

Team2 SW Help

Table of Contents

Introduction	1
Quick Steps	1
About the Help.....	1
Water-Resistance.....	2
Medical Devices In Professional Use.....	2
Training Articles.....	2
Service.....	2
Bluetooth	2
Quick Guide	3
Quick Guide.....	3
PC Requirements	3
Hardware	4
Lights and Sounds.....	4
Wizard	7
Care and Maintenance Instructions	14
Hardware.....	15
Hardware.....	15
Base Station	15
Charger.....	19
Transmitters and Straps	20
Bluetooth USB Adapter (USB Dongle).....	22
Non-secured transmitter mode.....	23

Team2 SW Help

How to...	24
Software	36
Introduction to Software	36
Main menu	37
Training calendar	52
Online training	64
Training session log	68
Training reports	73
How to...	76
PDA software	121
Introduction to PDA Software	121
PDA Requirements	121
Installation of PDA Software	122
PDA Software	122
Settings	125
How to...	128
Troubleshooting	143
Troubleshooting	143
Connections	144
Online Training	147
Sport Zones	149
Training computer	150
Transfer	150

Table of Contents

Transmitters.....	152
USB dongle	155
Glossary	156
Precautions	157
Minimizing Possible Risks.....	157
Important Safety Information.....	159
Base Station	159
AC-Powered Devices	159
Battery-Powered Devices.....	160
Wireless Devices.....	160
All Devices.....	161
Regulatory Information.....	161
Base Station	161
Transmitter	164
Industry Canada (IC) regulatory information	164
Avis de conformité à la réglementation d'Industrie Canada.....	164
Charger.....	166
Technical Specifications	168
Transmitter	168
Radio Frequency Technical Specifications	168
Guarantee and Disclaimer	169
Polar Team ² Pro International Warranty	169
Disclaimer.....	169

TEAM2 SW HELP

Introduction

Welcome to Polar Team²! Team² is a versatile system that allows you to plan your team's seasons, monitor the training and analyse the data.

Team² includes software for both a PC and PDA. The PC software is designed for planning, recording and storage and the PDA software is for online monitoring.

We recommend that you read through this manual before beginning to work with Team². It is the easiest way to learn how to use the versatile features of Team² efficiently in your job as a trainer or coach. For more visual guidance, see the Team² tutorial which can be found from the PC software (**Help > Tutorial**).

Quick Steps

1. Install PC software from the DVD.
2. Set up the system and software.
3. Give transmitters to the players.
4. Start training and monitoring heart rates online.
5. Analyze data.
6. Report and follow-up.

About the Help

The help is divided into 5 main categories, **Quick Guide**, **Hardware**, **Software**, **PDA Software** and **Troubleshooting**.

[Quick guide](#) offers basic information on the product. We strongly recommend that you read at least the quick guide before beginning to work with Team². Quick guide and, in particular, the Wizard instructions are only for the initial introduction of the software. Please read the software chapter for instructions on the software itself.

[Hardware](#) offers information on the hardware that is included in the Team² set.

Team2 SW Help

[Software](#) offers information on the PC software that has been installed onto your PC. The Team² software is the core of Team². In this section you can find information on all software features. See the *How to...* section for instructions on the most common functions.

[PDA software](#) offers information on the PDA software that can be installed on a PDA device.

[Troubleshooting](#) offers you first-hand help if you have a problem with either the hardware, PC software or PDA software.

To find necessary information efficiently, use the *Search* function (go to **Search** tab).

Water-Resistance

When a product is water-resistant it is protected against splashes while washing, sweat, raindrops etc. It is not, however, suitable for swimming.

Medical Devices In Professional Use

Professional use sets high standards for the manufacturer, distributor and user of a medical device. Polar offers user instructions and training for professional users in order to ensure the safe use of Polar devices.

Training Articles

For more information on the physiological aspects and other features of Polar products, visit the [Polar Collection of Training Articles](#).

Service

Your Polar Team² system is designed to help you achieve your personal fitness goals and indicate the level of physiological strain and intensity during training sessions. No other use is intended or implied. During the one-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro. Register your Polar product at <http://register.polar.fi/> to ensure we can keep improving our products and services to better meet your needs.

Bluetooth

Polar Team² uses Bluetooth wireless communication between Polar Team² Transmitters and Polar Team² Base station. Bluetooth provides the most reliable and secured technology for transmitting live data in the sports instrument industry today.

Quick Guide

Quick Guide

This is Quick guide for Polar Team². Please read Quick guide through before starting to work with Team². Quick guide gives you the basic information on Team². Quick guide, in particular, Wizard instructions are only for the first introduction of the software. For instructions on the software itself, please read the [software chapter](#).

- [PC requirements](#)
- [Hardware](#)
- [Lights and sounds](#)
- [Wizard](#)
- [Care and maintenance instructions](#)

PC Requirements

For Team² to work properly and smoothly, your PC has to be powerful enough. In addition to the requirements listed below, it is recommended that you update system drivers, especially Wi-Fi adapter drivers. Contact your Wi-Fi adapter manufacturer's web site to find the latest release of the drivers.

Minimum system requirements are:

- 1.6 GHz processor
- 1 GB RAM
- 1 GB of free hard drive space
- Wireless connection (IEEE802.11b or newer)
- Microsoft Windows XP, Vista or 7

Recommended system requirements are:

- 2 GHz processor
- 2 GB RAM

Team2 SW Help

- 1 GB of free hard drive space
- Wireless connection (IEEE802.11b or newer)
- Microsoft Windows XP, Vista or 7

Hardware



Polar Team² includes the following hardware. For more information, see [hardware section](#).





- [Base station](#)
- [Charger](#)
- [Transmitters and straps](#)
- [USB dongle](#)

Lights and Sounds

Base station and transmitters inform the user of their status with a few different lights and sounds.

Base station

Light	Function
Charge indicator 	Green light is on: Power cable is connected and/or the battery is full. Red light is on: Battery is low and charging. Red light is blinking every 5 seconds: Battery is low and not charging. Red light blinks for 3 seconds and power switches off automatically: Battery is empty.
Power indicator 	Base station is on.

<p>Blue 1</p> 	<p>Base station is ready for use. Takes approx. 1 minute after switching on.</p> <p>On secondary base stations, the only one that lights up when the base station is ready for use. Note that also the main base station must be on and ready for use.</p>
<p>Blue 2</p> 	<p>PC is connected to the base station and software is running.</p>
<p>Blue 3</p> 	<p>At least one transmitter is connected to the base station with Bluetooth.</p>
<p>Blue 4</p> 	<p>Lights up on main base station when at least one secondary base station is connected to the main base station.</p>

NOTE:

- The Bluetooth indicator  is not a light, only a label.

Transmitter

Below is a description of lights and sounds during training.

Light/Sound	Function
<p>Green led is blinking at HR.</p>	<p>Transmitter detects the HR signal and is ready for recording.</p>

Team2 SW Help

Red led is blinking at HR.	Transmitter detects the HR signal and is ready for recording. Memory or battery level is low.
Start recording sound, one beep.	Transmitter starts recording.
Green led is blinking every 3 seconds.	Transmitter is recording.
Stop recording sound, two beeps.	Transmitter stops recording.
Red led is double blinking every 5 seconds for 30 seconds. Stop recording sound.	Recording cannot be started because the battery or memory level is low.
Red led is double-blinking every 5 seconds for 10 minutes. Stop recording sound.	Recording has been stopped because the transmitter memory is full or the battery is empty.

Below is a description of lights and sounds during charging or when a transmitter is inserted into the charger.

Light/Sound	Function
Red led is on for 5 seconds. Short sound.	Transmitter is properly placed into the charger and is in secured mode.

Red led is blinking every 5 seconds.	Transmitter is charging.
Green led is blinking every 10 seconds.	Transmitter's battery is full.
Green led is on.	The user can activate the connection between a new transmitter and the system and activate the transmitter's number while introducing new transmitters to the system.
Red led is on for 5 seconds. Three short sounds.	Transmitter is properly placed into the charger, but is in not-secured mode. Data cannot be transferred while the transmitter is in not-secured mode. To be able to transfer data from the transmitter to the PC or to change the transmitter's settings, change the mode to secured by removing the transmitter from the charger and inserting it back after a minimum of 3 seconds. Only one sound should be heard.

Wizard

Wizard launches when the Team² software is run for the first time. Wizard guides you through the introduction process step by step. Before you can run Team² software you have to install it on your PC.

If you want to run Wizard again at some point, remove all the transmitters from the system according to the [instructions](#), shut down the software and re-run it. Wizard then launches automatically.

- Wizard can be stopped at any time by clicking the **Cancel** button.
- It is possible to shift between the steps by clicking the **Next** and **Back** buttons.

NOTE: These instructions apply only to the initialization wizard that launches when the Team² software is run for the first time. For instructions on the rest of the software, see the [software chapter](#).

Welcome (Step 1)

Team2 SW Help

The first step instructs you on how to connect the hardware correctly. Follow the instructions below and on the screen. By clicking the numbered steps, help animations are displayed in the box on the right side of the list.

1. Plug the power cable into the base station.
2. Connect the first (or only) base station to the PC with the network cable.
3. Switch on the first (or only) base station. Wait until (1) and (2) are lit (approx. 1. min).
4. Plug the power cable into the charger.
5. Insert transmitters 1-10 into the charger. Wait until (3) is lit on the base station.
6. Plug the USB dongle into the PC.

Continue to the next step by clicking **Next**.

NOTE:

- Insert the transmitters into the charger so that so that the P of the Polar logo is not visible. The led is located next to the R of the Polar logo.
- When the transmitter is inserted correctly into the charger the red led is on for 5 seconds. At the same time you can hear a short sound.
- It is important that the USB dongle is introduced to the system during Wizard. The dongle doesn't work later on if this part has been skipped in the beginning. For instructions of what to do, if the USB dongle is not introduced to the system during Wizard, see [How to introduce USB dongle](#).
- **Do not install the USB dongle drivers from the included CD!** The USB dongle works with the Team² only if the drivers are not installed. If you have installed the drivers, follow the [instructions](#) in the troubleshooting chapter.

Team (Step 2)

The second step asks you to create the first team and fill in team information. It is also possible to import team data from a previous Polar software by clicking the link at the bottom of the window. Compatible data can be imported from the *Polar Precision Performance* and *Polar ProTrainer* software.

1. Type the team name into the **Name** field. The default name is *My Team*.

2. Add the team logo (in *.jpg format) by clicking **Click here to add a logo** text. This is an optional feature.
3. Type team details into the **Team Details** field. This is an optional feature.

Continue to the next step by clicking **Next**.

NOTE:

- The added logo can be removed by clicking **Remove logo** at the bottom of the Wizard window.
- When team data is imported from the previous Polar software, all team data (including player information) is imported to the system.

Sport Zones (Step 3)

The third step asks to specify your team's sport zones. Sport zones specify how training is divided into different intensity zones. You can either use the default settings or modify the sport zones to fit the team's training.

Sport zones can be based on one of three different calculation methods. Wizard offers two of them to choose from, the [player's maximum heart rate](#) (% of HRmax) and the [player's threshold values](#). A third option is the player's heart rate reserve (% of HRR) which can be taken into use, in preferences, after Wizard is completed.

1. Select the calculation method that you want the sport zones to be based on.
2. The sport zone settings can be changed after the calculation method is selected. Settings are given on the right side of Wizard window.

Continue to the next step by clicking **Next**.

Player's maximum heart rate (% of HRmax)

When the player's maximum heart rate is selected as the sport zone calculation method, sport zones which the user can determine are specified as a percentage of a player's maximum heart rate. As the zones are based on percentages of a player's own maximum heart rate, they are individual for each player. The same percentages are, however, used for the whole team.

Player's threshold values

When the player's threshold values are selected as the sport zone calculation method, the sport zones are based on the players' threshold values which are determined in the player settings. Each player has an upper threshold (anaerobic) and a lower threshold (aerobic) value. The

coach/trainer can determine how many heart beats the upper threshold zone and the lower threshold zone differ from the players' upper and lower threshold values. The variances are the same for the whole team. The threshold values enable the most individual training analysis.

NOTE:

- Default settings can be restored by clicking the **Restore default setting** link on the bottom of the window.
- More sport zones can be added by clicking the **Add sport zone** link on the bottom of the window.

Activities (Step 4)

The fourth step asks to define the training activities of your team. You can choose a different color for every activity. This helps you to visualize your team's training calendar.

There are three different types for activities; *intermittent*, *continuous* and *strength*. The type indicates how exhausting the training activity is. The type you select affects the training load and recovery time calculations. Select the types carefully and the calculations will be more accurate.

Training activity examples:

Continuous	Intermittent	Strength
Swimming	Football	Gym
Walking	Ice hockey	BodyPump
Skiing	Up/Downhill running	
Roller-skating	Rugby	
Running	Alpine skiing	

1. Fill in your team's training activities and select their types from the drop-down menu.

2. Select a color for each activity by clicking the color box at the end of each training activity line. If each training activity or test has its own individual color, it is easier for you to visualize your team's training calendar. Activities are shown in the calendar as color boxes.

Continue to the next step by clicking **Next**.

NOTE:

- Training activities can be modified after Wizard is completed.
- Training activities can be added by clicking **Add training activity** link at the bottom of the window.
- Training activities can be added at any time after completing Wizard.
- Training activities can be removed by clicking **Remove** link at the end of the training activity line.

Players (Step 5)

The fifth step asks you to fill in your players' information. You can also import players' information from previous Polar software by clicking the link on the bottom of the window. Player information is imported one player at a time. Compatible data can be imported from the *Polar Precision Performance* and *Polar ProTrainer* software.

1. Fill in the name and other information of the first player.
2. Click the **Add player** link below the player list.
3. Fill in the name and other information of the second player.
4. Continue repeating steps 2 and 3 until you have added all the players you wish to add.

Continue to the next step by clicking **Next**.

NOTE:

- Physiological values are calculated automatically when the date of birth is selected. Automatic values can be modified.
- A player can be removed from the player list. Click on the player you want to remove and then click the **Remove** link on the bottom of the wizard window.

Hardware (Step 6)

To make sure that the Team² hardware is plugged in correctly, do the following.

1. Check that you have connected your base station to the PC with the network cable and that lights 1 and 2 are lit on the base station.
2. Click the **Search** link below the grayed-out picture of base station.



If the connection is ready, the picture fades into black.

3. Choose a wireless network key, i.e. Wi-Fi password, and type it into the **Wireless network key** input field.

4. If you have not plugged in the USB dongle, do it now. Wait for a couple of seconds and click the **Search** link below the picture of USB dongle.



Continue to the next step by clicking **Next**.

NOTE:

- Follow the instructions on the screen when selecting the wireless network key.
- **Do not install the USB dongle drivers from the included CD!** The USB dongle works with the Team² only if the drivers are not installed. If you have installed the drivers, follow the [instructions](#) in the troubleshooting chapter.

Transmitters (Step 7)

Wizard starts to search for the transmitters. If the search doesn't start, click **Search**. Make sure the power cable has been plugged into the charger and the transmitters are inserted into the charger correctly.

Wait until the search is done. After the search, Wizard tells you how many of the 10 transmitters it has found. If Wizard didn't find all the transmitters, make sure that they are inserted correctly. The correct way is to leave the tip with led light on the outside. A short sound will be heard when a transmitter is inserted into the charger correctly. There will be a light blinking on the transmitters that are inserted correctly. Click **Search** to start the search again.

When Wizard has found all 10 transmitters, select a player for each transmitter from the drop-down menu. Transmitters are identified by the number label. When a transmitter is assigned, letter X is added after the player's name.

Continue to the next step by clicking *Next*.

NOTE:

- More transmitters can be added after Wizard is completed. For more information, see [How to add transmitters](#).
- If a transmitter was not found during Wizard after a couple of tries, you can add it to the system using *Add New Transmitters* feature. For more information, see [How to add transmitters](#).
- Transmitter-player connections can be modified after Wizard is completed. For more information, see [How to assign transmitter to player](#).

Completed (Step 8)

Installation is now complete. Polar Team² is now initialized and ready for use.

End Wizard by clicking the **Finish** button.

Care and Maintenance Instructions

It is important to follow the care and maintenance instructions to assure the long life of the Team² hardware. Sweat and moisture can keep the electrodes wet and the transmitter activated, which shortens battery life.

Team² Transmitter Straps

- Wash the straps in a washing machine at 40 °C (104°F) after every fifth use. Always use the washing pouch (included in the Team² set). **NOTE:** Detach the transmitter from the strap before wash!
- Do not use bleach or fabric softener.
- Rinse the straps under running lukewarm water after every use.

- Store the straps in the Team² bag, in a pocket with vents.
- Make sure you don't store straps wet.

Transmitters

- Detach the transmitters from the straps and store separately.
- Rinse the transmitters under running lukewarm water after every use.
- Do not insert wet transmitters into the charger.
- Store transmitters in the charger.
- When the transmitters are not in daily use or are stored for a longer period of time, recharge the transmitters regularly to prevent a complete exhaustion of the battery in the transmitter.

Charger and Base Station

- Wipe the base station and the charger with a moist cloth regularly.

Hardware

Hardware

Polar Team² includes the following hardware:

- [Base station](#)
- [Charger](#)
- [10 transmitters and straps](#)
- [USB dongle](#)

Extra transmitters and Team² transmitter straps and additional base stations can be purchased separately. There is also a charger included in the transmitter kit.

Base Station

The base station is the device that connects the transmitters with your PC or PDA. There can be up to three base stations in a Team² system. The number of transmitters online is determined based on the number of base stations:

Team2 SW Help

- one (main) base station: up to 28 transmitters/players online
- two base stations (main + one secondary base stations): up to 56 transmitters/players online
- three base stations (main + two secondary base stations): up to 80 transmitters/players online

The main station does not differ from the secondary base stations on the hardware level. The first base station you connect/introduce to the system becomes the main base station.

If you are using more than one base station in the Team² system, only the main base station is connected to the PC (either wireless or wired connection). The secondary base stations (one or two) are connected to the main base station wirelessly and automatically after switching on. Light (4) lights up on main base station when at least one secondary base station is connected to the main base station.



Front panel



1. Charger and power indicators (see [Lights and sounds](#))
2. Number indicators for connections and a Bluetooth logo (see [Lights and sounds](#))
3. Power button
4. Reset button (red), Ethernet port and power plug under the cover

To connect the main base station to the PC

1. Turn on your PC and open Team² software.
2. Plug the power cable into the main base station. **NOTE** that using power cable is only allowed indoors. During outdoor use, use the battery as power source.
3. Connect the main base station to the PC with the network cable.
4. Switch on the main base station. Wait until (1) and (2) are lit (approx. 1. min).

When the lights (1) and (2) are lit on the main base station, it is ready to communicate with the PC.

To rename the main base station

The main base station can be renamed. The base station name is the name of the base station's wireless network.

1. [Connect the main base station to PC](#) either with a Ethernet cable or wireless connection. Wired (Ethernet cable) connection is recommended.
2. Run the Team² software.
3. Select **Tools > Preferences** from the main menu.

4. Select the **Base station/USB Dongle** tab.
5. Select the main base station from the base station list. **Note** that if a secondary base station is introduced to the system, the base station settings cannot be changed.
6. Type a base station name into the **Name** input box. The base station name is the name of the base station's wireless network.
7. End by clicking **Save**.

To use secondary base stations

In order the secondary base stations work, the main base station must be on and connected to the PC.

1. [Introduce secondary base stations to the system.](#)
2. Turn on the main base station and connect it to the PC and the Team² software.
3. Turn on the secondary base station(s).
4. Wait until the light (1) is lit on the secondary base station(s) and light (4) is lit on the main base station. If the secondary base stations are introduced to the system, they connect to the main base station wirelessly, automatically.

Facts

- The base station is water-resistant so it can be used in the rain as long as the plug is in place. Always use wireless connection and battery power in the rain!
- Allows you to monitor up to 80 players in real time at the same time.
- Built-in Wi-Fi (IEEE802.11b) so that wireless connection can be used between the PC/PDA and the base station.
- Built-in Bluetooth (100 m (330 ft) range).
- RJ45 connector for Ethernet connection.
- Secondary base stations connect to the main base station wirelessly.
- Re-chargeable batteries with up to 12 hours stand alone use. Charging time 4 hours.
- AC adapter included. There are four different plugs for the AC adapter included. Choose the correct plug (according to the country) and place it into the adapter.

- Operating temperature -20°C - +60°C (-4°F - +140°F).
- The stand must be used when base station is placed on moist ground, e.g., on a wet lawn.
- When the base station is placed on the wall, the plug must be towards the ground, especially outdoors.
- During charging the legs of the base station must be used because the bottom heats up. The bottom of the base station heats up to 60°C (140°F).
- During charging, the maximum operating temperature is 45°C (113°F).
- It is recommended that the base station is placed 2 meters (6.5 ft) above the ground to optimize the signal.
- Check the range of the signal if the base station is surrounded by metal.
- Wall mount and legs included.
- The sockets that are provided in the wall mounting kit are meant for concrete surfaces.

Charger

Charger is used to re-charge the batteries of the transmitters. The charger can be used only indoors. Data transfer (transmitter settings, memory contents) between the transmitters and the PC is enabled only when the transmitters are inserted into the charger.

To transmit data between transmitters and PC, follow these instructions:

1. Turn on your PC and open Team² software.
2. Connect the base station to PC according to the [instructions](#).
3. Plug the power cable into the charger.
4. Insert transmitters into the charger. Wait until (3) is lit in the base station.

If the transmitter is inserted correctly into the charger, you hear one short sound and red led is on for 5 seconds. Software's [toolbar](#) shows in the upper right corner how many transmitters are connected to the base station/USB dongle.



Facts

- Up to 10 transmitters can be inserted into the charger at a time.
- The transmitters are inserted into the charger in such a way that the led light is left on the outside. The led is located next to the Polar Team² logo's letter R.
- Not water-resistant, for indoor use only.
- AC adapter included. There are four different plugs for the AC adapter included. Choose the correct plug (according to the country) and place it into the adapter.
- Wall mount included.

Transmitters and Straps

Transmitter records heart rate data and transmits it to the PC using Bluetooth. During training the heart rate data can also be monitored with a Polar wrist unit. During the training transmitter is attached to the Team² transmitter strap and the strap is secured around player's chest. **NOTE:** Two electrode areas on the back of Team² transmitter strap must be made wet under running water before use.

After training (or after the transmitter have been in off-season use) the data is transferred from the transmitters to the PC. The transmitters must be inserted into the charger during the data transfer.



Facts

- Re-chargeable battery, Polar magnetic communication technology transmitter and built-in Bluetooth.
- Battery lasts up to 80 hours (in online mode for 24 hours).
- Re-charge takes 24 hours.
- Transmitter memory can record 48 hours of data in online mode and up to 360 hours of data in off-season mode.
- Training sessions shorter than 30 seconds are not recorded into the transmitter's memory.
- Bluetooth range is 100 meters (330 ft).
- Transmitter is water-resistant.
- When the transmitter is inserted into the charger, the data transfer from the transmitters to the PC is enabled. Transmitter settings can be changed when the transmitters are in the charger.
- The transmitter is in the sleep mode if it's not inserted into charger or attached to the strap.
- If the data transmission ceases in the online mode, the transmitter searches for a new connection automatically.
- For example, the following Polar training computers can be used with Team² transmitter: RS400, RS300X, AXN500 and AXN700. Full list of compatible training computers can be found at [Polar website](#).

