0.00 %
11	5.0 km/h	178	0.00 %
12	9.0 km/h	163	0.00 %

BACK

NEXT

Me

Training

Settings

Duration 02:56

Period 6 of 12

PAUSE

Lectoraat

Move to Be



Contact

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