Team2 SW Help

- Strap works only with Team² transmitters.
- See also [Non-secured transmitter mode](#).

For more information, see also [How to use transmitters](#).

Online and Off-Season Modes

Transmitter can be used in two different modes, *Online* and *Off-season*. HR data can be monitored in both modes with a Polar wrist unit.

Online mode is used when training is monitored online using the base station. At that time, the transmitter transfers heart rate data to the PC via the base station in addition to recording it. In Online mode the battery lasts up to 30 hours.

Off-season mode can be used when training is not monitored online, e.g., during independent training season. At the time, in order to save battery, the transmitter is not trying to send data to PC but only records it. In this mode the battery can last up to 250 hours. Data can be transferred to the PC afterwards.

The mode can be changed in two places:

- *Team properties*: **Options > Team properties > Players tab > Transmitter tab**
- *Polar Team² Preferences*: **Tools > Preferences > Transmitters tab**.

More information about [transmitter settings](#), see the software chapter.

Bluetooth USB Adapter (USB Dongle)

The USB dongle is plugged into the PC's USB port, and it can replace the base station when data is transferred (transmitter settings, memory contents) between the transmitters and the PC. Data can be transferred between the transmitters and PC via the USB dongle when the transmitters are inserted into the charger. Online monitoring cannot be performed via the USB dongle.

The USB dongle has to be introduced to the system during [wizard](#) (or [separately](#)); otherwise it won't work properly.



Facts

- Built-in Bluetooth.
- **Do not install the USB dongle drivers from the included CD!** The USB dongle works with the Team² only if the drivers are not installed. If you have installed the drivers, follow the [instructions](#) in the troubleshooting chapter.
- **NOTE** that in order the USB dongle to work properly, [the discovery feature must be turned on](#) in the Windows settings.

Non-secured transmitter mode

Transmitters can be either in secured or non-secured mode. Basically these modes mean that:

- in secured mode the transmitter is hidden from Bluetooth devices that do not know it exists, and
- in non-secured mode the transmitter is visible for all Bluetooth devices.

How to recognize:

The transmitter is in secured mode if only one short sound is heard when it is inserted into the charger. The transmitter is in non-secured mode if three short sounds are heard when the transmitter is inserted into the charger. See [Lights and sounds](#).

How to change:

By default, when a transmitter is [inserted into the charger](#) it goes into secured mode. Change the transmitter's mode to non-secured by removing the transmitter from the charger and inserting it back within 3 seconds while the charger is powered on. If you have several transmitters that you want to put into non-secured mode, the easier way is to insert all the transmitters into the charger and then un-plug and re-plug the power cord within 3 seconds.

Usage:

Normally the transmitters are always in secured mode. The non-secured mode is used **only** when:

- the base station combination has been changed and the [transmitters must be synchronized](#) with the new combination, or
- the transmitter has been previously paired with a base station and is [now paired with another](#).

How to...

How to Connect Base Station to PC

The main base station can be connected to the PC with either a Ethernet cable or wireless connection. When Team² is taken into use for the first time, the base station must be connected to the PC with the Ethernet cable. The first base station you connect/introduce to the system becomes the main base station.

If you are using more than one base station in the Team² system, only the main base station is connected to the PC (either wireless or wired connection). The secondary base stations (one or two) are connected to the main base station wirelessly and automatically after switching on. Light (4) lights up on main base station when at least one secondary base station is connected to the main base station.

To connect the main base station to the PC

1. Turn on your PC and open Team² software.
2. Plug the power cable into the main base station. **NOTE** that using power cable is only allowed indoors. During outdoor use, use the battery as power source.
3. Connect the main base station to the PC with the network cable.
4. Switch on the main base station. Wait until (1) and (2) are lit (approx. 1. min).
5. If you are using the base station with the Team² system for the first time, make sure the main base station is introduced to the system: go to software preferences (**Tools > Preferences > Base station/USB dongle** tab). The main base station should be on the base station list. If you want to change base station settings ([name or wireless network key](#)), do it before introducing the secondary base stations.

When the lights (1) and (2) are lit on the main base station, it is ready to communicate with the PC.

See also [How to setup wireless connection](#).

To use secondary base stations

In order the secondary base stations work, the main base station must be on and connected to the PC. Only the main base station connects to the PC, the secondary base stations connect to the system via the main base station.

1. [Introduce secondary base stations to the system.](#)
2. Turn on the main base station and connect it to the PC and Team² software.
3. Turn on the secondary base station(s).
4. Wait until the light (1) is lit on the secondary base station(s) and light (4) is lit on the main base station. If the secondary base stations are introduced to the system, they connect to the main base station wirelessly, automatically, after switching on.

How to Insert Transmitters into Charger

Transmitters are inserted into charger for 4 reasons:

- To recharge the batteries.
- [To transfer training data from the transmitters to PC.](#)
- [To change the transmitter settings](#) (online/off-season).
- [To add new transmitters to the system.](#)

Inserting the transmitters into the charger:

- The transmitters are inserted into the charger so that the P of the Polar logo is not visible. The led is located next to the R of the Polar logo.



- When the transmitter is inserted correctly into the charger the red led is on for 5 seconds. At the same time you can here a short sound.



How to introduce additional base stations

The base station you introduced to the system first (during or after [Wizard](#)) is your main base station. In order to use more than 28 transmitters simultaneously online, the secondary base stations must be introduced to the Team² system. Additional base stations can be purchased as accessories.

It is recommended that the additional base stations are introduced to the Team² system using the Ethernet cable (wired connection).

1. Make sure the main base station is introduced to the system: go to software preferences (**Tools > Preferences > Base station/USB dongle** tab). The main base station should be on the base station list. If you want to change base station settings ([name or wireless network key](#)), do it before introducing the secondary base stations.
2. Switch the main base station off. Keep the Team² software running.
3. Connect the PC and the first secondary base station with the Ethernet cable.
4. Switch the secondary base station on.

5. Open software preferences (**Tools > Preferences**) and select the **Base station/USB dongle** tab. Click **Add** below the base station list, the secondary base station is added to the base station list. **NOTE:** It may take up to 1 minute until the **Add** button is enabled after the secondary base station is connected to the PC.
6. Switch off the secondary base station and unplug the Ethernet cable, if you want to introduce another secondary base station. Then follow the steps 3-5.
7. After you have introduced secondary base stations (one or two) to the system, you will have to synchronize the transmitters with the new base station combination. See instructions in [How to synchronize transmitters with new base stations](#).

In order the secondary base stations work, the main base station must be on and connected to the PC. Only the main base station connects to the PC, the secondary base stations connect to the system via the main base station. If the secondary base stations are introduced to the system, they connect to the main base station wirelessly, automatically, after switching on.

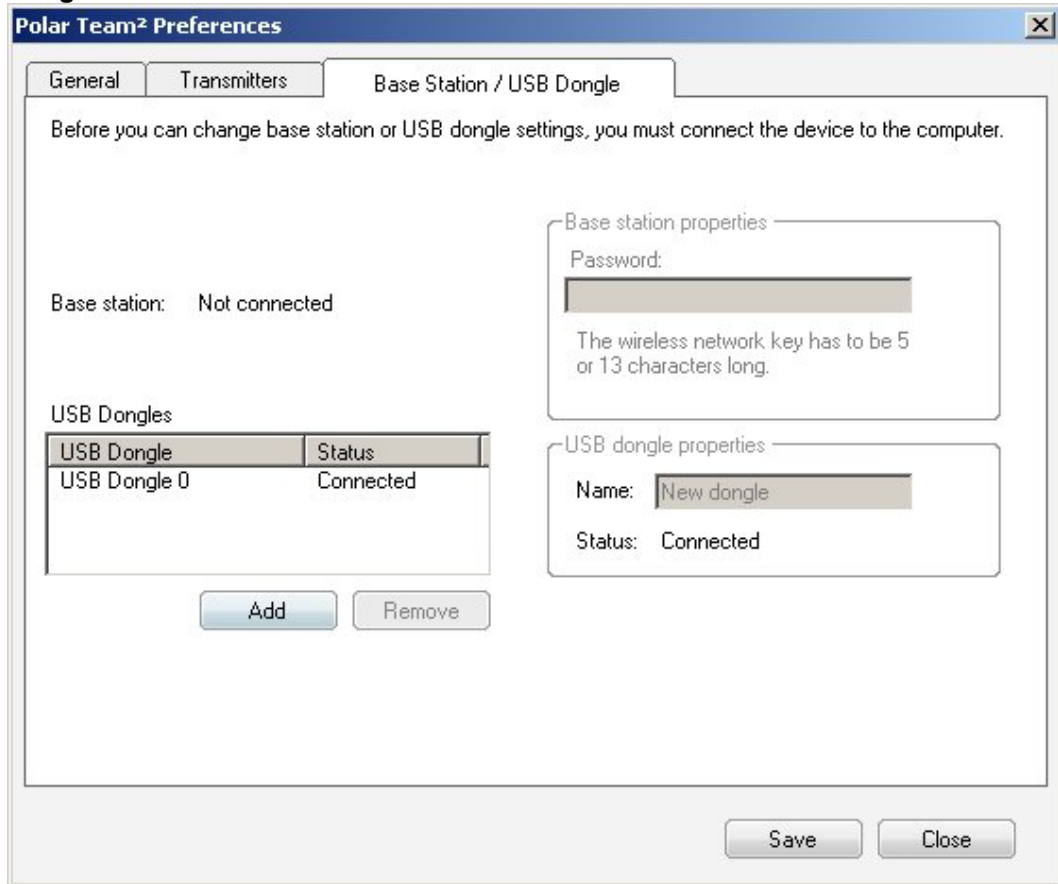
NOTE: If the base station has been previously introduced to any Team² or Cardio GX system (as a main or secondary base station), it must be reset before it can be introduced to the system (as a main or secondary base station) again. See instructions in [How to reset base station](#).

How to Introduce USB Dongle

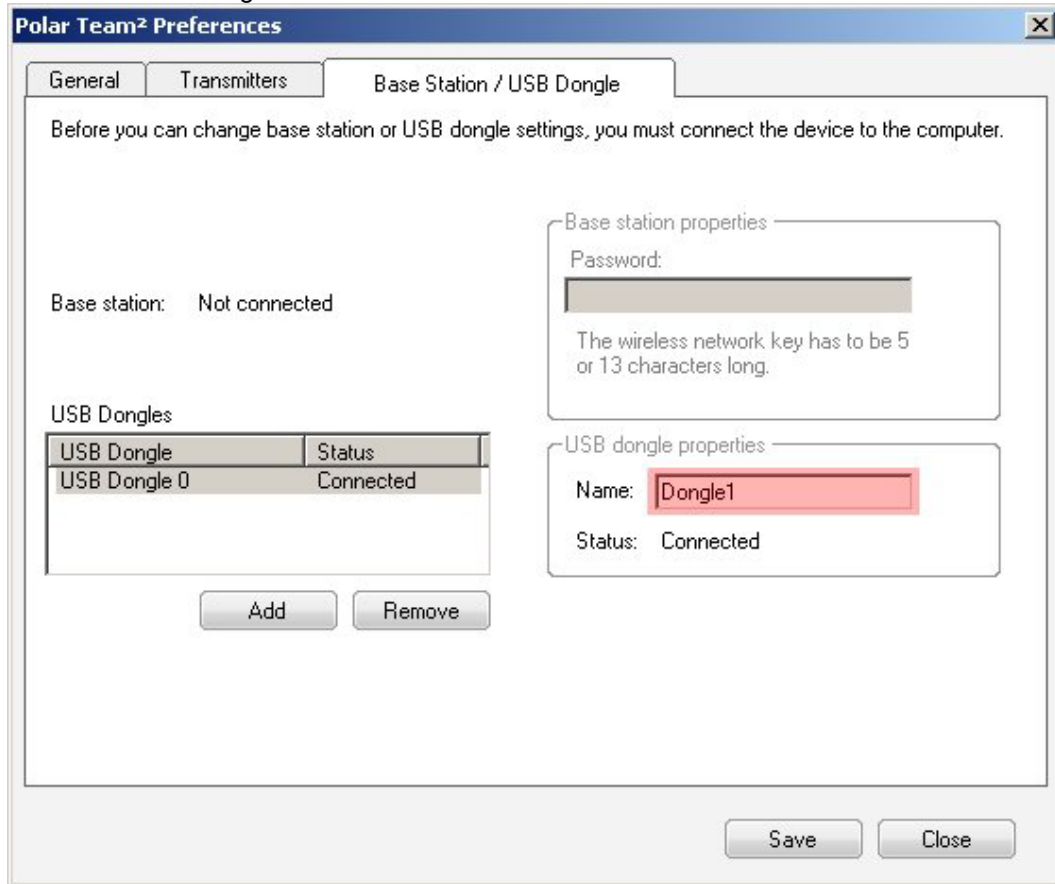
If the USB dongle has not been plugged in during Wizard, it cannot be used as an alternative for the base station because the Team² doesn't recognize the USB dongle. Before the USB dongle can be used for transferring data from the transmitters' memory to the PC, it has to be introduced to the system. It can be done according to the following steps:

1. Open the Team² PC software.
2. Plug in the USB dongle into the free USB port.
3. Open the base station / USB dongle settings tab in software preferences (**Tools > Preferences > Base station/USB dongle** tab).

4. Click the **Add** button below **USB Dongles** list. A new USB dongle appears in the **USB Dongles** list.



- To rename the dongle, select the dongle from the list and type in a new name into the **Name** field on the right.



- Connect the main base station to the PC with the network cable.
- Insert all transmitters into the charger and plug in the power cable.


NOTE:

- Do not install the USB dongle drivers from the included CD!** The USB dongle works with the Team² only if the drivers are not installed. If you have installed the drivers, follow the [instructions](#) in the troubleshooting chapter.

Turn discovery on

In order the USB dongle to work properly, the discovery feature must be turned on in the Windows settings. When discovery is turned on, other bluetooth devices (such as Team² transmitters) can find and connect to your PC.

- Make sure you have plugged in the USB dongle.

2. Select **Start (> Settings) > Control Panel**.
3. Double-click the **Bluetooth Devices** icon  to open the device settings.
4. Open the **Options** tab.
5. Check the **Turn discovery on** check-box.
6. Save changes and close the window by selecting **OK**.

NOTE: When you are not using the USB dongle, you can turn discovery off by un-checking the box in the settings.

How to replace main base station

You may need to replace the current main base station, for example if the current main base station is broken. You may replace the current main base station with a secondary or a new base station. Follow the steps below to replace the current main base stations with another base station.

Remove the current main base station from the system:

1. Open software preferences (**Tools > Preferences**) and select the **Base station/USB dongle** tab.
2. Select the main base station from the base station list.
3. Click **Remove** below the base station list. The whole base station list is cleared.

Reset the base stations:

1. Switch on the first base station, do not connect it with the PC. Make sure the other base stations are switched off.
2. Wait until light (1) is lit on the base station.
3. Push the reset button on the base station [front panel](#) with a pen or pencil. The reset button can be found under the plug.
4. Switch off the reset base station and switch on the second one. Repeat steps 1-3 until all the base stations are reset.

Introduce the new base station:

1. Turn on your PC and open Team² software.
2. Plug the power cable into the new main base station (reset secondary base station or brand new). **NOTE** that using power cable is only allowed indoors. During outdoor use, use the battery as power source.
3. Connect the new main base station to the PC with the network cable.
4. Switch on the main base station. Wait until (1) and (2) are lit (approx. 1. min).
5. Make sure the main base station is introduced to the system: go to software preferences (**Tools > Preferences > Base station/USB dongle** tab). The main base station should be on the base station list. If you want to change base station settings ([name or wireless network key](#)), do it before introducing the secondary base stations.
6. Introduce the possible secondary base stations according to the instructions ([How to introduce additional base stations](#)).
7. After you have introduced base station(s) to the system, you will have to synchronize the transmitters with the new base station combination. See instructions in [How to synchronize transmitters with new base stations](#).

How to reset base station

If the base station has been previously introduced to any Team² or Cardio GX system (as a main or secondary base station), it must be reset before it can be introduced to the system (as a main or secondary base station) again.

1. Switch on the base station, do not connect it with the PC. Make sure the other base stations are switched off.
2. Wait until light (1) is lit on the base station.
3. Push the reset button on the base station [front panel](#) with a pen or pencil. The reset button can be found under the plug.
4. Repeat for all base stations.
5. Introduce the base station to the system as a main base station (information in [How to connect base station to PC](#)) or as a secondary base station ([How to introduce additional base stations](#)).

How to Setup Wireless Connection

The main base station can be connected to the PC with either wired (Ethernet) or wireless (Wi-Fi) connection. Instructions for creating a wired connection between the base station and PC can be found [here](#). Wired connection is necessary when Team² is used for the first time or when the base station settings are changed.

If you are using more than one base station in the Team² system, only the main base station is connected to the PC (either wireless or wired connection). The secondary base stations (one or two, previously introduced to the system) are connected to the main base station wirelessly and automatically after switching on. Light (4) lights up on main base station when at least one secondary base station is connected to the main base station.

Wireless connection requires that there is a Wi-Fi adapter installed into the computer.

- [Network key](#)
- [Establishing wireless connection](#)

Network key

Wireless connection requires a wireless network key so that it's possible to establish secured wireless connection. Secured connection prevents an outsider from connecting to the base station's wireless network. Wireless network key is selected in wizard during the first run of Team² software. Wireless network key can be changed in preferences. Changing the wireless network key requires that base station is connected to PC (either with a Ethernet cable or wireless connection). Wired (Ethernet cable) connection is recommended while changing the base station settings.

Note that the network key is set only for the main (or only) base station. The network key must be changed before the secondary base stations are introduced to the system.

Changing the network key:

1. [Connect the main base station to PC](#) either with a Ethernet cable or wireless connection. Wired (Ethernet cable) connection is recommended.
2. Run the Team² software.
3. Select **Tools > Preferences** from the main menu.
4. Select the **Base station/USB Dongle** tab.
5. Select the main base station from the base station list. **Note** that if a secondary base station is introduced to the system, the base station settings cannot be changed.

6. Type a new wireless network key into the **Wireless Network key** input box. The network key must be either 5 or 13 characters long. You can also rename the base station by typing in a base station name into the **Name** input box. The base station name is the name of the base station's wireless network.
7. End by clicking **Save**.
8. Remove the current wireless network profile from the operating system's or wireless network software's settings and create the wireless connection again with the new network key.

NOTE: If you have forgotten your wireless network key, connect the base station to the PC with the Ethernet cable and go through the *Changing the network key* steps 2 to 7.

Establishing wireless connection

Your computer should remember the wireless connection settings. Therefore, the wireless connection has to be set only once. Note that if you change the wireless network key, you have to remove the current wireless network profile from the operating system's or wireless network software's settings and create the connection again with the new network key.

Windows XP:

1. Switch on the main base station. Wait until the light 1 on the base station is lit.
2. If there's a separate on/off switch for the Wi-Fi adapter (of your PC), make sure that the adapter is switched on.
3. Open Network Connections by selecting **Start > Connect To > Show all connections** on your PC. The alternative way is to open *Control Panel (Start > (Setting) > Control Panel)* and select **Network Connections**.
4. If Wi-Fi adapter is disabled, right-click Wireless Network Connection and select **Enable**.
5. Right-click **Wireless Network Connection** and select **View Available Wireless Networks**.
6. Wait for couple of seconds while the computer searches the networks. If the main base station's name (base station's wireless network) doesn't appear on the list, try to refresh the list by clicking **Refresh** network list on the left panel.
7. Select the main base station's wireless network from the networks list and click **Connect**.
8. You are asked to give the network key to finalize the connection. Light 2 on the base station is lit when Team² software is running and the connection is OK.

Windows Vista:

1. Switch on the main base station. Wait until the light 1 on the base station is lit.
2. If there's a separate on/off switch for the Wi-Fi adapter (of your PC), make sure that the adapter is switched on.
3. Open Network and Sharing Center by selecting **Start > Control Panel > Network and Sharing Center** on your PC.
4. Click **View status** of the wireless network connection.
5. If the **Media State** is disabled, click the **Enable** button at the bottom of the window.
6. Select **Start > Connect to**.
7. Wait for couple of seconds while the computer searches the networks. If the main base station's name (base station's wireless network) doesn't appear on the list, try to refresh the list by clicking **Refresh** network list on the left panel.
8. Select the main base station's wireless network from the networks list and click **Connect**.
9. You are asked to give the network key to finalize the connection. Light 2 on the base station is lit when Team² software is running and the connection is OK.

NOTE:

- If you are using different software, provided by the PC or Wi-Fi adapter manufacturer, to manage wireless connections, these instructions do not apply. In that case, you can find more information from the connection management software's help or web site.
- If you have problems with connecting to the base station:
 - Some computers block the Wi-Fi connection automatically if the Ethernet cable is plugged in even though the Wi-Fi adapter is enabled. If this is the case, remove the Ethernet cable from the PC connector if it is plugged in.
 - Some computers block the Wi-Fi connection automatically if you are using a docking station. If this is the case, remove the laptop from the docking station if a docking station is in use.

How to synchronize transmitters with new base stations

After you have introduced secondary base stations (one or two) or replaced the main base station to the system, you will have to synchronize the transmitters with the new base station

combination. The Team² software will inform you with yellow triangles in the **Transmitters** tab (of **Software Preferences**) and in the upper right corner of the Team² software, if synchronization is required. To find out the reason for the yellow triangle, take the mouse cursor on the symbol and a message is displayed.

If you had transmitters taught to the Team² system before the base station combination changed, follow the steps below:

1. [Connect the main base station with the PC.](#)
2. Go to software preferences (**Tools > Preferences > Transmitters** tab).
3. Insert transmitters into the charger in non-secured mode. For more information, see the [Non-secured transmitter mode](#) page.
4. Plug the power cable into the charger.
5. As soon as transmitters are synchronized with the new base station combination, the triangles disappear from the **Transmitters** tab.
6. Repeat steps 3 to 5 until you have synchronized all the transmitters.

NOTE:

- Similar yellow triangles are displayed also when the transmitters are taught to the system before the teaching is finalized. To find out the reason for the yellow triangle, take the mouse cursor on the symbol and a tooltip message is displayed.
- If you teach the connectors to the system after you have introduced all the base stations, synchronization is not required.

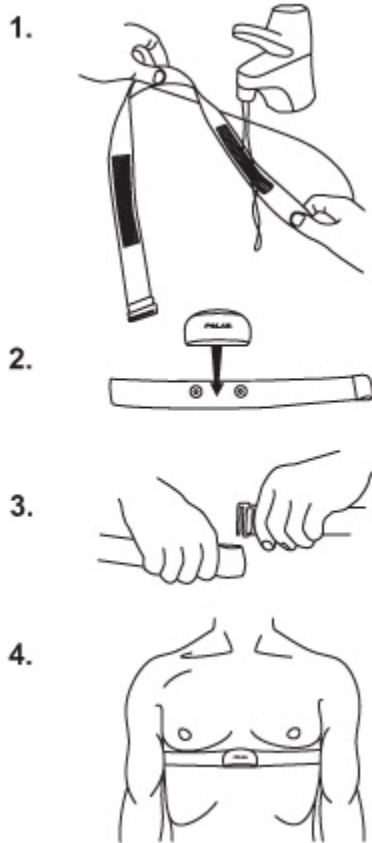
How to Use Transmitters

In order the transmitters to work properly (record and transmit heart rate data), these instructions must be followed.

1. Wet the electrode areas of the strap well under running water.
2. Attach the connector to the strap. Adjust the strap length to fit tightly but comfortably.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the connector is in a central and upright position.

Team2 SW Help

5. After training, detach the transmitter from the strap.
6. Follow the [care and maintenance instructions](#).



Software

Introduction to Software

Team² software is exclusively developed for Polar Team². The software enables you to utilize all the features of Polar Team².

With Team² software you can:

- [Plan your team's seasons.](#)
- [Plan your team's training, session by session and phase by phase.](#)
- [Monitor players' heart rates online during training.](#)

- Collect and record heart rate data during online and after off-season training.
- [Analyze the heart rate data.](#)
- [Produce training data reports.](#)
- Manage tests.

Shortcuts

Function	Shortcut Key
Main menu - File	Alt + F
Main menu - Edit	Alt + E
Main menu - Options	Alt + O
Main menu - Tools	Alt + T
Main menu - Help	Alt + H

Some functions can be found in context menus that appear by right-clicking the item.

Software updates

It is recommended that you download and install software updates regularly. Internet connection is required for updates. Select **Help > Check for Updates** to check for software updates. Download and install the software updates if they are available. The PC may need to be rebooted during the installation of the updates.

Main menu

Main Menu

The main menu of Polar Team² software consists of five menus: **File**, **Edit**, **Options**, **Tools** and **Help**. The main menu is located at the top of the software window.

Team2 SW Help

- [File](#)
- [Edit](#)
- [Options](#)
- [Tools](#)
- [Help](#)

The contents of the main menu vary in different situations. Some features are disabled during certain functions. All the features are introduced in this section.

File

Send E-mail

- Send training information by E-mail either as a picture or as a data file.
- The function opens default E-mail software after selection.

Export

- Export training data into ProTrainer compatible format (hrm/pdd) or text file.

Import Training Data

- Import training data, which has been produced in Team² or Polar ProTrainer software, to the system. For more information, see [How to import training data](#).
- Data must be in *Polar training files* format. Training files that are imported from Polar ProTrainer can be either in zip package or in *.hrm file format.

Print

- Print the training data.
- In *Training Calendar* tab software asks which data is to be printed (player list or training plan selected by date range).
- In the *Training Reports* tab the current view is printed.

Database Management

- Make backup files from the data or restore data from backup files.

- Archive database data in the system.

Last used teams (up to 5)

- Quick select another team. The 5 last used teams are listed.

Exit

- Close the software.

Edit

Copy to Clipboard

- Copy selected item(s) to the clipboard. The software asks which data is to be copied.
- In the *Training Calendar* tab the options are player list or training plan (selected by date range).
- In the *Training Reports* tab the options are values and graph.

Add Training Session Manually

- In the training calendar, select a calendar item for a player, select **Add Training Session Manually** and add a training session to a player with a training load value and sport zone durations. For more information, see [How to add training session manually](#).

Delete

- Delete selected item(s).
- The following items can be deleted: a player from the list in *Training Calendar*, a calendar item and training period from *Training Calendar* and a selected player's training in *Training Session Log*.

Merge Training Sessions

- Merge two or more training sessions into one in the *Training Session Log* tab. First select the training sessions which have to be for the same player, and select **Merge Training Sessions**. The software asks you to confirm the merge before continuing.

Move players in to a new session

Team2 SW Help

- Move players' training files to a new session in the *Training Session Log* tab. First select the files and select **Move players in to a new session**. The software asks for details (date, time of day, training activity).

Move players in to an existing session

- Move players' training files to another (existing) training session in the *Training Session Log* tab. First select the files and select **Move players in to an existing session**. The software asks for details (date, session).

Add Marker

- Add marker during online training or in *Training Session Log* tab.

Selection Details

- View the details of a chosen selection in *Training Session Log* tab. Requires that only one graph is displayed. *Selection Details* opens a window which contain physiological information on the selected part of the curve.

Options

Plan Season

- Plan team's seasons in *Training Seasons* window. The same window opens by clicking **Plan season** button (smaller + button) in the *Training Calendar* tab.

Training Sessions

- Plan training sessions in the *Training Sessions* window. The same window opens by clicking **Training sessions** button (larger + button) in the *Training Calendar* tab.
- [How to plan a training session?](#)

Edit Teams

- Create, delete, edit and import teams or change a currently-used team in *Teams* window. All created teams are listed. The current team is selected by checking the box.

Team Properties

- Change the properties of currently used team in the *Team Properties* window.
- See also [more detailed information](#).

Tools

Transfer Training Sessions

- Transfer training session data from the transmitters to the system. Transmitters must be inserted into charger. Data can be transferred from either one or selected transmitters.
- See also [How to transfer data from transmitters' memory](#).

Add New Transmitter

- Add a new transmitter to the system. Insert only new transmitters into charger before performing this function.
- See also [more detailed information](#).


Synchronize PDA

- Synchronize data from the system to a PDA device. In addition to the currently active team, all the teams that are not protected with a password are synchronized with the PDA.
- See also [more detailed information](#).

Change Transmitter's User

- Change transmitter's user with this feature during online training. Opens the *Change Transmitter's User* window.

Test Results

- Opens the team's test results sheet during online training if a test is selected as a training session. The same window opens by clicking test results symbol  in the online training tab.

Preferences

- View and change Team² preferences. For example the base station, USB dongle and transmitter preferences can be changed. The language of the software can be changed.
- See also [more detailed information](#).

Help

Polar Team² Help

Team2 SW Help

- Find information and help on Team² software and hardware.

Product Support

- Get product support via the Polar web site. **NOTE:** The PC has to be connected to the Internet.

Polar Web Site

- Visit the Polar web site. **NOTE:** The PC has to be connected to the Internet.

Tutorial

- Watch Team² tutorial.

Check for Updates

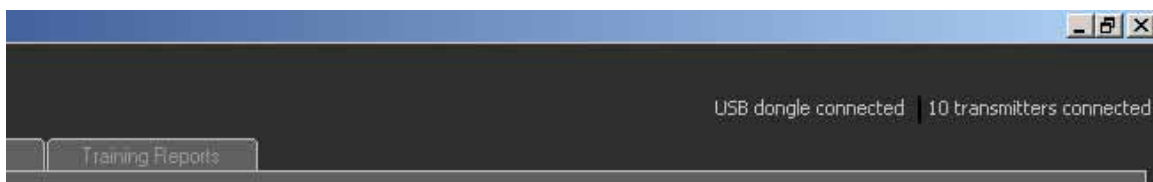
- Check if Polar has released updates for the software. Updates are installed automatically.

About

- Get information about the Team² software.








Toolbar

Toolbar is located below the main menu. Toolbar offers information about connected transmitters and the USB dongle. There are also few icons for common features.



- The number of **connected transmitters** are shown in the upper right corner of the software window.
- Next to it, you can see if **the USB dongle is connected**.
- **Icons** for the most common features are located in the left end of the toolbar.

Icons

- Print 
- Send by E-mail 
- Add Training Session 
- Add Marker 
- Team Properties 
- Transfer Training Files 
- Synchronize PDA 

Software Preferences

Polar Team² Preferences can be found from main menu: **Tools > Preferences**. Preferences can be changed without selecting a team. There are 3 tabs in Polar Team² Preferences.

Take the settings into use by clicking **Save**. Close the window by selecting **Close**. If the changes are not saved when **Close** is selected, the software asks whether the changes are saved or not.

General

Language and training session transfer settings can be found from the *General* tab.

- To *change software's language* select correct language from the drop-down list. There are 7 options: English, German, French, Dutch, Spanish, Italian and Portuguese.
- To take *automatic error correction* into use check the box in front of **Heart rate curve's automatic error correction**. This feature corrects the heart rate data during it's being transferred from the transmitter's memory or from a wrist unit's memory.
- To take *automatic merging of training sessions* into use check the box in front of **Merge training sessions if time between training sessions is less than...** Select also the time limit (in seconds) for merging.

Transmitters

Transmitter settings can be modified in the *Transmitters* tab. Transmitter settings can be modified either one by one or as a group. Before modifying transmitter settings, transmitters must be inserted into the charger and connected to the system. Connected and not connected transmitters are listed separately on the transmitter list.

- To *change transmitter settings*, open the **Transmitters** tab, select a transmitter from the list, select the correct radio button (**Online** or **Off-season**) and click the **Transfer** button.
- Selected transmitter settings can be transferred to all connected transmitters at once by clicking the **Transfer to all** button.

Off-season mode has two additional settings. These settings are enabled when **Off-season** is selected.

- *Recording rate* setting has two options, **Every beat** and **Every 5 seconds**. This setting affects memory capacity.
 - When **Every beat** is selected, the transmitter can record data up to 48 hours.
 - When **Every 5 seconds** is selected, the transmitter can record data up to 360 hours.
- Second settings enables you to select which *data is overwritten* when the memory is full. The options are **Oldest files** and **Only files transferred to the PC**.
 - When **Oldest files** is selected, memory cannot ever become full, but at the same time, data may be lost if it is not transferred to the PC.
 - When **Only files transferred to the PC** is selected, memory can become full, but no data is lost because only transferred data is overwritten.

See also more information on [Online and off-season modes](#).

To **clear the transmitter memory**, select a transmitter from the list and click the **Clear** button. The software prompts for confirmation.

After you have introduced secondary base stations (one or two) to the system, you will have to synchronize the transmitters with the new base station combination. See instructions in [How to synchronize transmitters with new base stations](#). There are yellow triangles in the **Transmitters** tab if synchronization is required. To find out the reason for the yellow triangle, take the mouse cursor on the symbol and a tooltip message is displayed.

Base Station / USB Dongle

Before base station or USB dongle settings can be changed, the device must be connected to the computer. The base station is connected to the system when lights 1 and 2 are lit and Team² PC software is running. Only main base station settings can be changed and it must be done before the [secondary base stations are introduced to the system](#).

When the main base station is connected to the PC either with a Ethernet cable or wireless connection, the **wireless network key** can be changed. Follow the instructions in the [How to setup wireless connection](#) topic. Wired Ethernet connection is recommended when changing the base station settings.

The base stations that are introduced to the Team² system are listed in the **Base Station / USB Dongle** tab. The type (main / secondary) is also displayed. If there are secondary base stations in the system, the main base station settings (name and wireless network key) are disabled and cannot be changed. The **Remove** button below the base station list clears the whole base station list! The **Add** button below the base station list is used when [secondary base stations are introduced to the system](#).

USB dongle has to be introduced to the system during [Wizard](#), or otherwise it will not work properly. If you have not introduced the USB dongle during Wizard, see the [instructions in the hardware chapter](#). USB dongles that are in the system are listed in the **USB Dongles** list along with status information. The status is either *connected* or *disconnected*.

- To *change name of the USB dongle* select the USB dongle from the list and type the new name into the **Name** input field.
- To *remove a USB dongle* from the system select the USB dongle from the list and click the **Remove** button.

Team Properties

To change *Team Properties*, a team must be selected. Team properties can be found from main menu: **Options > Team Properties**. There are 5 tabs in Team Properties, **Team**, **Sport Zones**, **Training Activities**, **Tests** and **Players**.

- [Team](#)
- [Sport Zones](#)
- [Training Activities](#)
- [Tests](#)
- [Players](#)

Take the settings into use by clicking **Save**. Close the window by selecting **Close**. If the changes are not saved when **Close** is selected, the software asks whether the changes are saved or not.

Team

The first tab is for *Team details*. The team's name, logo, detailed information and password can be changed. **Team's name** and **details** are typed into the text fields.

- To *add a logo*, click the logo box (*Click here to add a logo*) and browse the team's logo from computer directories. The logo must be in *.jpg format.
- To *remove the logo*, click the **Remove** button.
- To *enable Password protection*, check the **Enabled** box and type in the password. **NOTE:** Password is not the same as the wireless network key.

Sport Zones

The second tab is for *Sport Zones*. *Calculation method*, which the sport zones are based on, can be changed by clicking the selected radio button. The options are *Player's maximum heart rate*, *Player's heart rate reserve* and *Player's threshold values*. Sport zone details (name, values) can be also change after the selection of calculation method.

- To *add sport zone* click **Add sport zone** button and type in the name and select values. **NOTE** that when player's threshold values is selected, you cannot add more sport zones.

Player's maximum heart rate (% of HRmax)

When the player's maximum heart rate is selected as the sport zone calculation method, sport zones which the user can determine are specified as a percentage of a player's maximum heart rate. As the zones are based on percentages of a player's own maximum heart rate, they are individual for each player. The same percentages are, however, used for the whole team.

Player's heart rate reserve (% of HRR)

When a player's heart rate reserve is selected as the sport zone calculation method, the sport zones, which can be determined by the user, are specified as a percentage of a player's heart rate reserve. The heart rate reserve is the difference between a player's resting and maximum heart rate. When the player's heart rate is his/her resting heart rate, the heart rate reserve is 0 %, because the player is not "using" his/her heart rate reserve.

Player's threshold values

When the player's threshold values are selected as the sport zone calculation method, the sport zones are based on the players' threshold values which are determined in the player settings. Each player has an upper threshold (anaerobic) and a lower threshold (aerobic) value. The

coach/trainer can determine how many heart beats the upper threshold zone and the lower threshold zone differ from the players' upper and lower threshold values. The variances are the same for the whole team. The threshold values enable the most individual training analysis.

Training Activities

The third tab is for *Training Activities*. Training activities are usually set beforehand during [Wizard](#), but more training activities can be added at any time. The number of training activities is not limited per team. For example, training activities can be *Running*, *Football* and *Gym*.

Each training activity has a type (either *continuous*, *intermittent* or *strength*). The type indicates how exhausting the training activity is. The type of training activity affects the training load and recovery time calculations.

Training activity examples:

Continuous	Intermittent	Strength
Swimming	Football	Gym
Walking	Ice hockey	BodyPump
Skiing	Up/Downhill running	
Roller-skating	Rugby	
Running	Alpine skiing	

Each training activity can have an individual color. If each training activity or test has its own individual color, it is easier for you to visualize your team's training calendar. Activities are shown in the calendar as color boxes.

Training activities have sub-activities, sessions. For example, a gym could have *60 min workout* and *45 min workout* sessions. Sessions are managed in [Session management](#).

Training activities and phases can be removed, added and modified.

- To *modify training activity*, select the activity from the list on the left and change its name, color or type.
- To *add new training activity*, click **Add** button (below the list on left), type in the name for the training activity, select the type from drop-down list and select a color by clicking the color box next to name input field.
- To *remove training activity*, select the activity from the list on the left and click the **Delete** button. Activity is removed without confirmation!
- To *add a phase for a training activity*, select the training activity from the list on the left and click the **Add** button below the **Training activity phases** list. Type in the name for the phase. See also [more information on phases](#).

Team2 SW Help


- To *change the name for a phase*, select the phase from the phase list and change the name in an input field on the right.
- To *remove a phase*, select the phase from the list on the right and click the **Delete** button. Phase is removed without confirmation!
- To *change the color for a training activity*, select the activity from the list on the left. Click on the color box on the right, next to training activity input field. Select a color. Colors help the trainer to visualize a training calendar if each training activity or test has its own individual color.
- To *select a type for a training activity*, select the activity from the list on the left. Select a type from drop-down list on the right, below training activity input field.

Tests

The fourth tab is for *Tests*. Tests are like training activities. Tests are used the same way as training activities. The difference is that if a test is selected as a training session subject, the *Test Results* window can be opened from the main menu during online training. Tests can be added, removed and modified.

- To *add new test* click **Add** button, type in name for the test and select a color.
- To *remove test* select the test from the list and click **Delete** button. Test is removed without confirmation!
- To *modify a test* select the test from the list and change the name or the color.


Players

The fifth tab is for *Players*. All the team's players are listed in this tab. Player tab has 5 sub-tabs, **General**, **Values**, **Transmitter**, **Polar Training Computer** and **Notes**. Use the horizontal arrows  to scroll the tabs. When information in any tab is to be changed, the player must be selected from the list. **NOTE:** Changes affect only the selected player.

- *General* tab is for general player information, such as name, picture (in *.jpg format), player number, date of birth and E-mail address.
- *Values* tab is for heart rate values.
- *Transmitter* tab is for changing the player's transmitter mode from *Online* to *Off-season* and back. To change transmitter settings, the player has to have a transmitter assigned. See more information [here](#).

- *Polar Training Computer* tab is for transferring data from another Polar product, for example, a training computer or cycling computer. You can also transfer information from the PC to the Polar training computer. For example, the following Polar training computers are compatible: CS400, RS400, AXN500, AXN700, S810i, S725X / S625X, S725, S720i / S710i and S610i. See more information [here](#).
- *Note* tab is for notes and comments. **NOTE:** Notes cannot be removed.

Players can be added and removed and player information can be modified.

- To *add new player*, click the **Add** button and fill in player information in the *General* and *Values* tabs. Assign a free transmitter for the player in the *General* tab.
- To *group players* by player position, select a player, and select a player position for the player from the drop-down list next to the **Player Position** symbol  in the *General* tab. For more information, see [How to group players](#).
- To *remove player*, select the player from the list and click the **Remove** button. Removed players can be retrieved by using the import player data function. For more information, see [How to import player data](#).
- To *import player information*, click the **Import** button. **Import/Move players** window appears. For more information, see [How to import player data](#).
- To *change player information*, select the player from the list and make the necessary changes.
- To *add player's picture*, select the player from the list, open the *General* tab, click picture box ([Click here to add a picture](#)) and browse a picture from the computer directories.
- To *remove player's picture*, select the player from the list, open the *General* tab and click the **Remove picture** button. The picture is removed without confirmation!
- To *add note*, select the player from the list, open the *Notes* tab, type in the note and, optionally, the author and then click the **Add** button. The note appears on the top of note list. **NOTE:** Notes cannot be removed.

Transmitter

The *Transmitter* tab is for changing the transmitter mode from *Online* to *Off-season* and back. Transmitter settings can also be modified in software preferences: **Tools > Preferences > Transmitters** tab. Before modifying transmitter settings, transmitters must be inserted into the charger and connected to the system.

- To *change transmitter's mode* select the player from the list, open *Transmitter* tab, select correct radio button (*Online* or *Off-season*) and click the **Transfer** button. Selected transmitter settings can be transferred to all transmitters at once by clicking the **Transfer to all** button.
- **Off-season** mode has two additional settings. These settings are enabled when *Off-season* is selected.
 - The *Recording rate* setting has two options, **Every beat** and **Every 5 seconds**. This setting affects memory capacity.
 - When **Every beat** is selected, the transmitter can record data up to 48 hours.
 - When **Every 5 seconds** is selected, the transmitter can record data up to 360 hours.
 - Second setting enables you to select which *data is overwritten* when the memory is full. The options are **Oldest files** and **Only files transferred to the PC**.
 - When **Oldest files** is selected, the memory cannot ever become full, but at the same time data may be lost if it's not transferred to PC.
 - When **Only files transferred to the PC** is selected, the memory can become full, but no data is lost because only transferred data is overwritten.
- **NOTE:** In order to change transmitter settings, transmitters must be inserted into the charger and connected to the system. When player is selected from the list, the software indicates in the *Transmitter* tab whether or not the transmitter is connected to the system. See also more information on [Online and off-season modes](#).

NOTE: After you have introduced secondary base stations (one or two) to the system, you will have to synchronize the transmitters with the new base station combination. See instructions in [How to synchronize transmitters with new base stations](#). There are yellow triangles in the **Transmitters** tab if synchronization is required. To find out the reason for the yellow triangle, take the mouse cursor on the symbol and a tooltip message is displayed.

Polar Training Computer

In the *Polar Training Computer* tab you can transfer data from the Polar training computer to the PC and vice versa. The data transfer between the PC and the Polar training computer is done by using infrared connection. You need either a built-in infrared port or Polar IrDA USB adapter on your PC to transfer data. For example, the following Polar training computers are compatible with

infrared communication and Team² transmitters: CS400, RS400, AXN500, AXN700, S810i, S725X / S625X, S725, S720i / S710i and S610i.

When transferring data between the PC and the Polar training computer, set your Polar training computer into connect mode, place it in front of the infrared port and select **Transfer** button from the Team² software. See the user manual of your Polar product to get support in setting the training computer into transfer mode.

There are two sections in the tab: **Transfer to the PC** and **Transfer to the Polar Training Computer**.

NOTE: Data cannot be transferred if there are unsaved changes in *Team Properties*. Click **Save** before transferring data between the PC and the training computer.

When transferring data to the PC, set your Polar training computer into connect mode, place it in front of the infrared port and select **Transfer** button from the Team² software. If you were transferring training files, the software displays a window where you can select which training sessions you want to save to the system, to which player the training sessions are set and which are the training activities after the transfer is done.

Transfer to the PC

Transfer to the PC has two settings that can be set on or off before transferring data.

- When **Training sessions (Files)** is checked, training files are transferred from the training computer to the PC.
- When **Person information (User settings)** is checked, user information is transferred from the training computer to the PC.

Transfer to the Polar Training Computer

Transfer to the training computer has five settings that can be set on or off before transferring data.

- When **Date and time** is checked, the date and time is transferred to the training computer.
- When **Person information** is checked, the selected player's information is transferred to the training computer.
- When **Personal values** is checked, the selected player's heart rate (and other) values are transferred to the training computer.

- When **Sport zones** is checked, the sport zone settings are transferred to the training computer.
- When **Polar Team² transmitter number (Time view)** is checked, the selected player's transmitter number is transferred to the training computer. The transmitter number can be set to be displayed on the screen of the training computer in Time view by long-pressing the upper right button.

Training calendar

Training Calendar





Training calendar is the first page that is displayed after opening Team² software and completing [Wizard](#). *Training calendar* is a planning and follow-up tool for a trainer. Team's players, past and future training sessions and training periods are shown on the same page. All these can also be modified easily.

All the planning (seasons, training periods and training sessions) is done on the *Training Calendar* page. [Season](#) consists of training periods, [training periods](#) consists of training sessions, [training sessions](#) consists of [phases](#).

Elements

The **team's name** and **team's logo** are displayed in the upper left corner of the page. Next to the logo, there are **buttons** for season planning and training session planning.

The calendar in the upper part of the page is for planning seasons, training periods and training sessions. The calendar has four sections:

- Date navigator enables you to browse the calendar back and forth.  and  shift the calendar day by day.  and  shift the calendar by 4 weeks. The current date is marked with black borders.
- Date row displays dates of minimum of 4 full weeks.
- Training period row displays periods that have been set. If no periods have been set, there is a text *Double-click to add training period*.
- The training sessions area displays training sessions and tests that have been planned and set. Training sessions and tests are marked with color boxes according to the training activity colors. Colors help the trainer to visualize a training calendar if each training activity or test has its own individual color.

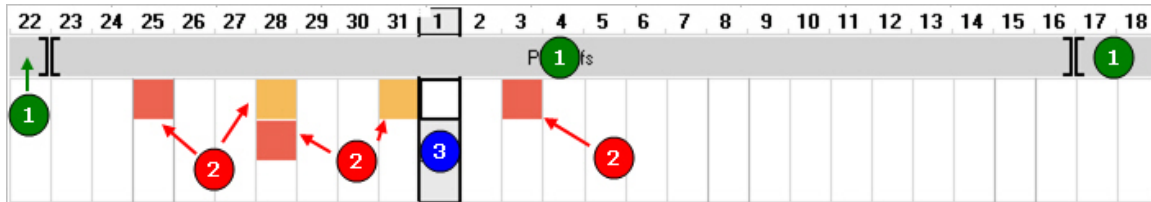



Image: (1) Training periods and (2) training sessions. The current date is marked with black borders (3).

Player list and player training grid are in the lower part of the page. Player list displays all the team's players that are in the system. The list has following features:

- Players are listed by player groups or, if there are no groups, by player number.
- In addition to players' names, player numbers and transmitter numbers are also displayed.
- By double-clicking player's name, player information can be modified in the *Team Properties* window.

Player training grid contains training information and it has following features:

- Each player has a row that displays player's training information.
- Columns of the grid are days as in the upper calendar.
- A heart symbol  in the grid indicates that there is training data for the player on that certain day.
- By moving the mouse cursor over the heart symbol, the training duration and training session are shown.
- When a calendar item is selected by clicking from the player training grid, the selected item is marked with thin black border to indicate the selection.
- Vertical lines between cells indicate a player's cumulative training load. The training load is shown only until the current day. The options are green, yellow and red. A green line indicates that player can train and is recovered from the previous training sessions. A red line indicates that training is not recommended. A yellow line is in the between of the green and the red; the player is not totally recovered from the previous training sessions but the training is not forbidden either.

Settings

Polar Team² software's main settings can be found from the [main menu](#). Most of the settings should be adjusted into place before beginning to work with the software.

See also [Team properties](#) and [Software preferences](#).

Right-Click Menus

Many features and functions can be accessed quickly by right-clicking an element or an item. Below are the contents of right-click menus on the *Training Calendar* page.

Training Session Calendar

Right-clicking the upper **calendar** opens a menu. The menu, when right-clicked on an *empty cell*, consists of the following:

- **Add Training Session** which opens *Training Sessions* window. This is the same function as clicking the **Training Sessions** button, double-clicking a cell and **Options > Training Sessions**.

When right-clicked a cell in the upper calendar and the cell *has a training session*, the menu consists of the following enabled features:

- **Add Training Session** which opens the *Training Sessions* window. This is the same function as clicking the **Training Sessions** button, double-clicking a cell and **Options > Training Sessions**.
- **Send Files by E-mail** which opens your default E-mail software. The *Polar Training File* (*.ptf) is an attachment.
- **Delete Training Session**, which removes the training session.

When right-clicking a cell in upper calendar and the cell *has a training session* which has *training data*, the following features are also enabled:

- **Copy Files to Clipboard**, which copies selected training sessions training files to clipboard.
- **Delete Training Files**, which deletes training files without confirmation.

Player List

Right-clicking the **player list** opens a menu. The menu consists of the following features:

- **Add Player** which opens **Team Properties** window. This is the same function as **Options > Team Properties > the Players** tab.

- **Copy Player List to Clipboard**, which copies the player list, team's name, player number, transmitter number and player groups to the clipboard. This is the same function as **Edit > Copy to Clipboard > Player list**.
- **Copy Player Details to Clipboard**, which copies the selected player's details to the clipboard.
- **Team Properties**, which opens *Team Properties* window. This is the same function as **Options > Team Properties**.

Player Training Grid

Right-clicking the **player training grid** opens a menu. The menu has two possible contents. The menu, when right-clicked on an *empty cell*, consists of the following:

- **Add Training Session Manually**, which opens the *Add Training Session* window where it is possible to add manually a training session for selected player.

When right-clicking a cell in player training grid and the cell *has heart symbol*, the menu consists of the following enabled features:

- **Add Training Session Manually**, which opens the *Add Training Session* window where it is possible to add manually a training session for selected player.
- **Copy to Clipboard**, which copies the training file to the clipboard.
- **Send Files by E-mail**, which opens your default E-mail software. The *Polar Training File* (*.ptf) is an attachment.
- **Training Session Log**, which opens the *Training Session Log* page and selected training data is shown. This is the same function as double-clicking the heart symbol.
- **Delete**, which removes the training data.

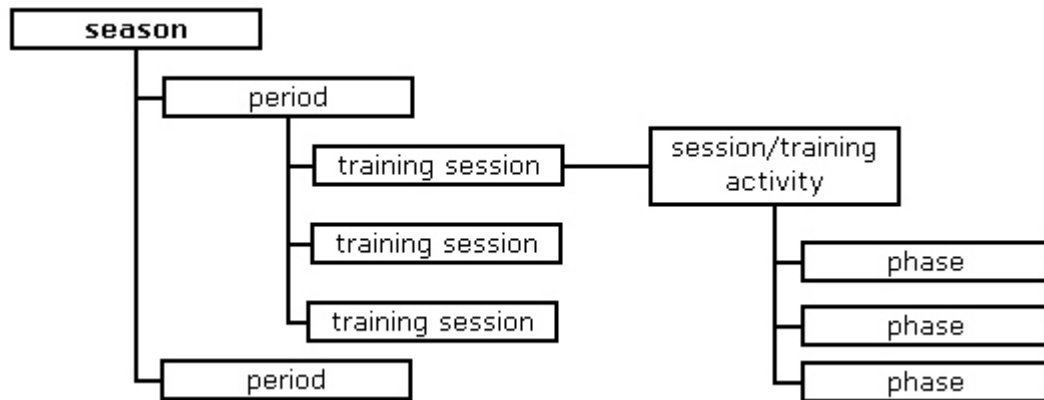
Season Planning

Planning

Team² offers you, as a trainer, the tools and possibility to plan your team's training. Although Team² can be used without using the planning tools, the planning enables you to follow-up and report more efficiently training activity by training activity and even phase by phase!

All the planning (seasons, training periods and training sessions) is done on the *Training Calendar* page. Below you can see a chart of how seasons are formed in Team². [Season](#) consists

of training periods, [training periods](#) consists of training sessions and [training sessions](#) consists of [phases](#).



First Steps

1. The first thing you have to do is to add all the team's training activities into the system. Usually this is done during [Wizard](#), but in case you have to add, modify or delete training activities, open [Team Properties](#) from the main menu. More help can be found in [How to add training activities](#).
2. If you want to get most of Team², add [phases](#) to the training activities. More help can be found in [How to add phases](#).
3. Open *Session Management* and create prepared [training sessions](#) so that the actual planning process eases and speeds up. Prepared training sessions are "blocks", which can be used to fill your training calendar. See detailed instructions in [How to create training session](#).
4. Start planning your first [season](#).

Seasons

Characteristics of Season

- A season is a frame for training periods.
- The season itself does not have many settings, only the name can be changed.
- All the other changes (duration, starting and ending dates) are made by creating and modifying training periods.
- The length of a season is not limited.
- Seasons are planned to a specific team.

- The number of seasons is not limited per team.

Planning

Seasons are planned with the *Training seasons* feature. To open *Training seasons* window, click the **Plan season** button on the *Training Calendar* page or select **Options > Plan season**.

To *start planning* of new season, click the **New** button. The default name of the first season is *Season1*. By clicking the name of the season, **Season name** text field below **Seasons** list is enabled.

There are shown the following information in the **Seasons** list:

- **Season** (name)
- **Start** (start date)
- **Duration** (duration of season is calculated automatically and is determined by the training periods)
- **End** (end date)
- **Number of periods** (number of planned training periods)

By default duration of a season is 1 day and the start date is the creation day (today). The end date is set automatically according to the duration of the season. Start and end dates and the duration of season are changed by planning and modifying training periods.

The **second season** is created again by clicking the **New** button. By default the next season begins on the very next day the previous season has ended. This can be changed.

Season can be *deleted* by clicking the name of the season and clicking the **Delete** button. **NOTE:** A season is deleted without confirmation!

Training seasons changes are taken into use by clicking **OK** and declined by clicking **Cancel**.

More information can be found on the [Training periods](#) page.

Training Periods

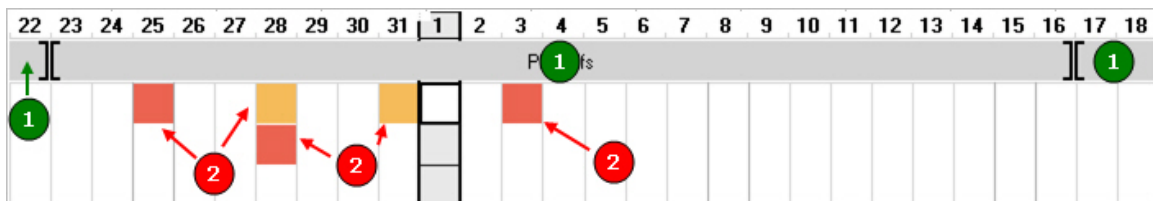


Image: Season consists of [training periods](#) (1), training periods consists of [training sessions](#) (2), training sessions consists of [phases](#).


Characteristics of Training Period

- Before training periods can be added, a [season](#) must be created.
- The number of training periods is not limited per season.
- Periods determine the duration and schedule of the season. By changing the durations, dates and number of training periods, season's details change.
- There cannot be empty slot between two training periods within one season. Therefore the next training period begins automatically on the day after the previous one has ended.
- Training periods cannot overlap.

Planning

Training periods are added, deleted and modified in the *Training seasons* window, which opens by clicking the **Plan season** button on the *Training calendar* page. By clicking name of a season, the **Training periods** list is enabled. By default there is one training period that is named *Period1*.

Settings of training period can be changed by clicking the name of the period. The **period name** text field, the **Description** text area and the **Start date** and **End date** menus are enabled.

If one training period is not enough, more can be *added* by clicking the **Add** button. Training periods can be *deleted* by selecting the period from the list and clicking the **Delete** button. The *order* of the training periods can be changed by selecting a training period from the list and moving it up or down with arrow buttons .

By default the duration of training period is 1 day which is the minimum duration. The duration of period is shown below the **Start date** and **End date** menus and in the **Training periods** list.

Training seasons changes are taken into use by clicking **OK** and declined by clicking **Cancel**.

Start and End Date Logic

Only the **start date** of the first period can be changed. Start dates of other training periods are determined by the end date of previous period.

The **end date** of each training period can be changed. When end date of a period is changed, the start and end dates of latter periods are changed automatically.

When the end date of period is changed, only the **duration** of that specific training period is changed (made longer or shorter). Durations of other (latter) training periods are kept the same as before, but only the start and end dates are changed.

When the **order** of training periods is changed, the durations of training periods are kept as before, but the start and end dates are adjusted.

When a period is **deleted**, the start and end dates of other periods are changed but the durations are kept as before. When the last training period is deleted, it has no effect on other periods.

Continue to [Training sessions](#).

Training Sessions

Training session can be understood in two ways. A training session can be:

- the actual set training session that is planned and carried out and is shown in the training calendar, or
- prepared exercise "block" that has a training activity and a name and can consist of phases

In fact, the latter ones are set to be the contents of the former ones.

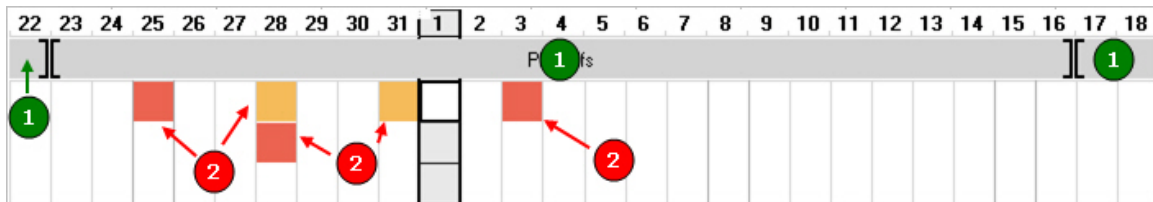


Image: Season consists of [training periods](#) (1), training periods consists of [training sessions](#) (3), training sessions consists of [phases](#).

Note: The season and training session tools that Team² software offers are for easing the season and training planning. It is up to you as a trainer whether or not you follow your plans.

Characteristics of Sessions

- Training sessions also can be added to a training calendar if there is no season or training period(s).
- Training sessions can overlap.
- Sessions are fixed (specified by user) "blocks" that can be used unlimitedly.

Team2 SW Help

- Sessions are determined in *Session Management* window that can be accessed from *Training Sessions* window.
- Session can consist of [phases](#), which is an optional feature.
- Each team has its own sessions.
- Sessions are shown in the calendar as color boxes. Color of the box indicates the training activity in question.

Planning

Training sessions can be added to a calendar by clicking the **Training sessions** button on the *Training Calendar* page. By default, a training session is created for the creation day (current day). The **date** can be changed but it has to be done before adding the training session. The date can be selected from **Training session for** drop-down menu.

After the date is selected, training session can be *added* by clicking **Add** button. This is not enough but you have to set *Session properties* below the **Training session** list.

A training session can be *removed* by selecting a session from the list and clicking the **Remove** button. The training session is removed without confirmation!

There are shown the following information in the **Training session** list:

- **Session** (name of session)
- **Activity** (name of training activity)
- **Start** (starting time)
- **End** (ending time, which is calculated automatically according to the starting time and duration)
- **Duration** (duration of training session)


NOTE: Training session is not saved to the system until the following properties are set!

Session Properties

By default the session name is *New training session*. To enable the **Start time** and **Duration** settings, session has to be selected. If **Start time** and **Duration** are not set, the training session is not complete and is not saved into the system.

All created training sessions are stored in the system and can be used again later. Created training sessions are listed as a drop-down list in *Session properties*. More sessions can be created at any time.

After you have created your main training sessions, the planning process eases and speeds up because there are prepared "blocks" that can be used to fill the training calendar.

When you have created at least one training session, you can select it from the drop-down list next to the new session icon .

After the session is selected the **Start time** and **Duration** settings are enabled. Set the starting time and duration.

By default the **Start time** is the creation time. Start time can be changed.

By default the **duration** of the session is 30 minutes. Duration can be adjusted by clicking the up and down arrows.


End time is calculated automatically according to the duration and start time of the training session.

If the training session you are planning is atypical or new to the players, you can check the **Atypical/new training session**. The checked box has an effect on the training load and recovery calculations.

Training Sessions changes are taken into use by clicking **OK** and declined by clicking **Cancel**.

Created training sessions appear in the calendar. The color of the box indicates which training activity is in question.

To create a session in *Session Management*:

1. Click on the new session icon  or select **New** from the drop-down menu next to the icon. *Session Management* window opens. Created sessions are sorted by the training activity on the left. **NOTE:** Session can be modified by clicking the name and making the changes. Session can be removed by clicking the name and clicking the **Remove** button.
2. Click the **Add** button below the session list.
3. Type a name for the session into the **Name** input field on the right.
4. Select a training activity for the session from the **Training activity** drop-down list below the **Name** input field.
5. Repeat steps 2 to 4 if necessary.

6. Close *Session Management* by clicking **OK**.

To make more specific plans, continue to the [phases](#).

Phases

Season consists of [training periods](#), training periods consists of [training sessions](#), training sessions consists of [phases](#).

Characteristics of Phases

- Phases cannot be added if there is no training session.
- Phases is an optional feature but allows several extra features, for example:
 - Allows you to create training reports based on phases.
 - Allows you to search and compare phases in the training session log.
 - Allows you to set the pace for training session.
- A phase is an individual section of training session, for example, certain exercise that repeats in the team's training.
- Phases can be used only with the training activity for which they are specified. For example, football can have 3 vs. 3 and *warm up* phases.
- The number of phases is not limited per training activity.
- Phases must be created beforehand in *Team Properties (Options > Team Properties)*.
- Session and phases form a fixed "block" which has to be used as it is. When a session that has phases is selected, phases must be used. In that case the duration of phases determine the duration of that specific session. Although session with phases is fixed, the duration of phases can be changed training session by training session.
- The same phase can be part of several sessions. For example, 3 vs. 3 can be a part of *60 min Football* session and *45 min Football* session.
- Sessions are fixed to specified sessions in *Session Management*.


Creating a Phase


1. Open *Team Properties (Options > Team Properties)*.
2. Open the *Training Activities* tab.

3. Select a training activity from the list on the left.
4. Click the **Add** button below the **Training activity phases** list.
5. Type in name for the phase.
6. Repeat steps 3 to 5 if necessary.
7. Click **Save** to save the changes. Close the window by selecting **Close**.

Using of Phases

Before phases can be taken into use, [training session](#) must be created by clicking **Add** in the *Training Sessions* window.

Phases are taken into use in *Session Management*, which can be accessed by clicking the  icon in the *Training Sessions* window. The training session from the **Training sessions** list must be selected by clicking it before the icon is enabled.

After the session with phases is created (in the following two ways), the session is selected normally from the drop-down list next to the new session icon  in *Training Sessions* window.

Phases to previously created session:

1. Open *Session Management*.
2. Select the session from the list on the left by clicking on it.
3. Check the **Training with phases** box.
4. Click the **Add** button in the *Phases* section.
5. Select a phase from the drop-down list. **NOTE:** Phases are created beforehand in *Team Properties*.
6. Repeat steps 4 and 5 to add more phases to the session.
7. Close the window by clicking **OK**. Cancel by clicking **Cancel**.

Phases to new session:

1. Open *Session Management*.
2. Click the **Add** button below the session list.

Team2 SW Help

3. Type in the session name and select a training activity from the **Training activity** drop-down list.
4. Check the **Training with phases** box.
5. Click the **Add** button in the *Phases* section.
6. Select a phase from the drop-down list. **NOTE:** Phases are created beforehand in *Team Properties*.
7. Repeat steps 5 and 6 to add more phases to the session.
8. Repeat steps 2 to 7 to add more session with phases.
9. Close the window by clicking **OK**. Cancel by clicking **Cancel**.

Session With Phases Compared to Session Without Phases:

- *Start time* is adjusted in the same way in both cases.
- In case of session with phases, the *Duration* setting is different from the case of a session without phases.
- The duration of session with phases is set by changing the durations of the phases on the right.
- Duration is calculated automatically according to the durations of the phases.
- *End time* is calculated automatically according to the duration and start time.

Online training

Online Training

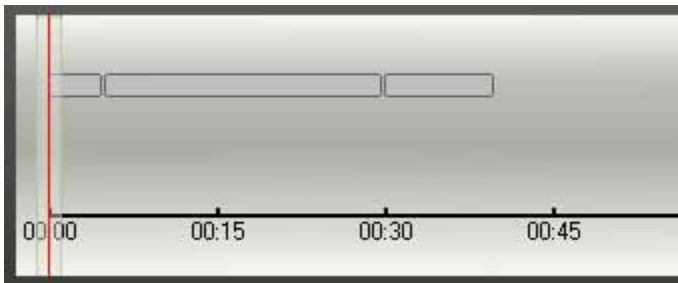
Online Training opens by clicking the second page tab. *Online training* is tool for online monitoring of players' heart rates. Heart rates can be viewed in a list, in a grid or as curves. Either all or selected players' heart rates can be monitored at the same time. Heart rate, sport zone and training load can be monitored simultaneously.

Elements


In the upper left corner it is shown if the base station is connected to the PC. Connection time is also shown.



Connect/Disconnect button connects and disconnects the connection between the system and base station during online training. After clicking **Connect**, the heart rates of players who wear a transmitter begin to display on the screen. Clicking **Disconnect** ends online monitoring. During online training, **Disconnect** is disabled if **Start** has been clicked but **Stop** hasn't. To enable the **Disconnect** button, click **Stop**.


Online info (below) displays information on the current training session. In the online info box, planned training phases, taken markers, time line, cursor and the name of current phase are shown (**Now:** phase).



Above online info there is a **session drop-down list** where the current day's planned training sessions, team's training activities to be used with unplanned training sessions, and the team's tests are listed. If there are no planned training sessions for the current day, the alphabetically first team's training activity is selected as a default.

Next to the session drop-down list, there is a test results symbol  which opens the team's test results sheet during online training if a test is selected as a training session.

Start  and **Stop**  buttons start and stop training. Cumulative Training Load is not shown until the **Start** button is pushed.

Marker  button is for [taking markers](#) during training. Marker can have notes that are typed in after clicking the **Marker** button. Markers can be taken to one player, selected players or all players. Into the marker files are saved the point of time when the marker was taken, the players, the notes and the heart rate at the time the marker was taken.

Training duration shows the duration of current training since the moment **Start** was clicked.

Marker time shows the duration of training since the moment when the last marker was taken.


Training session progress is a list of events during current training. The first marking is *Training session started* and the last marking is *Training session stopped*. All taken markers are logged into the list with notes.

On the lower part of the screen on the left there is a **player list** which shows the team's players. All the players that are, or have been, connected to the system during the current online training


session are displayed in black. All the players that have not been connected to the system during the current online training session are displayed in grey. The players whose heart rates you want to be displayed on the screen can be selected by checking the box.

View content is the largest area on the screen. Heart rates, sport zones and training loads are displayed in the area. Training data can be viewed in three different modes. Preferred mode can be selected by clicking the tabs above the area. The options are **List**, **Curve** and **Grid**. Mode can be changed during online training.

During the online training, **Sport Zone Details** window is opened by clicking a player's sport zone column in **List view**. The durations of each sport zone are shown during the training session. The duration of the training session, maximum heart rate and average heart rate are also shown.

The **Settings** button  opens the *Online Training Settings* window. Online training settings can be changed in this window. There are three tabs, one for each viewing mode (**List**, **Curve** and **Grid**). The settings window is closed by clicking **OK** or **Cancel**. For more information on the settings, [see the Settings chapter](#).



Settings

Online training settings are accessed by clicking the **Settings** button  on the *Online Training* page. In *Online Training Settings* window are three tabs, one for each viewing mode (**List**, **Curve** and **Grid**). Settings affect only the viewing mode in question.

Changed settings are taken into use by clicking **OK**.

List view settings

The values that are displayed in *List view* can be selected in settings. Each value is a column in *List view*. By default **Sport zone**, **Heart rate**, **Training load** and **Notes** are selected. Other options are **Training load marker**, **Above threshold**, **Recovery HR** and **Average HR marker**. Columns are selected and deselected by checking the box.

The order of values can be changed by clicking the arrow buttons  and . Selected value can be moved up or down by clicking arrow buttons. Values are displayed on the *Online Training* page in the same order as they are displayed in settings.

Curve view settings

HR curve

First set of settings is for *HR curve*. HR curve can be presented as traditional **One second intervals** or as **Beat-to-beat intervals**.

Software can perform **Automatic error correction** during online training. The feature is turned on and off by checking the box. This feature detects incorrect HR data and corrects it.

When **Show team's average HR online** is selected, the software displays the team's average heart rate (grey graph) in the background of curve view. The average heart rate curve is calculated online during training.

Time and HR axis

Second set of settings is for *Time and HR axis*. **Time axis scale** defines the time axis (horizontal) scale of curve view. The shortest possible scale is 5 minutes, the longest 120 minutes. **HR axis maximum** defines the HR axis (vertical) scale of curve view. The lowest possible HR maximum is 160 bpm, the highest 250 bpm.

There are three options how HR (axis) is presented. The options are *bpm*, *% of HRmax* and *% of HRR*.

To show grid in the background of the curve view, **Show grid** must be checked. To show sport zones in the background of the curve view, **Show sport zones** must be checked. *Sport zones* is disabled if HR is presented as *bpm*.

Comparison curve

Third set of settings is for *Comparison curve*. A comparison curve is a curve that is drawn according to the selected previous training session.

To enable the comparison curve **Show comparison curve** must be checked. The comparison curve can be either **Team's average curve** or **Player's curve**.

After checking the box, the search selections below are enabled. To search for previous training session data, which is used as comparison curve, select **Training activity** and date range (**Activities since**) and click the **Search** button. Search results are listed in the **Search results** box on the right. Select the training session that is used as a comparison.

Grid view settings

The order of three values (*Sport zone*, *Heart rate* or *Training load*) can be selected. **Highlighted information** is the main information and is displayed in the center of the information box. **Information on left** is displayed in the lower left corner of the box. **Information on right** is displayed in the lower right corner of the box. When one is selected, the others change automatically.

In grid view settings the **Grid size** can also be selected. The selected format defines how many players' values are shown at once. When **Fit to screen** option is selected, software automatically adjusts the grid to fit to screen. *4x4* is selected by default, which mean that up to 16 players' values can be shown at the same time.

Right-Click Menu

Many features and functions can be accessed quickly by right-clicking an element or an item. Below are the contents of the right-click menu on the *Online Training* page.

Right-clicking the **view content** opens a menu that is enabled only when **Connect** is clicked. In the *Online Training* page the menu consists of the following:

- **Settings**, which opens the *Online Training* settings window. This is the same function as clicking the **Settings** button.

Start Online Training

See [How to Start Online Training](#).

Stop Online Training

See [How to Stop Online Training](#).

Training session log

Training Session Log

Training session log opens by clicking the third page tab. *Training session log* is a tool for analyzing training data. Data can be searched by team, player, training activity, date or period.

In order to use *Training session log*, a team has to be selected.

Elements

Search Area

The upper part of the page is **search area**. Training sessions can be searched **by team** or **by player**. When **by player** is selected, a drop-down list of players below is enabled.

Search results are limited by date range. Date range is selected by choosing either **Search by date**, **Search by period** or **Quick search**. Each option enables an additional menu.


- **Search by date** enables the **Start date** and **End Date** menus which enable to select the starting and ending dates. By default, the start date and end date are the current day's date.
- **Search by period** enables a drop-down menu that lists all the team's training periods in the system.


- **Quick search** enables a drop-down list that includes typical date ranges from **Yesterday** to **12 months ago**.

Listed in **Training activity** drop-down menu are team's training activities that are added in *Team Properties* (**Options > Team Properties > Training Activities** tab).

Search is performed by clicking **Search** button.

Player and Training List

Search results are displayed in the **player and training list** on the left. The software indicates whether the search results are for a team or for a player. The software also indicates how many training sessions were found. The latest training session is displayed first. You can expand the training session by clicking the expand button . An expanded training session lists all the players that have training data for that training session. Players are sorted by player groups if there are groups.



The title of the player list consists of training date and time and training activity. The delete button  removes the training session data from the system after confirmation.

Players can be selected and unselected by checking. Either one or several players can be selected. Checking the *All players* box selects all the players from selected training session. Players can also be selected by player groups. Checking a player group's box selects all the players in that group. Each selected player has a color bar that indicates player's color in the graphs.








Curve Area

Either individual or all players and training sessions are selected and unselected from the player lists by checking.

The heart rate graphs are displayed in the **curve area**, which is the largest area of the *Training Session Log* page. Each heart rate graph is displayed in a different color. Selections in the curve area are made with a cursor. There are buttons for different action modes in the upper left corner of curve area.

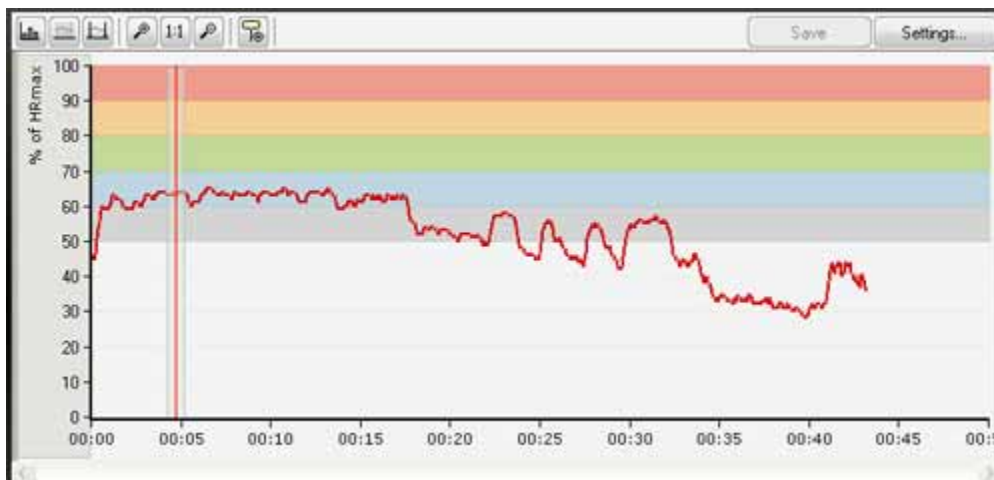
- **Examine HR curve(s)** mode  is the default mode and enables you to view details of heart rate curve(s). Either a point of time or area can be explored. Clicking the curve in analysis mode opens the *Details* tab at the bottom of the screen. When one point of time is selected, *Heart rate* and *Cursor time* are shown. When area is selected, also *Sport zones* and *Training load* are shown. When area is selected, the heart rate is the average heart rate of the selected area.
- **Mark phases** mode  enables you to add phases to training sessions. **Mark phases** is disabled if heart rate curves from several training sessions are displayed. The selected

area is marked as a phase. The phase's name is selected from drop-down list in the summary tab. If overlapping phases are marked, the phases are merged automatically.

- **Mark training time for session**  mode enables you to mark the effective training time to the graph. The start and stop markers can be moved after setting them. See [How to mark training time for session](#) for more information.
- **Manual error correction** mode  enables you to manually remove errors from the heart rate graph. Errors in the heart rate curve may appear for example as unrealistic peaks. See [How to correct heart rate data manually](#) for more information.
- **Zoom in** mode  enables you to zoom curves (in).
- **Zoom out** mode  enables you to zoom curves (out).
- **Zoom to 1:1** button  restores the curve to the original size.
- **Add marker**  button adds a marker to the selected training session (curves).
- **Create training session report**  button opens a pop-up that enables you to [create either Excel or PDF report](#) for the complete session or selected part of the training. You can easily [share the training session report](#). The button is disabled if curves from multiple training sessions are selected.

In addition to the heart rate curve, taken or added markers are shown with timestamps at the bottom of the curve area. When the timestamp is hovered with mouse cursor, marker details are displayed.

When the training time is not marked for the session, the whole curve is thick.




After the training time is marked for the session, the selected part of the curve is thick and the rest is thinner.



To mark the training time for a session:Curve and Result details

Curve and result details are displayed below the curve area. There are three tabs which each offer different features.

- *Complete session* is the first tab. It displays session information (**heart rate, sport zones, training load, Kcal**s and **training time**) individually for each player in table format. Each training session is displayed separately.
- *Details* is the second tab. It displays each player's **heart rate, sport zones, training load, cursor time** and **notes** in table format. Details are either for one point of time or a selected time range (area).
- *Summary* is the third tab. It displays phases for the selected training session. Phases are not shown if curves from several training sessions are selected. The phase's name can be selected and details of the phase are shown. Phases can be removed by clicking the delete button . **NOTE:** Team² software does not ask for confirmation!

Settings window opens by clicking the **Settings** button. Changes can be saved by clicking the **Save** button.

Settings

Training Session Log settings are accessed by clicking the **Settings** button. Changed settings are taken into use by clicking **OK** and declined by clicking **Cancel**.

Time and HR axes

The first set of settings is for Time and HR axis. **Time axis scale** defines the time axis (horizontal) scale of the curve view. The shortest possible scale is 5 minutes, the longest 120 minutes. The default value is **Fit to screen** which adjusts the time axis according to your screen size. **HR axis maximum** defines the HR axis (vertical) scale of the curve view. **HR axis minimum** defines the lowest value for the HR axis (vertical) scale. The default value for both axis maximum and axis minimum is *auto* which sets the axis scale based on the heart rate data.

The way in which heart rate is presented can also be selected. Heart rate can be presented either as **bpm** (beats per minute), **% of HRmax** (percentage of maximum heart rate) or **% of HRR** (percentage of heart rate reserve) To show the sport zones in the background, **Show sport zones** must be checked. **Sport zones** is disabled if heart rate is presented as *bpm*. Select the **Time format** from the drop-down list. Options are *Elapsed time* (default) and *Real time*. *Real time* cannot be selected if curves from multiple training sessions are selected.

Summary

The second set of settings is for the Summary tab. The way how heart rate is shown can be selected from the drop-down menu. The options are **Average/Maximum HR** and **Average HR**.

HR curve

The third set of settings is for HR curve. HR curve can be presented either as **One second intervals** or **Beat-to-beat intervals**.

Right-Click Menu

Many features and functions can be accessed quickly by right-clicking an element or an item. Below are the contents of right-click menus on the *Training Session Log* page.

Right-clicking the **curve area** opens a menu. On the *Training Session Log* page the menu consists of the following features:

- **Create Training Session Report** which opens a pop-up that enables you to [create either Excel or PDF report](#) for the complete session.
- **Copy HR values to clipboard** which copies all the heart rate values to the clipboard. The values can be pasted into any text document.

If a part of the curve is selected, the menu consists of the following feature:

- **Selection Details** which opens a window that contain physiological information on the selected part of the curve.
- **Create Training Session Report** which opens a pop-up that enables you to [create either Excel or PDF report](#) for the selected part of the training.

Search and View Training Data

See [How to search training session](#).

Training reports

Training Reports

Training Reports opens by clicking the fourth page tab. *Training reports* is tool for analyzing, printing and sharing. Report creation criteria can be saved as quick searches. *Training reports'* content consists of graphs.

Elements

When the *Training Reports* page is opened, only the creation area is shown. Other elements are displayed after a training report is created.

Creation Area

The upper part of the page is the **creation area**. On the left is the **Training reports** box that lists all previously-saved training reports.

The first selection is for date range. Select date range by choosing either **Search by date**, **Search by period** or **Quick search**. Each option enables an additional menu.

- **Search by date** enables the **Start date** and **End Date** menus, which enable you to select the starting and ending dates. By default, the start date and end date are today's date.
- **Search by period** enables a drop-down menu that lists all the team's training periods in the system.
- **Quick search** enables a drop-down list that includes typical date ranges from **Yesterday** to **12 months ago**.

The first two drop-down menus, **Bar graph** and **Line graph**, are for selecting what kind of information is to be displayed as bar graphs and as line graphs. At least one of the two has to be selected. The following types of training information can be displayed as bar and line graphs.

- **Bar graph:** Training session count, Energy expenditure, Training load, Training load in sport zones, Training load and recovery, Training duration, Time in sport zones, Number of heart beats.
- **Line graph:** Training session count, Energy expenditure, Training load, Average heart rate, Maximum heart rate, Number of heart beats, Training duration.

The third drop-down menu is for selecting **Training activity**. The options are the training activities that are in the system for selected team. After training activity has been selected, it is possible to select a certain phase. The listed phases are the phases of selected training activity.

Search is performed by clicking the **Create** button.

Player List Area

The **player list area** is on the left. The player list is created based on the created training report. Players are sorted by player groups. The team's name is displayed above the player list.

Players can be selected and deselected by checking the box. Either one or several players can be selected. Checking the **All players** box selects all the players from the selected training session. Players can also be selected by player groups. Checking player group's box selects all the players in that group. Each selected player has a color bar that indicates the player's color in the graphs.

Graph Area

The **graph area** is the largest area of *Training Reports*. Created reports (graphs) are displayed in the graph area. The graph area has two **views**. A view is selected by clicking the tab below the graph area.

- **By player** shows player statistics individually.
- **Summary** shows compiled statistics either as total or average depending on the settings.

In the **graph area header** selected training information, training activity and phase, date range and summary information are displayed. There are also **Settings** and **Save as** buttons. The **Settings** button opens the *Training Reports* settings window and the **Save as** button enables you to save the current training report as a quick search.

Graph's X-axis is always time. Graph's Y-axis measuring unit is determined based on the selections for bar and line graphs. The bar graph measuring units are on the left side of the graph and the line graph measuring units on the right side of the graph. If **Graph for each player** is selected in the settings, a separate graph is shown for each player.



Settings

Training Reports settings are accessed by clicking the **Settings** button. The button is enabled and visible after creating a report.

In the *Training Report Settings* window there are two tabs. The *Organize* tab is for organizing the training reports quick search list and *Graph* is for training report graphs.

Changed settings are taken into use by clicking **OK** and declined by clicking **Cancel**.

Organize

Saved training reports are listed in the **Training reports** box in upper left corner of the *training reports* page. Saved training reports can be organized by selecting one and clicking the up  and down  arrows in Training reports settings.

Saved training reports can be deleted by selecting them one at a time and clicking the **Delete** button.

Graph

There's one setting for both views. The *By player view* setting has two options, **One player per graph** and **Selected players in one graph**.

- When **One player per graph** is selected, Team² software shows individual graphs for the selected players.
- When **Selected players in one graph** is selected, Team² software shows the selected players in one graph.

Summary view has also two options, **Average** and **Total**.

- When **Average** is selected, Team² software shows the results as averages.
- When **Total** is selected, Team² software shows the results as totals.

General settings allow you to choose how many days are included in *summary view*. **NOTE:** If training report's date range is shorter than this setting, *summary view* uses the date range instead of the setting.

When *Show grid* is checked, there's a grid displayed in the background of the graphs.

Right-Click Menu

Many features and functions can be accessed quickly by right-clicking an element or an item. Below are the contents of the right-click menu on the *Training Reports* page.

Right-clicking the **graph area** opens a menu. In *Training Reports* page the menu consists of the following features:

- **Send Graph by E-mail** which opens your default E-mail software. The graph is an attachment in picture format. This is not the same function as **File > Send E-mail > Current view as picture**, which prints the whole window as a screen shot.

- **Copy to Clipboard**, which has a submenu (it consists of **Graph** and **Values**). The feature copies a selected item (graph or values) to the clipboard. This is the same function as **Edit > Copy to Clipboard**.
- **Print**, which opens a preview window and enables you to print information on paper. This is the same function as **File > Print**.

Create Training Report

See [How to create training report](#) and [How to save training report](#).

How to...

How to...

The purpose of these articles is to give instructions to Team² software users. Each article instructs on one feature or function of the software.

How to Launch Wizard

Wizard launches when the Team² software is run for the first time. Wizard guides you through the introduction process step-by-step.

If you want to run Wizard again at some point, remove all the transmitters from the system according to the [instructions](#), close the software and re-run it. Wizard then launches automatically.

How to Copy Values to Clipboard

Several different values and information can be copied to the clipboard from Team². The copied data can be pasted to another software, for example a spreadsheet program.

To copy values, information or graphs to the clipboard, select **Edit > Copy to Clipboard > selection > Copy**. If there are several values that can be copied, Team² asks what you want to copy. Another way to copy values, information or graphs is to right-click an item in the software and select **Copy to Clipboard**.

What Can Be Copied

- On *Training Calendar* page, you can copy player lists, player values, training plans and training files.
 - Copy a player list and training plan (for selected data range) by selecting **Edit > Copy to Clipboard**.
 - By right-clicking the player's list, the selected player's details can also be copied to the clipboard (**Copy Player Details to Clipboard**).

- Copy the selected training file by right-clicking an calendar item with heart symbol in training calendar and selecting **Copy to Clipboard** . If there are more than one training file in the same calendar item, first select the training session and then **Copy to Clipboard**. The training file (*.ptf) can be pasted, for example, to an e-mail message.
- On *Training Session Log* page, you can copy the graphs and the heart rate values.
 - Copy the displayed graph or the heart rate values for the displayed graph by selecting **Edit > Copy to Clipboard**.
 - Copy the displayed graph or the heart rate values for the displayed graph by right-clicking the graph area.
 - **NOTE:** Before copying information to the clipboard, a training session must be searched and displayed on the screen.
- On *Training Reports* page, you can copy the graphs and the values.
 - Copy the displayed graph or the values for the displayed graph by selecting **Edit > Copy to Clipboard**.
 - Copy the displayed graph or the values for the displayed graph by right-clicking the graph area.
 - **NOTE:** Before copying information to the clipboard, a training report must be created and displayed on the screen.

How Copied Information Is Displayed After Pasting

All the information that is copied from Team², except for training files, can be pasted into any word processing program or a spreadsheet program.

- **Graphs** are pasted as pictures.
- **Player list, Player values, Training session values** or **Training report values** are pasted as tables or plain text.
 - Player list is pasted as a table with four columns. The first column is empty. The second column has the team's name on the first row and the player numbers below it. The third column displays player names. The fourth column displays player's transmitter numbers.
 - Player details are pasted as plain text. When pasted to spreadsheet program, each text row is in individual cell.

Team2 SW Help

- Training session values are pasted as a table. Each player and each training session are displayed separately, organized horizontally. On the first row, there are the dates and times and training sessions. On the second row, there are the player names. On the third row, there are headings (Time and bpm). Below headings, there are timestamps and heart rates listed, each on own row. The sampling rate is determined by the recording rate (every beat or every 5 seconds). Example:

Date - Time -Training session			Date - Time -Training session		
Player name			Player name		
Time	bpm		Time	bpm	
00:00:02.905	89		00:00:01:517	87	
00:00:03.623	90		00:00:02.604	87	
00:00:05.619	92		00:00:03.579	90	

- Training report values are pasted as a table. Each value is listed separately for players, ordered vertically. The table has two columns. On the first row, the player's first name is displayed. On the second row, there are headings (Period and the measure). Below headings, there are time periods and measure values listed, each on its own row. Example:

Player name	
Time period	Measure
First time period	value

Second time period	value
Third time period	value
Player name	
Time period	Measure
First time period	value
Second time period	value
Third time period	value

Database management

How to make backup file

A backup file is a copy of all the data that has been recorded into the system up until the moment the backup was taken. You can restore the data if your PC crashes or loses the data at some point, so all the data will not be lost.

If you have [set automatic backups on](#), the Team2 software automatically takes backups when the software is closed. Still, it is important to take backups every now and then, especially before updating the software or installing a newer version. It is also recommended that you save the backup file on an external storage device, for example, a USB flash drive or an external hard drive, in addition to the PC's internal hard drive.

To make a backup file:

1. Open the Team² software.

2. Click **File > Database Management**. A popup window opens.
3. In the **Backup** tab, click **Browse** to select a directory for the backup file.
4. Click **Backup** to create the backup file. This takes approximately 10 minutes / 1 GB of data.
5. Close the **Database Management** window by clicking **Close**.

By default the backup file is saved into the software's directory. If you were using the default settings during the installation of the software, the default backup directory is:

- Windows XP: *C:\Documents and Settings\All Users\Application Data\Polar\Team2\data\Backup*
- Windows Vista and 7: *C:\ProgramData\Polar\Team2\data\backup*

The backup file can be copied to another location. The backup file is named with a timestamp.

How to restore from backup

You may need to restore data if, for example, you start using Team² with a new PC or data has been accidentally deleted. See also [how to restore archived data](#) below.

To restore data, you need a [backup file](#), which is a file that includes all the data up until the moment it was made. If the backup file is not up to date, some data may be lost.

To restore data:

1. Open the Team² software.
2. Click **File > Database Management**. A popup window opens.
3. Go to the **Restore** tab.
4. Click **Browse** to select the directory where the backup file is located.
5. Select the correct file and click the **Restore** button.
6. Wait while the software restores the data. This may take several minutes depending on the file size.
7. Close the **Database Management** window by clicking **Close**.

To restore archived data:

Note that when you restore from a backup archive file, you will lose all the data in the current Team² system. Therefore it is highly recommended that you [make a backup file](#) of the current Team² system before restoring archived data.

1. Open the Team² software.
2. Click **File > Database Management**. A popup window opens.
3. Go to the **Restore** tab.
4. Click **Browse** to select the directory where the backup archive file is located. See [How to compact and archive database](#).
5. Select the correct file and click the **Restore** button.
6. Wait while the software restores the data. This may take several minutes depending on the file size.
7. Close the **Database Management** window by clicking **Close**.

After restoring the archived data, the Team2 system will only contain the data that was in the archive file.

How to set automatic backups on

A backup file is a copy of all the data that has been recorded into the system up until the moment the backup was taken. You can restore the data if your PC crashes or loses the data at some point, so all the data will not be lost.

By turning on the automatic backups, you do not have to backup the data manually. See [How to make backup](#).

To set automatic backups on:

1. Open the Team² software.
2. Click **File > Database Management**. A popup window opens.
3. In the **Backup** tab, under **Automatic backup**, turn the automatic backups on by selecting either:
 - Always, when closing the software, or
 - Always ask, when closing the software.

4. Save the setting and close the Database Management window by clicking **Close**.

To turn the automatic backups off, select **Never**.

How to compact and archive the database

The bigger the Team² database becomes, the slower the software opens and the longer the searches take. The maximum size of the database is 4 GB. The size of the database is indicated with a color bar in the **Archive** tab of **Database management**.

- When the bar is green, the size of the database is less than 2 GB.
- When the bar is yellow, the size of the database is 2-3 GB.
- When the bar is red, the size of the database is over 3 GB.

The size of the database can be reduced by compacting and archiving. Compacting is recommended action if the bar is yellow or red. Archiving is the final measure if compacting does not reduce the database size enough.

Compacting typically reduces the database size by 20-50%.

Please note that when the Team² database is archived, the archived data can no longer be used in the software for comparison or reports.

To compact the database:

1. Open the Team² software.
2. Click **File > Database Management**. A popup window opens.
3. Open the **Archive** tab.
4. Click **Compact** to reduce the size of the database. This may take several minutes.
5. Close the **Database Management** window by clicking **Close**.

Archiving

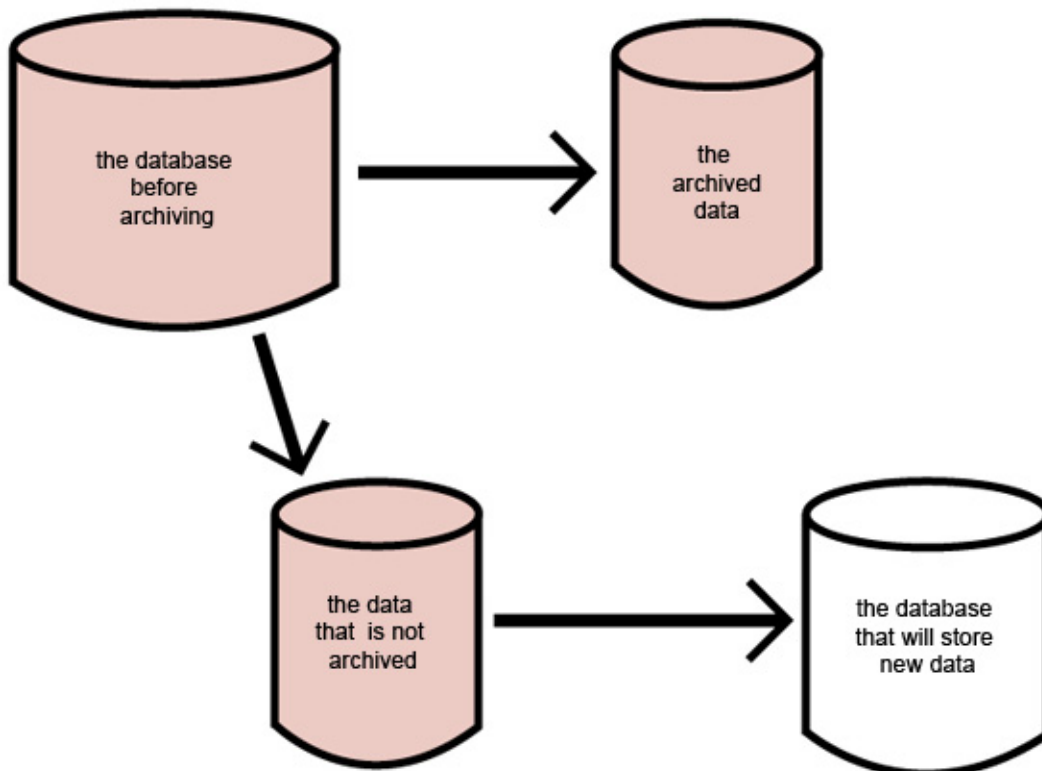
The archiving is done by splitting the Team² database from a selected date and by creating three [backup files](#) into the backup file location. When the database is archived, the following backup archive files are created:

- a file that contains the whole database before it is archived,

- a file that contains the archived data for the selected date range (from the beginning until the selected date), and
- a file that contains the data from the selected date until the current date.

Note that the disk space required for archiving is three times the size of the database file.

After archiving, only the data from the selected date until the current date is available in the Team² software. See also [how to restore the archived data](#).



● These are the restore points that are saved into separate backup files when the database is archived. You can restore any of these points.

To archive the database:

1. Open the Team² software.
2. Click **File > Database Management**. A popup window opens.
3. Open the **Archive** tab.

4. Select an end date for the data that is being archived. Please note that the archived data (until the selected date) can no longer be used in the software.
5. Click **Archive** to archive the data between the selected date range. This takes approximately 10 minutes / 1 GB of data.
6. Close the **Database Management** window by clicking **Close**.

Import data

How to Import Player Data

Player information can be imported to a team from another Polar software (compatible data can be imported from the *Polar Precision Performance* and *Polar ProTrainer* softwares) or from another team. Also, previously removed player can be retrieved to a team. **NOTE:** Players cannot be imported during online training.

1. Open the Team² software.
2. Select the team to which you want to import players.
3. Select **Options > Team Properties**.
4. Select the **Players** tab.
5. Click the **Import** button. **Import/Move players** window appears.
6. Select the player data you want to import. Options are **Import players** (import player data from another Polar software) and **Move player from another team** (move players from another team or retrieve previously removed players).
7. **Import players:**
 - When you import players from another Polar software, select the **Import** button. Importing window appears. Find the *Polar Player Files (*.ppd)* from the PC's directories and select **Open**. Next you will have to synchronize the training activities between the old system and Team². The imported activities are listed in the left column. Select a congruent training activity for each training activity from the drop-down lists on the right. Select **Add imported activity as new** if you want to create a new training activity to you Team² system. Select **Next** to continue. Select **Close** to finish.

Move players from another team:

- When you are moving players from another team, select from the **Team** drop-down list the team you wish to import from. Player list appears on the left side of the window. Click on the players you want to move (to the active team). The selected players move onto the list on the right side of the window. Select the **Move** button to move the selected players.

Retrieve previously removed players:

- When you are retrieving previously removed players, select **Removed players** from the **Team** drop-down list. A list of removed players appears on the left side of the window. Click on the players you want to retrieve (to the active team). The selected players move onto the list on the right side of the window. Select the **Move** button to retrieve the selected players.

See also [How to remove players](#) and [How to select team](#).

How to Import Team Data

Team data can be imported from previous Polar team software. Compatible data can be imported from the *Polar Precision Performance* and *Polar ProTrainer* software. When team data is imported all the data (including player information) is imported at once.

To import team data:

1. Open the Team² software.
2. Select **Options > Teams**.
3. Click the **Import** button.
4. Browse *Polar Team Files* from your computer directories.
5. If you are transferring team data from Polar ProTrainer software, you have to synchronize the training activities between the old system and Team². The imported activities are listed in the left column. Select a congruent training activity for each training activity from the drop-down lists on the right. Select **Add imported activity as new** if you want to create a new training activity to you Team² system. Select **Next** to continue. Select **Close** to finish. Data is saved to your Team² system.

How to Import Training Data

With Team² it is possible to easily import training data to the system. *Import Training Data* can be used, for example, when training session data is received by E-mail. Training data files must be in

Polar training files format, which the Team² produces. Training data can also be imported from Polar ProTrainer software and it can be either in zip package or in *.*hrm* file format.

1. Open the Team² software.
2. Select the team to which you want to import data.
3. Select **File > Import Training Data**.
4. Browse *Polar training files* or ProTrainer zip package from the computer directories and click **Open**.
5. A list of found training files is shown. Select a player and a training activity for each training session.
6. Select the training sessions you wish to save by checking the box.
7. Save the training session by selecting **Save**.
8. Close the window by selecting **Close**.

NOTE: When training data is imported from previous version of Team system (compatible data can be imported from the *Polar Precision Performance* and *Polar ProTrainer* softwares), the training type is automatically set as *intermittent*.

Online training

How to Start Online Training

In order to monitor training online, a team must be created and players must be added.

1. Give labelled transmitters to players who then attach them to Team² transmitter straps. Players moisten two electrode areas on the back of Team² transmitter straps and secure the straps around their chests just below the chest muscles. See [How to use transmitter](#).
2. Place the base station (or the base stations) on the ground and switch it/them on.
3. Open the Team² software and setup the connection between main base station and PC/PDA.
4. [Select a team](#) that you want to use.
5. Open *Online Training* page.

6. Select a training session from the **Training session** drop-down list. The current day's planned training sessions, team's training activities to be used with unplanned training sessions and team's tests are listed.
7. Click **Connect** button to establish a connection between the PC and the main base station. Players' heart rates start to display on the screen when they enter the base station's range.
8. When all players' heart rates are displayed on the screen, click **Start** to begin the training session.
9. Monitor the heart rates online.

See also [How to stop online training](#).

How to Stop Online Training

To stop the online training:

1. Click **Stop**.
2. Click **Disconnect** to end the training session.
3. Collect the transmitters from the players.
4. Follow the [care and maintenance instructions](#).


See also [How to start online training](#).

How to Start Test

Tests are almost like normal online training sessions. The only difference is that you can type in test results.

Before starting a test, a team must be created and players must be added.

1. Give labelled transmitters to players who then attach them to Team² transmitter straps. Players moisten two electrode areas on the back of Team² transmitter straps and secure the straps around their chests just below the chest muscles. See [How to use transmitter](#).
2. Place the base station on the ground and switch it on.
3. Open the Team² software and setup the connection between the base station and PC/PDA.

4. [Select a team](#) that you want to use.
5. Open the *Online Training* page.
6. Select a test from the **Training session** drop-down list. The current day's planned training sessions, team's training activities to be used with unplanned training sessions and team's tests are listed.
7. Click **Connect** button to establish a connection between the PC and the base station. Players' heart rates start to display on the screen when they enter the base station's range.
8. When all the players' heart rates are displayed on the screen, click **Start** to begin the training session.
9. To open the test results sheet, click a test results symbol  or select **Tools > Test Results**.

See also [How to start online training](#) and [How to stop online training](#).

How to Synchronize PDA

In order to monitor players' heart rates during online training, player information has to be transferred to the PDA. This feature is called *Synchronize PDA* and it can be found from the main menu: **Tools > Synchronize PDA**.

Synchronization must be always performed after player information has been changed or new players have been added.

Before you can synchronize player information to the PDA device, Team² PDA software has to be [installed](#) on your PDA. After installation of PDA software, the PDA can be synchronized.

1. Connect the PDA to the PC if it is not already connected. Your PC should inform you when the connection is established between the PDA and the PC. If you are using Microsoft ActiveSync to synchronize the information between your PC and PDA, there is a green ActiveSync icon in the tray:



2. Open the Team² PC software with your PC.
3. Select from the main menu **Tools > Synchronize PDA**.

NOTE: In addition to the currently active team, all the teams that are not protected with a password are synchronized with the PDA.


After training

If you have taken and saved markers with PDA software, you can synchronize them to the PC software. Connect the PDA to the PC, open the Team² software and select **Tools > Synchronize PDA**.

How to Take Markers

The marker information includes the following: time, notes, players and the heart rate at the moment the marker was taken. Markers can be taken to one player, all players or selected players.

To take markers during online training:

1. [Start online training](#).
2. Select players from the player list. The marker is taken for the selected players.
3. Click the marker icon  to take a marker. The note text box appears on the left side of the marker icon.
4. Type in the note.
5. Note text box disappear after 5 seconds and the marker appears in the *Training session progress* log.

To modify the markers during online training:

1. Select a marker from the *Training session progress* list. A pop-up window appears with the existing note and marker information.
2. Modify the note if necessary and select **Close** to save and close the window. To delete the selected marker, select **Delete**.

To modify the markers during the online training via Training Session Log

1. During an online training session, open the **Training Session Log** tab.
2. Make a search and limit the date range by selecting **Quick search** and **Today** from the appearing drop-down list.

Team2 SW Help

3. The current training session is listed among the search results and the heading of the training session is flashing green.
4. Double-click the training session heading. The *Training Session Log* popup window appears.
5. Select a marker from the list on the left, and modify the notes on the right.
6. To delete a marker, select it from the list on the left and click the **Delete** button.
7. Close the window by clicking **OK**. Decline the changes by selecting **Cancel**.
8. Return to the **Online Training** page.

Players and teams

How to Add or Remove Sport Zones

The *Sport Zones* settings can be found from *Team Properties*. Team properties can be found from the main menu: **Options > Team Properties**. There are 5 tabs in Team Properties and *Sport Zones* is the second tab.

Take the settings into use by clicking **Save**. Close the window by selecting **Close**. If the changes are not saved when **Close** is selected, the software asks whether the changes are saved or not.

To Add Sport Zones

1. Select a team.
2. Open *Team Properties* (**Main menu > Options > Team Properties**).
3. Open the **Sport Zones** tab.
4. Select a calculation method that needs changes.
5. Click the **Add sport zone** button.
6. Insert values for the new sport zone.
7. Repeat steps 5 and 6 if necessary.

NOTE: New sport zones can be added only if the *Low* value of lowest existing sport zone is larger than 0.

To Remove Sport Zones

1. Select a team.
2. Open **Team Properties** (**Main menu > Options > Team Properties**).
3. Open the **Sport Zones** tab.
4. Select a calculation method that needs changes.
5. Click the **Remove** button in the rear of sport zone that you want to remove. Sport zone is removed without confirmation! Repeat if necessary.

How to Add Players

Up to 80 players can be added per team.

To add new players:

1. Open the Team² software.
2. Select the team to which you want to add players.
3. Select **Options > Team Properties**.
4. Select the **Players** tab.
5. Click the **Add** button and fill in the player's general information in the **General** tab. For more information on the player positions, see [How to group players](#).
6. Select also a transmitter number for the player from the **General** tab.
7. Select the **Values** tab and fill in the player's heart rate values and other values.
8. Select the **Transmitter** tab and modify transmitter information if necessary.
9. Return to the **General** tab and repeat steps 5 to 7 to add more players.
10. Click **Save** to save the changes. Close the window by selecting **Close**.

See also [How to remove players](#) and [How to select team](#).

How to Create New Team

Team2 SW Help

It is possible to add all your teams to Team². However, only one team can be used at a time.

The first team is usually created during [Wizard](#). Next teams are created in Team² settings. To create a new team, follow the steps below.

1. Open the Team² software.
2. Click **Options > Edit Teams**.
3. Click the **New** button.
4. Type the name of the new team into the **Name** input field.
5. Optionally, type in team details into the **Team Details** text area.
6. Optionally, add a team logo (in *.jpg format) by clicking the logo box and selecting logo from the computer directories.
7. Optionally, select a password to protect the team data by checking the **Enable** check box and then typing in the password.
8. Select the second tab, **Sport Zones**.
9. Select the calculation method you want to use. The options are *HRmax*, *HRR* and *threshold values*.
10. Optionally, change the settings of the sport zones.
11. Select the third tab, **Training Activities**.
12. Click the **Add** button, and type the name of the activity into the **Training Activity** input field. Select the activity's type from the **Type** drop-down menu.
13. If necessary, change the color of the activity by clicking the color box and selecting a new color.
14. Repeat steps 12 and 13 until all necessary training activities are added.
15. Select the fourth tab, **Tests**.
16. Click the **Add** button, and type the name of the test into the **Test** input field.
17. If necessary, change the color of the test by clicking the color box and selecting a new color.

18. Repeat steps 16 and 17 until all tests are added.
19. Select the fifth tab, **Players**.
20. Click the **Add** button to add the first player and fill the player's general information in the **General** tab.
21. Select also a transmitter number for player in the **General** tab.
22. Select the **Values** tab on the player page and fill in the player's heart rate values and other values.
23. Select the **Transmitter** tab on the player page and modify transmitter information if necessary.
24. Return to the **General** tab on the player page and repeat steps 20 to 23 to add more players.

NOTE:

- Team's password protection is not the same as the wireless network key.
- Teams can be [deleted](#) and modified afterwards.
- Logo can be removed by clicking the **Remove logo** button.
- Sport zones can be added by clicking the **Add sport zone** button.
- Default setting can be restored by clicking **Restore default settings**.
- Training activities and tests can be modified, removed and added afterwards.
- Training activities and tests can be removed by selecting the activity/test and clicking the **Delete** button.
- Players can be removed by selecting the player and clicking **Remove** button.
- Players can be modified, [removed](#) and [added](#) afterwards.
- Player information can be [imported](#) from previous Polar Team software.

How to Delete Team

When you delete a team, all the team information and players are deleted.

To delete a team:

1. Open the Team² software.
2. Select **Options > Edit Teams**.
3. Select the team you want to remove by clicking the name.
4. Click the **Delete** button to delete the team.
5. Click **Yes** to approve the deletion. Click **No** to cancel the deletion.


How to Group Players

Each team has its own separate player groups. Before you can group a team's players, player groups must be created. Player groups can be modified and the players' player positions can be changed at any time. By default, the players are not grouped. If some of the players are grouped by player position, the ungrouped players are shown in the player lists as "other".

If there are player groups, the players are always sorted by the player positions. Player groups help you during online training and while analyzing the training data.

Create Player Groups

Before you can group team's players, player groups must be created. Player groups are called *Player positions*.


1. Select a team.
2. Open *Team Properties* by selecting **Options > Team Properties**.
3. Select the **Players** tab.
4. Select a player from the list on the left and open the **General** tab.
5. Click the **Player Position** symbol  to open the **Player position** window.
6. Add a player position by selecting **Add**.
7. Select the new player position from the list on the left and re-name the player position by typing the name into the **Title** field on the right.
8. Click *Enter* on your keyboard.
9. Repeat steps 6 to 8 if necessary.

10. Close the window by selecting **Close**.

NOTE: You can modify the player position names at any time by accessing the **Player position** window, selecting a player position and changing the name.

Group Players

When you have created player positions for the team, you can start grouping players. Players' player positions can be changed at any time.

1. Select a team.
2. Open *Team Properties* by selecting **Options > Team Properties**.
3. Select the **Players** tab.
4. Select a player from the list on the left and open the **General** tab.
5. Select a player position for the player from the drop-down list next to the **Player Position** symbol .
6. Repeat steps 4 and 5 if necessary.
7. Click **Save** to save the changes. Close the window by selecting **Close**.

How to Modify Player Information

Player information can be modified at any time.

To modify player information:

1. Open the Team² software.
2. Select a team.
3. Select **Options > Team Properties**.
4. Select the **Players** tab.
5. Select a player from the list by clicking his/her name. The player's information fields are enabled.
6. Modify player information as needed in the **General, Values, Transmitter, Polar Training Computer** and **Notes** tabs. **NOTE** that the transmitters are assigned on the **General** tab by selecting the transmitter number from the drop-down list.

7. Repeat steps 5 and 6 when needed.
8. Click **Save** to save the changes. Close the window by selecting **Close**.

How to Modify Sport Zones

Sport Zones settings can be found from *Team Properties*. Team properties can be found from main menu: **Options > Team Properties**. There are 5 tabs in Team Properties, and *Sport Zones* is the second tab.

Settings are taken into use by clicking **OK** and declined by clicking **Cancel**.

Each calculation method (*% of HRmax, % of HRR, threshold values*) has its own sport zones. See definitions for each sport zone [in Team Properties chapter](#).

To Modify Sport Zones

1. Select a team.
2. Open **Team Properties**.
3. Open the **Sport Zones** tab.
4. Make necessary changes to selected calculation method.
5. Click **Save** to save the changes. Close the window by selecting **Close**.

See also [How to add or remove sport zones](#).

How to Modify Team Properties

To change *Team Properties*, a team must be selected. Team properties can be found from the main menu: **Options > Team Properties**. There are 5 tabs in Team Properties, **Team, Sport Zones, Training Activities, Tests** and **Players**.

Settings are taken into use by clicking **OK** and declined by clicking **Cancel**.

To Modify Team Properties

1. Select a team.
2. Open **Team Properties**.
3. Make necessary changes. **NOTE:** There are 5 tabs in *Team Properties*.
4. Click **Save** to save the changes. Close the window by selecting **Close**.

How to Remove Players

Players can be removed at any time except during Online training. The player is removed from the team and all the player information is removed.

To remove players:

1. Open the Team² software.
2. Select the team to which you want to add players.
3. Select **Options - Team Properties**.
4. Select the **Players** tab.
5. Select the player you want to remove by clicking his/her name in the players list.
6. Click the **Remove** button.
7. Repeat steps 5 and 6 to remove more players.
8. Click **Save** to save the changes. Close the window by selecting **Close**.

NOTE:

- Software does not confirm the removal. The player is removed when the **Remove** button is clicked.
- Removed players can be retrieved by using the import player data function. For more information, see [How to import player data](#).

See also [How to add players](#) and [How to select team](#).

How to Select Team

In Team² software one team can be used at a time although several teams can be in the system.

To choose a team to use:

1. Open the Team² software.
2. Select **Options > Edit Teams**.

3. Select a team by checking the box.
4. Click the **Close** button.

Optionally, if the team you want to select has been recently used, select **File > Team's name** from the list below **Backup and Restore**.

Seasons and training sessions

How to Add Phases

[Phases](#) are created in *Team Properties* and are set specifically to a certain training activity.

To add phases in *Team Properties*:

1. Open the Team² software.
2. Select a team.
3. Select **Options > Team Properties**.
4. Select the **Training Activities** tab.
5. Select a training activity from the list on the left.
6. Click the **Add** button below the **Training activity phases** list on the right side of the window.
7. Type a name for the phase into the **Name** input field next to phase list on the right.
8. Click *Enter* on your keyboard.
9. Repeat steps 5 to 8 if necessary.
10. Click **Save** to save the changes. Close the window by selecting **Close**.

See also [How to delete phases](#) and [How to modify phases](#).

How to Add Season

1. Open the Team² software and select a team.
2. Click the **Plan season** button on the *Training Calendar* page.
3. Click the **New** button on the upper right corner of the window.

4. Select the new season from the list by clicking on it.
5. Type a name for the season into **Season name** input field in *Season properties*.
6. Close the window by clicking **OK**.

See also: [How to delete season](#) and [How to add training periods](#).

How to Add Training Periods

1. Open the Team² software and select a team.
2. Click the **Plan season** button on the *Training Calendar* page.
3. Select a season from the upper list by clicking on it.
4. Click the **Add** button below **Training periods** list.
5. Select the new training period from the list.
6. Type a name for the period into **Period name** field on the right.
7. Set the **Start date** and **End date**.
8. Repeat steps 4 to 7 if necessary.
9. Close the window by clicking **OK**.

See also: [How to add season](#) and [How to delete training periods](#).

How to Add Training Activities

Training activities can be modified and added at any time.

To add training activities:

1. Open the Team² software.
2. Select a team.
3. Select **Options > Team Properties**.

4. Select the **Training Activities** tab.
5. Click the **Add** button below the **Training activities** list.
6. Type a name for the training activity into the **Training activity** input field on the right.
7. Select an individual color for the training activity by clicking the color box next to the input field on the right.
8. Select a type for the training activity from the **Type** drop-down list.
9. Repeat steps 5 to 8 if necessary.
10. Click **Save** to save the changes. Close the window by selecting **Close**.

How to Add Training Session Manually

If a player has trained without using a transmitter, you can fill in the gaps by adding a training session manually for the player.

1. In the training calendar, select a calendar item for a player by clicking it.
2. Select either **Edit > Add Training Session Manually** or right-click the item and select **Add Training Session Manually**.
3. Select a training activity from the **Activity** drop-down list.
4. Enter the training load value in the **Training load** field.
5. Enter the times in sport zones into the fields on the right.
6. Save and close the window by clicking **OK**.

A heart symbol  appears to the *Training Calendar*. The entered values have an effect on, for example, training load calculations.

NOTE: When the heart symbol is double-clicked or when a manually added training session is searched in *Training Session Log* tab, there is no heart rate curve available.

How to Create Training Session

Training sessions can be understood in two ways. A training session can be:

- the actual set training session that is planned and carried out and is shown in the training calendar, or


- a prepared exercise "block" that has a training activity and a name and can consist of phases

In fact, the latter ones are set to be the contents of the former ones.

To Set Training Session to the Training Calendar:

1. Open the Team² software and select a team.
2. Click the **Training sessions** button on the *Training Calendar* page.
3. Select a date from the **date menu** at the top of the window.
4. Click the **Add** button in the upper right corner to add a training session.
5. Select the new training session from the list by clicking on it.
6. Select a training session from the **Name** drop-down list in **Session properties**. If the training session you wish to select is not on the list, see the latter part of this article ([To Create Training Session in Session Management](#)).
7. Set the start and end times for the training session. If the selected training session consists of phases, select the start time and set the duration by setting the phases.
8. Check the **Atypical/new training session** if it is atypical or new. This option affects the training load and recovery time calculations.
9. Repeat steps 3 to 8 if necessary.
10. Close the window by clicking **OK**.

To Create Training Session in Session Management

The *Session Management* is accessed via the **Training Sessions** feature (by clicking the **New** button  or selecting **New** from the drop-down menu)

To create training session in *Session Management*:

1. Open **Session Management**.
2. Click the **Add** button below the session list.
3. Type a name for the session into the **Name** input field on the right.

4. Select a training activity for the session from the **Training activity** drop-down list below the **Name** input field.
5. If you want the training session to consist of phases, check the **Training with phases** box. Add as many phases as you wish by clicking the **Add** button below the phase list and selecting a phase from the drop-down list.
6. Repeat steps 2 to 5 if necessary.
7. Close the window by clicking **OK**.

NOTE: To add phases to the sessions in *Session Management*, phases [must be created for training activities](#) beforehand in *Team Properties*.

How to Delete Phases

1. Open the Team² software.
2. Select a team.
3. Select **Options > Team Properties**.
4. Select the **Training Activities** tab.
5. Select the training activity from the list on the left.
6. Select the phase from the list on the right side of the window.
7. Click the **Delete** button below the phase list.
8. Click **Save** to save the changes. Close the window by selecting **Close**.

See also [How to add phases](#) and [How to modify phases](#).

How to Delete Season

1. Open the Team² software and select a team.
2. Click the **Plan season** button on the *Training Calendar* page.
3. Select the season from the list by clicking on it.
4. Click the **Delete** button in the right upper corner.

5. Close the window by clicking **OK**.

See also: [How to delete season](#) and [How to add training periods](#).

How to Delete Training Period

1. Open the Team² software and select a team.
2. Click the **Training sessions** button on the *Training Calendar* page.
3. Select a season from the upper list by clicking on it.
4. Select the training period from the lower list by clicking.
5. Click the **Delete** button to remove the training period.


How to Delete Training Session

Training sessions can be deleted from the system on the *Training Calendar* page and on the *Training Session Log* page.

To delete a training session on the *Training Calendar* page:

1. Open the Team² software and select a team.
2. On the **Training Calendar** page right-click the training session in the training session calendar.
3. Select **Delete Training Session** from the menu. The training session is deleted.

To delete a training session on the *Training Session Log* page:

1. Open the Team² software and select a team.
2. [Search the training session](#).
3. In the training session list on the left, click the  button next to the training session you wish to delete.
4. Team² software asks your confirmation before the session is deleted.

NOTE: When the training session is deleted, the training data files are also deleted.



How to Modify Phases

1. Open the Team² software.
2. Select a team.
3. Select **Options > Team Properties**.
4. Select the **Training Activities** tab.
5. Select the training activity from the list on the left.
6. Select the phase from the list on the right side of the window.
7. Change the name of the phase by typing the new name into the **Name** input field on the right side of the phase list.
8. Click **Enter** on your keyboard.
9. Click **Save** to save the changes. Close the window by selecting **Close**.

NOTE: Only the name of the phase can be changed. If you want to move the phase under another training activity, you have to remove the old phase and create a new phase under the new training activity.

See also [How to add phases](#) and [How to delete phases](#).

How to Order Training Periods

1. Open the Team² software and select a team.
2. Click the **Training sessions** button on the *Training Calendar* page.
3. Select a season from the upper list by clicking on it.
4. Select a training period from the lower list by clicking on it.
5. Move it up or down by clicking the  and  arrow buttons.
6. Repeat steps 4 and 5 if necessary.
7. Close the window by clicking **OK**.



How to Remove Training Activities

1. Open the Team² software.
2. Select a team.
3. Select **Options > Team Properties**.
4. Select the **Training Activities** tab.
5. Select the training activity from the list on the left.
6. Click the **Delete** button below the list on the left.
7. Repeat steps 5 and 6 if necessary.
8. Click **Save** to save the changes. Close the window by selecting **Close**.

Training session data

How to add or modify markers afterwards



Markers are typically [taken during online training](#), but they can also be added and modified afterwards in *Training Session Log* tab.

1. [Make a training session search](#) in the *Training Session Log* tab.
2. Select players' curves from the left. **NOTE** that to be able to modify markers, the curves must be from the same training session.
3. Click the curve area to place the cursor (red line) by using **Examine HR curve(s)**  mode.
4. Click the add marker button . A yellow marker appears to the curve area.
5. Add notes to the marker by clicking it and typing into the appearing field. Save notes by selecting **Close**.
 - Markers cannot be moved but they can be deleted by clicking and selecting **Delete**.

- Marker information (**date, time, training activity, notes**) can be reviewed by taking the mouse cursor on the marker.

How to correct heart rate data manually

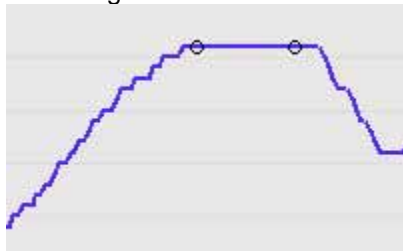
Manual error correction tool enables you to manually remove errors from the heart rate graph. Errors in the heart rate curve may appear for example as unrealistic peaks.

1. [Make a training session search](#) in the *Training Session Log* tab.
2. Select a player's curve from the left. Zoom in  if necessary. **NOTE** that to manually correct heart rate curve, only one curve can be selected.
3. Select **Manual error correction**  mode from the toolbar.
4. Select the area you want to correct: click (and hold) the curve, drag to select the area, release the mouse button. The selected area is marked and the new possible curve is illustrated with dashed line. Adjust the selected if necessary by dragging the dots.



If needed, cancel the selection by clicking the curve outside the selected area.

5. Confirm the correction by clicking the green check box. The heart rate curve is corrected according to the selection.



6. Save the changes by clicking **Save** button in the upper right corner of curve area.

How to Create Training Report

Training reports can be created from the scratch or by selecting a saved quick link. For more information, see [training reports](#).

To create a new training report:

1. Open the Team² software and select the team.
2. Open **Training Reports** page.
3. Select **new** from the **Training reports** list on the left.
4. Select how you want to limit the date range for the report. The options are **Search by date**, **Search by period** and **Quick search**.
5. Make the date range selections.
6. Select the information you want to be displayed as a bar graph from the **Bar graph** drop-down list.
7. Select the information you want to be displayed as a line graph from the **Line graph** drop-down list.
8. Select the training activity or test (or **All**) from the **Training activity** drop-down list.
9. If you have selected the training activity, select the training phase (or **All**) from the **Training phase** drop-down list.
10. Click the **Create** button to create the training report based on the search criteria.


To create a training report based on saved search criteria:

1. Open the Team² software and select the team.
2. Open the **Training Reports** page.
3. Select the saved training report from the **Training reports** list on the left.
4. Click the **Create** button.

See also: [How to save training report](#).

How to Create Training Session Report

1. [Make a training session search](#) in the *Training Session Log* tab.
2. Select players' curves from the left. **NOTE** that the curves must be from the same training session to create training session reports.

3. You can create a training session report for the whole session or for a selected time range:
 - To create training session report **for the complete training session**, right-click on the curve area and select **Create Training Session Report** or click on the **Create Training Session Report** button.
 - To create training session report **for a selected time range**, select the time range by using the analysis tool  and right-click on the curve area and select **Create Training Session Report**. You can also click on the **Create Training Session Report** button after selecting the time range.
4. Select which document format you want, the options are **Excel** or **PDF**.
5. Check that the information (training session, complete session/selected time, selected players) is correct.
6. Click **Create** and wait until the report is opened. You can save the training session report onto your computer.

NOTE: To open an Excel document, you need to have Microsoft Excel or similar software installed onto your computer. To open a PDF document, you need to have Adobe Acrobat Reader or similar software installed onto your computer.

See also [How to share training session report](#).

How to export training data

It is possible to export training data from Team² into ProTrainer (hrm/pdd) and text file.

1. Open the Team² software.
2. Select the team you want to export data from.
3. Select **File > Export**.
4. Select the export format (ProTrainer (hrm/pdd) or text file, heart rate format (bpm or beat-to-beat intervals), time format and date range. Optionally check the Error correction box.
5. Click **Export** to continue.
6. Browse the destination directory for the export file. The export files are named automatically with team name and date. Team² does not overwrite existing export files with same file names. Number postfixes are used in file names if necessary.

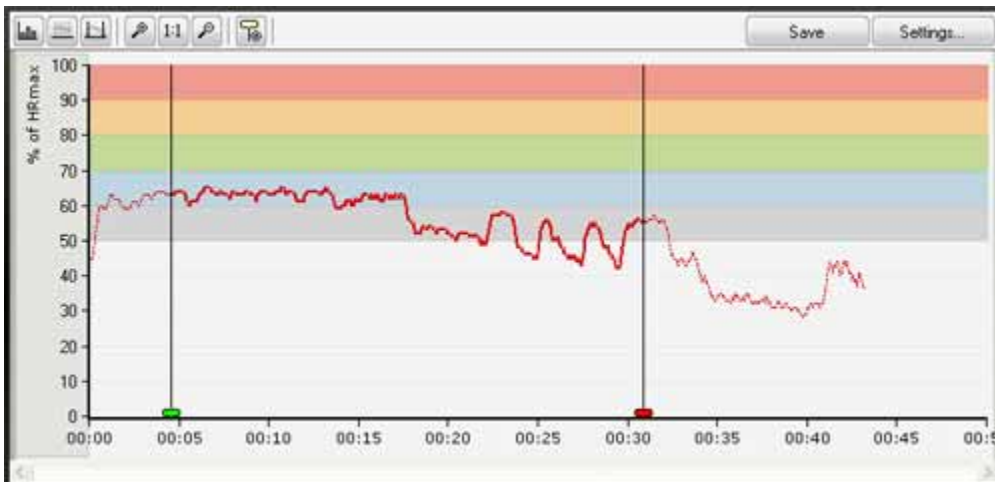
How to mark training time for session

The Team² transmitter records heart rate data the whole time the player is wearing the transmitter. By default the Team² assumes that the training file includes only effective training time. In reality, the file can include several minutes of heart rate data that is not actually effective training. For example, the time the player spends in the locker room wearing the transmitter is not effective training. You can mark the actual effective training time for a session by using the **Mark training time for session** function in the *Training Session Log* tab.

When the training time is not marked for a session, the whole curve is thick.




After the training time is marked for a session, the selected part of the curve is thick and the rest is thin.



To mark training time for a session:

1. [Make a training session search](#) in the *Training Session Log* tab.

Team2 SW Help

2. Select players' curves from the left. **NOTE** that to be able to mark training time, the curves must be from the same training session.
3. Select the **Mark training time for session**  tool.
4. Click the curve area to add a **Training session started** marker. A red marker appears to the curve area.



5. Click and hold the red marker and drag it to mark the training time.



6. Release the mouse button to place a **Training session stopped** marker.



- You can adjust the selected area by moving the green and red markers.
- You can mark several training times (start and stop marker pairs) for a session.



- If you move the latter green marker to the left side of the first red marker (or the earlier red marker to the right side of the latter green marker), the selected areas are combined.
- You can delete a marker by clicking it and selecting **Delete** (or by right-clicking it and selecting **Delete Marker**). When you delete either a start or stop marker, its pair is also deleted.

7. After you have set the markers, click **Save** to save the changes.

How to Merge Training Sessions

Training sessions can be merged. The merging may be useful, for example, if data recording has stopped and started again during online or off-season training.

Take the following into consideration when merging training sessions:

- At least two training sessions must be selected for merging.
- The selected training sessions must be for the same player.
- The selected training sessions must be for the same day.
- It is possible to combine two training sessions that have different training activities. After merging, the training activity for the merged training session is the first training session's activity.

1. [Make a training session search](#) in the *Training Session Log* tab.
2. Select two or more training sessions for merging from the list on the left. Please, note that the training sessions must be for the same player.
3. Select **Edit > Merge Training Sessions**. The software asks for you confirmation.
4. Check the summary in the confirmation pop-up and select **Yes** to confirm the merge. **NOTE** that the merging cannot be reversed.

How to move training files

Training files can be moved into a new or an existing training session.

To move a training file into an existing training session:

1. [Perform a training session search](#) in the *Training Session Log* tab.
2. Select a player's training file(s) from list on the left.
3. Select **Edit > Move players into an existing session**. A pop-up appears.
4. Select a date by clicking on the date picker. The existing training sessions for that day are displayed.
5. Select a training session from the list. The selected training files will be moved into the selected session.

6. Review the list of selected players. The selection cannot be edited here. To change the player selection, click **Cancel**, make the new selections.
7. Click **OK** to confirm the move.

To move training files into a new training session:

1. [Perform a training session search](#) in the *Training Session Log* tab.
2. Select a player's training file(s) from list on the left.
3. Select **Edit > Move players into a new session**. A pop-up appears.
4. Select a date by clicking on the date picker. Modify the time of day if necessary.
5. Select a training activity.
6. Check the **Atypical/new training session** check box if necessary.
7. Review the list of selected players. The selection cannot be edited here. To change the player selection, click **Cancel**, and make the new selections.
8. Click **OK** to confirm the move.

How to Print Training Report

1. [Create](#) a training report.
2. Select **Menu > Print** from the main menu. A preview of the training report appears in a new window.
3. Close the window by clicking the **Close** button. Your printer control panel appears.
4. Click **OK** to print the report on paper.

How to Save Training Report

To speed up the process of producing training reports, training reports can be saved as quick links.

1. [Create](#) a training report.

2. Click the **Save as** button in the graph area.
3. Type in the name for the report in the **Save report** window that appears in the upper left corner.
4. To save the report click **OK**.

How to Search Training Session

For more information, see [training session log](#).

1. Open the Team² software and select the team.
2. Open the **Training Session Log** page.
3. Select either **by team** or **by player** depending on your wishes.
4. If you selected **by player**, select the player from the drop-down list below.
5. Select how you want to limit the date range for the report. The options are **Search by date**, **Search by period** and **Quick search**.
6. Make the date range selections.
7. Select the training activity or test (or **All**) from the **Training activity** drop-down list.
8. Click the **Search** button to get the training sessions based on the search criteria.
9. Select the player or players by checking the box. The selected players' training data is shown.
10. View the training data and make possible changes.
11. Save the changes by clicking the **Save** button.

When you leave the *Training Session Log* page and changes have not been saved, the software asks if you want to save the changes. Select **Yes** or **No**. Select **Cancel** if you don't want to save the changes or leave the page.

How to Send Training Session Files By E-mail

Training session files can be sent by e-mail. Files can be imported to Team² software. This feature can be useful if a player or another trainer has the software on his/her PC and wishes to work with the data.

To send training session files:

1. Open the Team² software and select the team.
2. Select **File > Send E-mail**.
3. Select the **Training session files** button.
4. Select the date range for the training sessions.
5. Select from the players list the players whose training data you want to send.
6. Click the **Send** button. Your default e-mail software opens. Training session files are an attachment.

How to Share Training Session Report

1. [Create a training session report](#) in desired format.
2. Either save the file onto your PC or print it on paper.
3. Share the report by sending the file via e-mail.

How to Transfer Data Between PC and Training Computer

- [Transfer to the PC](#)
- [Transfer to the Polar Training Computer](#)

Data (training session data, person information, date information, personal values and sport zone information) can be transferred between the Team² PC software and your Polar training computer. The data transfer between the PC and the Polar training computer is done by using infrared connection. You need either a built-in infrared port or Polar IrDA USB adapter on your PC to transfer data. For example, the following Polar training computers are compatible with infrared communication and Team² transmitters: CS400, RS400, AXN500, AXN700, S810i, S725X / S625X, S725, S720i / S710i and S610i.

To transfer data, open the **Polar Training Computer** tab in *Team properties* (**Options > Team Properties > Players** tab > **Polar Training Computer** tab). There are two sections in the tab, **Transfer to the PC** and **Transfer to the Polar Training Computer**.

NOTE: Data cannot be transferred if there are unsaved changes in *Team Properties*. Click **Save** before transferring data between the PC and the Training Computer.

Transfer to the PC

Transfer to the PC has two settings that can be set on or off before transferring data.

- When **Training sessions (Files)** is checked, training files are transferred from the training computer to PC.
- When **Person information (User settings)** is checked, user information is transferred from the training computer to PC.

1. If you are using a separate infrared adapter, plug it into your PC.
2. Open Team² software, select a team and open *Team Properties*.
3. Go to the **Polar Training Computer** tab (**Players > Polar Training Computer**), and select the information you want to transfer (training sessions or person information).
4. Select a player from the player list on the left.
5. Set your Polar training computer into connect mode and place it in front of the infrared port. See the user manual of your Polar product to get support in setting the training computer into connect mode.
6. Click **Transfer** button from the Team² software to begin the transfer.
7. If you are transferring training files, the software displays a list of training files found in the training computer. Select which training sessions you want to save to the system, to which player the training sessions are set and which are the training activities.
8. Select **Transfer** to save the training sessions to the system.

Transfer to the Polar Training Computer

Transfer to the training computer has five settings that can be set on or off before transferring data.

- When **Date and time** is checked, the date and time is transferred to the training computer.
- When **Person information** is checked, the selected player's information is transferred to the training computer.
- When **Personal values** is checked, the selected player's heart rate (and other) values are transferred to the training computer.

- When **Sport zones** is checked, the sport zone settings are transferred to the training computer.
 - When **Polar Team² transmitter number (Time view)** is checked, the selected player's transmitter number is transferred to the training computer. The transmitter number can be set to be displayed on the screen of the training computer in Time view by long-pressing the upper right button.
1. If you are using a separate infrared adapter, plug it into your PC.
 2. Open Team² software, select a team and open *Team Properties*.
 3. Go to the **Polar Training Computer** tab (**Players > Polar Training Computer**), and select the information you want to transfer (date and time, person information, personal values, sport zones, or transmitter number).
 4. Select a player from the player list on the left.
 5. Set your Polar training computer into connect mode and place it in front of the infrared port. See the user manual of your Polar product to get support in setting the training computer into connect mode.
 6. Click **Transfer** button from the Team² software to begin the transfer.
 7. **Polar Training Computer settings updated successfully** is displayed when the transfer is successfully completed.

How to Transfer Data from Transmitters' Memory

After online training or off-season period (for example, independent training period), the training data can be transferred from the transmitters' memory to the PC.

NOTE: Online training data can also be completed by using this feature. Completion can be needed, for example, if there are gaps in the training data. Use cases:

- There were connection problems between the base station and the PC.
- There were connection problems between the transmitter(s) and the base station (the transmitter was out of the base station's range).

- There was only a PDA device used during online training and there was no data recorded onto the PC.

To transfer data from the transmitters' memory:

1. Open the Team² PC software.
2. Switch on the base station. Wait until the connection is ready between the base station and the PC.
3. Insert the transmitters into the charger and plug in the power cable.
4. Select a team.
5. Select **Tools > Transfer Training Sessions**. The *Select Transmitters to Transfer Files* window appears.
6. Select **All files** or **New files** at the bottom of the screen according to your wishes. When **New files** is selected, the software shows transmitters in 3 groups: transmitters that have new files (**In charger: new files**), transmitters that don't have new files (**In charger: no new files**), and transmitters that are not in the charger (**not in charger**).
7. Check the transmitters you want to transfer data from. Check **All transmitters** if you want to select all transmitters.
8. Select the **Transfer to PC** button to begin the transfer. Wait until the transfer is finished.
9. A list of found training files is shown. Select a player and a training activity for each training session.
10. Select the training sessions you wish to save by checking the box.
11. Save the training session by selecting **Save**.

NOTE:

- The charger must be in close range (max. 2 meters (6.5 ft)) from the base station (or the USB dongle) during the training session files are transferred from the transmitters' memory.
- If **New files** is selected, you cannot select the transmitters that do not have new training files. If you want to transfer data from all transmitters' memory, select **All files**.
- If you get **Transferring Files Not Allowed: Transmitter X** warning during file transfer, the transmitter in question is in non-secured mode and the data transfer to the PC is not

allowed. Finish the transfer of other training files to your Team² system normally. Switch the failed transmitters to secured mode by removing the transmitters from charger and inserting them back after a minimum of 3 seconds. Only one sound should be heard. Repeat the file transfer with these transmitters.

Transmitters

How to Add Transmitters

When the original 10 transmitters are not enough, transmitters have not been added during Wizard or some of the original transmitters have to be re-added, the **Add new transmitter** function becomes handy. New transmitters can be added by using the base station or the USB dongle. You can add up to 10 transmitters at a time. A maximum of 80 transmitters can be added to the system.

Do not attach number labels to empty transmitters beforehand!

1. Open the Team² software.
2. [Connect the main base station to the PC.](#)
3. Remove the old (previously added) transmitters from the charger.
4. Click **Tools > Add New Transmitter**. A popup window appears.
5. Make sure that you have either the base station connected to the PC (lights 1 and 2 are on) or you have plugged in the USB dongle.
6. Insert the new transmitters into the charger and plug the power cable into the charger.
7. Wait until found transmitters start appearing under heading **New** on the left.
8. Select one of the new transmitters from the list by clicking. Wait until the transmitter is moved under heading **Added**. At the same time, a green light is lit on one of the transmitters in the charger. **NOTE:** It may take couple of second the green light to light up!
9. Remove the transmitter that has a green light on it from the charger.
10. Mark the transmitter with number label that is in accordance with transmitter's number shown on the screen.
11. Repeat steps 8 to 10 until all the transmitters are added and labeled.
12. End by clicking the **Finish** button.

NOTE:

- If you have more transmitters in the charger than were found, make sure the transmitters are inserted [correctly](#).
- During the transmitters are taught to the system, a yellow triangles are displayed in the **Transmitters** tab (of **Software Preferences**) until the introduction is finalized. To find out the reason for the yellow triangle, take the mouse cursor on the symbol and a tooltip message is displayed.

How to Assign Transmitter to Player

Usually the transmitters are assigned to the players during Wizard. If the transmitters are not assigned to the players, new transmitters have been added to the system or you want to change the assigned player, you can assign the transmitters to the players in *Team Properties*:

1. Open the Team² software.
2. Select a team.
3. Select **Options > Team Properties**.
4. Select the **Players** tab.
5. Select a player from the list by clicking his/her name. The player's information fields are enabled.
6. Select the transmitter from the **Transmitter** drop-down list on the **General** tab.
7. Repeat steps 5 and 6 if needed.
8. Click **Save** to save the changes. Close the window by selecting **Close**.

How to Remove Transmitter

NOTE: Removing transmitter affects all the teams in the system.

1. Open the Team² software.
2. Open *Team² Preferences* by selecting **Tools > Preferences**.
3. Select the **Transmitters** tab.
4. Select a transmitter from the list by clicking it.

5. Click **Remove** button. The transmitter is removed without confirmation!
6. Repeat steps 4 and 5 if necessary.

See also [How to add transmitters](#).

PDA software

Introduction to PDA Software

The PDA and Team² PDA software liberates you as a trainer to monitor players' heart rates effortlessly during training. Team² PDA software offers few essential Online Training features. Heart rates, sport zones and training loads can be monitored in a list or grid view. You can monitor all the players or only a few players at a time. The PDA enables online monitoring with a small-sized device without a PC!

It is easy to start up the Team² PDA software and it is easy to use. Mobile online monitoring is only a few steps away once the Team² PC software has been taken into use:

1. Connect the PDA to PC according to the instructions provided with the PDA. To synchronize information between your PC and the PDA, make sure you have all the necessary software^(*) installed on your computer.
2. [Install](#) the Team2 PDA software.
3. Sync your teams to the PDA via the Team² PC software.
4. Connect the PDA to the Team² base station with a wireless connection. See [How to establish wireless connection](#).
5. Monitor training online. See [How to start online monitoring](#).

NOTE: PDA device is not provided in Team² set. Contact your local IT dealer to purchase one. Team² PDA software is only available in English.

^(*) If you are using Windows XP, you need to have Microsoft ActiveSync installed, and if you are using Windows Vista, you need to have Windows Mobile Device Center installed.

If you need general instructions on how to use PDA device, see the PDA device's manual.

PDA Requirements

The Team² PDA software requires that the PDA device fulfills the following minimum requirements:

Team2 SW Help

- 10 MB of free disk space
- Wireless connection (IEEE802.11b/g)
- Operating system: Windows Mobile 5 (or newer)

The screen resolution of the PDA device must be 240x320 pixels.

Additionally, we recommend that the PDA device also has WPA encryption.

Installation of PDA Software

In order to monitor players' heart rates during online training, player information has to be transferred to the PDA. Before you can synchronize player information to the PDA device, Team² PDA software has to be installed onto your PDA.

To install the software, follow these steps:

1. Connect the PDA to the PC with USB cable according to the instructions provided with the PDA. To synchronize information between your PC and the PDA, make sure you have all the necessary software^(*) installed on your computer.
2. Insert the Polar Team2 DVD into your optical drive. The DVD starts automatically.
3. Select language.
4. Select **Install PDA Software**.
5. Follow the instructions on both screens. All the necessary components are installed onto your PC and the PDA.

^(*) If you are using Windows XP, you need to have Microsoft ActiveSync installed, and if you are using Windows Vista, you need to have Windows Mobile Device Center installed.

For more general information about the installation process see the PDA manual provided with the device.

PDA Software

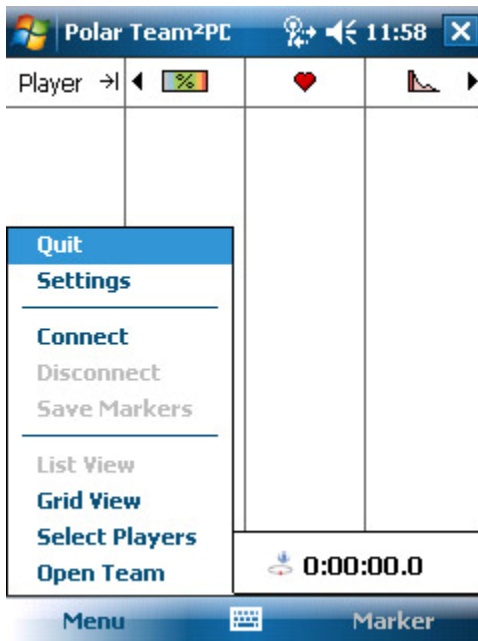
After [installation](#), the Team² PDA software can be found from the program folder of the PDA device. The software opens by double-clicking the icon. The software should be closed by selecting **Menu > Quit**.

Remember to [synchronize](#) the team information onto the PDA before starting the online monitoring.

Elements

The online monitoring view is the main view of the software. There are two options for the view, **List view** and **Grid view**. The view type is selected from the main menu.

The **main menu** can be accessed by clicking **Menu** in the lower left corner.



The menu consists of the following:

- **Quit**, closes the software.
- **Settings**, opens Team² PDA software settings.
- **Connect**, establishes a wireless connection to the base station if the wireless connection settings are set correctly.
- **Disconnect**, disconnects the wireless connection to the base station.
- **Save Markers**, saves the taken markers to the PDA's memory.
- **List View**, selects the list view as the view type.
- **Grid View**, selects the grid view as the view type.

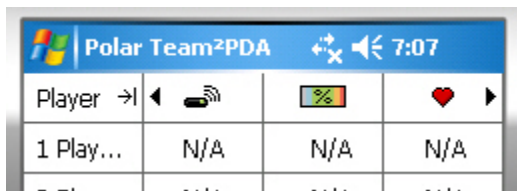
- **Select Players**, opens a player selection window where you can select the players that are shown in list and grid view.
- **Open Team**, opens a window where you can select the team you wish to use.

At the bottom of the page, next to **Menu** in the toolbar are **Marker** and PDA keyboard icons. The marker is taken with the PDA software by clicking the **Marker** text during online training. When the **Marker** text is clicked, timer on the screen is paused. Timer still runs in the background. By clicking **Continue** the timer on the screen starts again.

Above the toolbar there are two timers. The timer on the left displays the whole duration of the training session. The timer on the right displays the time since the moment the previous marker was taken. The timers start at the moment the **Connect** is selected from the menu and the connection between the PDA and the base station is established.

List View

The list view is selected from the main menu by selecting **List View**. The list view is also the default view in the PDA software.



Player →	←	↔	↔
1 Play...	N/A	N/A	N/A
...

There are 5 possible columns in the list view.

- The first column is *Player Name* which is shown always. The column can be narrowed and widened by clicking the small arrow icon next to the title. When the column is widened, only 2 other columns are shown. When the column is narrowed 3 other columns are shown.
- The other 4 columns are *Sport zone*, *Heart rate*, *Transmitter number* and *Training load*. The columns that are shown are selected in the settings.

You can change the displayed columns by clicking the black arrow icons next to the column title icons.

Grid View

The grid view is selected from the main menu by selecting **Grid View**.

Polar Team2PDA		7:40	
1 Player 1	2 Player 2		
N/A	N/A		
N/A	N/A	N/A	N/A
3 Player 3	4 Player 4		

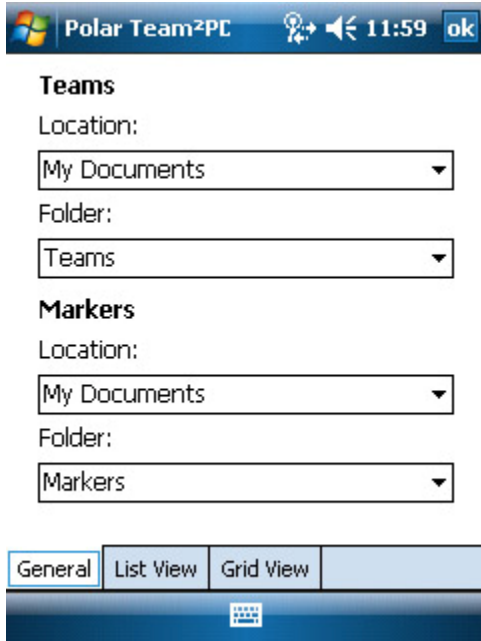
- If online training is not switched on, the grid view is only a grey screen.
- When the base station receives data from the transmitters, heart rates and other information start to display in the grid view. The grid view provides players' names, numbers, transmitter numbers, heart rates, sport zone information and training load information.

Settings

The settings of Team² PDA software can be accessed by selecting **Settings** from the main menu. The settings are divided into three sections. There is one tab for each section which are **General**, **List View** and **Grid View**.

The settings are saved by clicking **OK** in the upper right corner of the screen.

General



There are four options in **General** tab. Each option is for selecting the location for team and marker files.

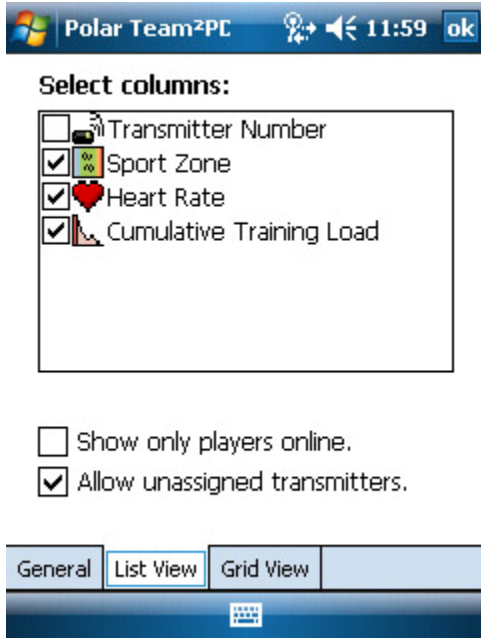
Teams:

- **Location** - where the team files are stored. *My Documents* is selected by default.
- **Folder** - the folder in which the team files are stored. *Teams* is selected by default.

Markers:

- **Location** - where the marker files are stored. *My Documents* is selected by default.
- **Folder** - the folder in which the marker files are stored. *Markers* is selected by default.

List View



There are three options in **List View** tab.

- With the **Select columns** option you can select columns by checking which ones are shown in the list view. The options are *Transmitter Number*, *Sport Zone*, *Heart rate* and *Cumulative Training Load*. Each option is checked by default. The *Player name* column is shown always, so it's not one of the options.
- By checking **Show only players online**, only players/transmitters that are online and connected to the base station are displayed in the list view.
- By checking **Allow unassigned transmitters**, the transmitters that don't have a player assigned are also displayed in the list view. If there is not a player assigned, only transmitter's Bluetooth address is displayed in the *Player name* column.

Grid View



There are five options in **Grid View** tab.

- The first three options are for selecting in which order the information is shown in the grid view. **Highlighted information** is the information shown in the center of the grid cell. **Information on left** is the information shown in the lower left corner of the cell. **Information on right** is the information shown in the lower right corner of the cell. The options for these selections are *Sport Zone*, *Heart rate* and *Training Load*. When one option is changed, the others also change.
- By checking **Show only players online**, only players/transmitters that are online and connected to the base station are displayed in the grid view.
- By checking **Allow unassigned transmitters**, the transmitters that don't have a player assigner are also displayed in the grid view. If there is not a player assigned, only transmitter's Bluetooth address is displayed as *Player name*.

How to...

How to Close PDA Software

Close the Team² PDA software by selecting **Menu > Quit**. If you close the software by selecting the cross in the upper right corner, the software is only minimized and it continues running in the background.

After the software is minimized into the background, it can be stopped with the following the next steps:

1. Select **Start > Settings > System tab > Memory.**
2. Select **Running programs** tab.
3. Select Polar Team² PDA from the list.
4. Select **Stop.** The software disappears from the list.

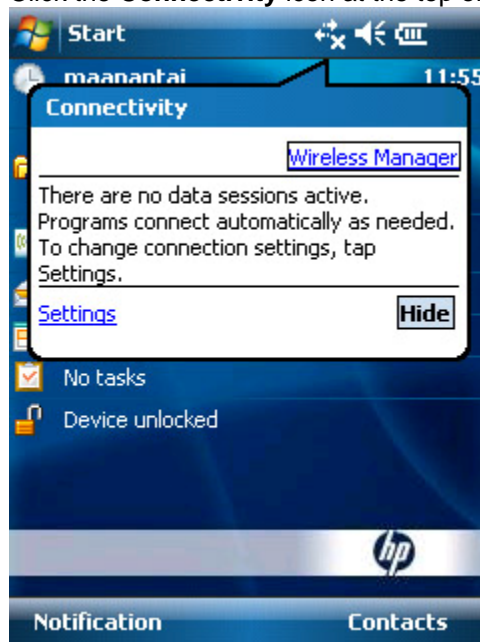
How to Establish Wireless Connection

To monitor training online you have to establish a wireless connection between the PDA and the main base station. All the wireless connection settings of your PDA must be checked when you first start using the PDA software for the first time.

1. [Make sure the wireless is enabled.](#)
2. [Check the wireless adapter settings.](#)
3. [Set the wireless network settings ready.](#)
4. [Finalize the wireless connection to the base station.](#)
5. [Disconnect the PDA from the base station.](#)

Make Sure Wireless Is Enabled

1. Click the **Connectivity** icon at the top of the screen. A pop-up window appears.



2. Select **Wireless Manager**.
3. Make sure the wireless is enabled (not greyed out). You can enable the wireless by clicking.



Check Wireless Adapter Settings

After you have checked that wireless is enabled, check the settings of your wireless adapter.

1. Open the wireless connection settings either by selecting **Start > Settings > Connections**, or by clicking the **Connectivity** icon at the top of the screen and selecting

Settings.



2. Double-click **Wi-Fi**.

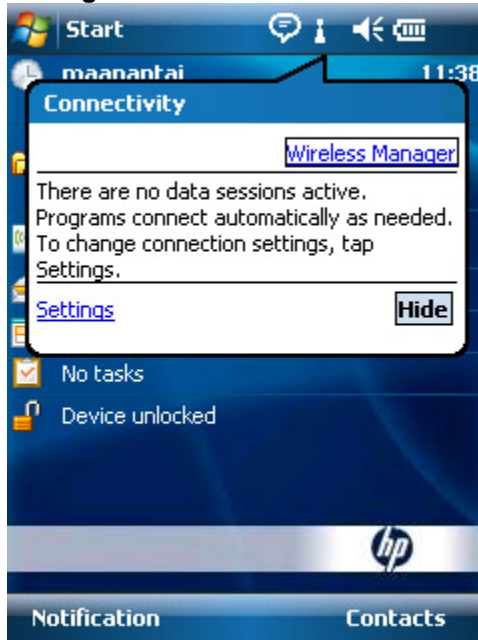


3. Select your wireless adapter from the list by clicking it once.
4. In the **IP Address** tab, make sure that **Use server-assigned IP address** is selected.
5. Select the **Name Servers** tab and make sure that the **DNS**, **Alt DNS**, **WINS** and **Alt WINS** fields are empty.

6. Select **OK** from the upper right corner of the screen.

Set Wireless Network Settings Ready

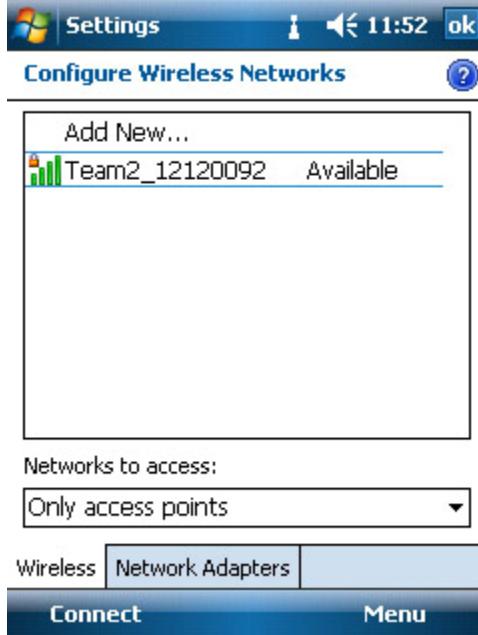
1. Switch on the base station if it is not already switched on. Wait approximately for one minute until the base station is ready (the blue light 1 is lit).
2. Open the wireless connection settings either by selecting **Start > Settings > Connections**, or by clicking the **Connectivity** icon at the top of the screen and selecting **Settings**.



3. Double-click **Wifi**.

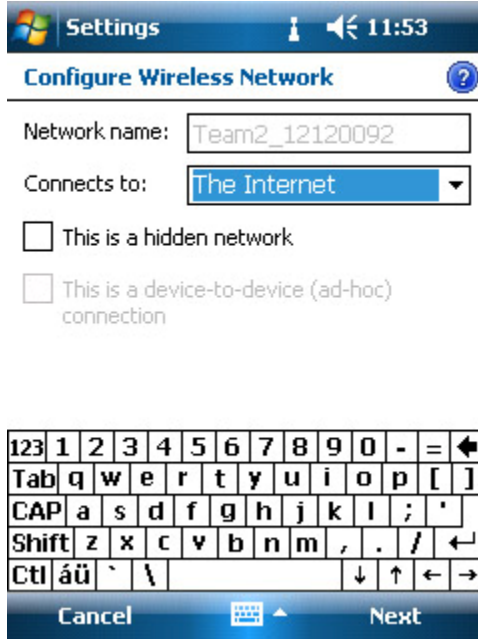


4. If the base station is ready, you should see the main base station's wireless network on the **Wireless Networks** list.



5. Select your base station's network by clicking it once.

6. Leave the first page of the configuration as it is. Do not check the **This is a hidden network** box. Select **Next** to continue.



7. Select **Open** from the **Authentication** drop-down list, and **WEP** from the **Data Encryption** drop-down list.



- Uncheck **The key is automatically provided** box. Type in the base station's network key you have determined during [Wizard](#). Select **Next** to continue.



- Leave the last page as it is. Do not check the **Use IEEE 802.1x network access control** box.

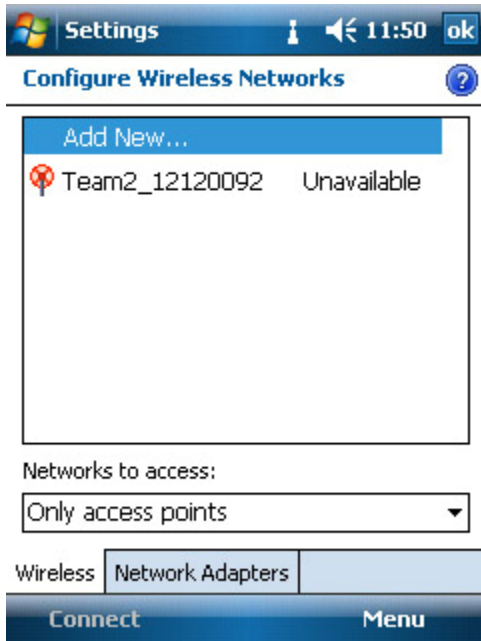


- Click **Finish** to complete the setting configuration.
- The available wireless networks list is shown again. If your PDA does not automatically start to connect to the main base station (it may take about 20-30 seconds), select the base station's network from the list and select **Connect**.

Team2 SW Help

After you have set the wireless network settings, your PDA automatically detects the main base station's network when the base station is on, and the wireless connection is ready for use.

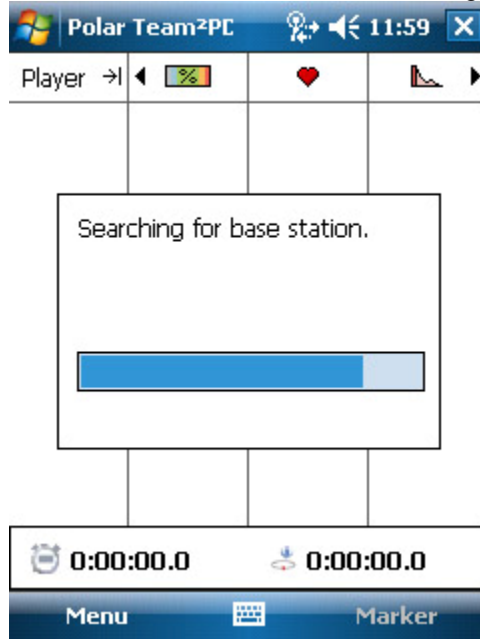
NOTE: If the main base station is not on, or the PDA is out of network range, the preset wireless network is displayed as unavailable in the wireless network list.



Finalize the Wireless Connection to the Base Station

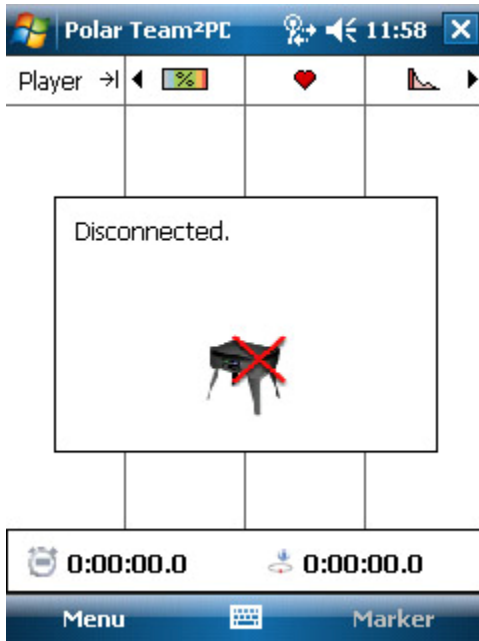
1. Switch on the main base station if it is not already switched on. Wait approximately for one minute until the base station is ready (the blue light 1 is lit).
2. Open the Team² PDA software (**Start > Programs > Polar Team²PDA**).

3. Select **Menu > Connect**. The PDA establishes a wireless connection to the main base station if the wireless connection settings are correctly set.



Disconnect from Base Station

To **disconnect** the PDA from the main base station's wireless network, select **Menu > Disconnect**. The connection is closed automatically. **NOTE:** The Wi-Fi adapter is still enabled.

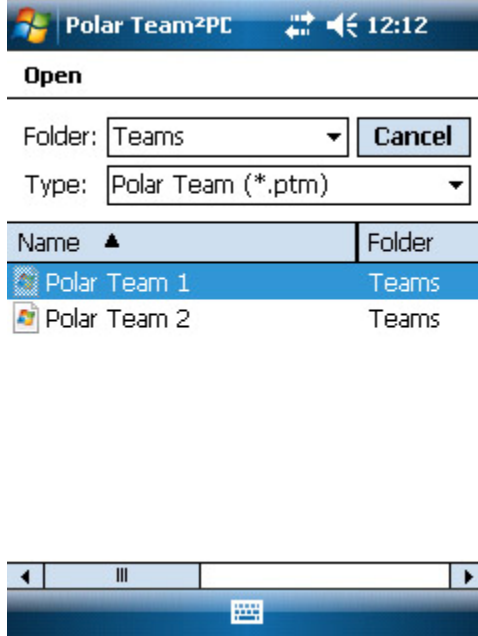


How to Open Team

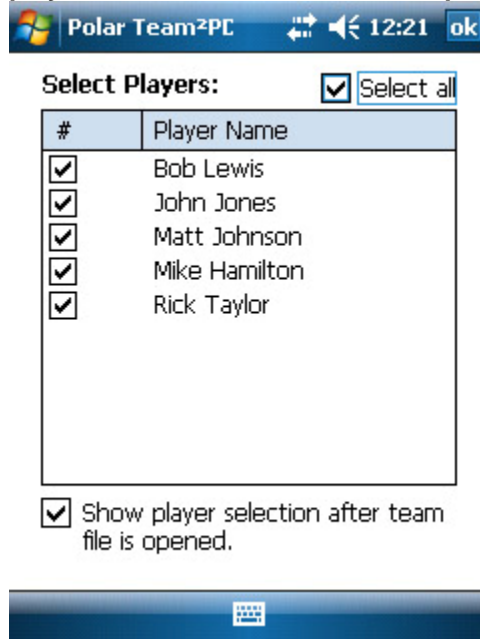
Team2 SW Help

Before you can monitor players' heart rates online, a team must be selected.

1. Open the Team² PDA software.
2. Select **Menu > Open Team**.
3. If the folder in which the team files are stored is not displayed by default, select the folder from the **Folder** drop-down list.
4. Tap on the team's name to select the team.



5. The player selection window is opened automatically if you have checked the **Show player selection after team file is opened** option in player selection.

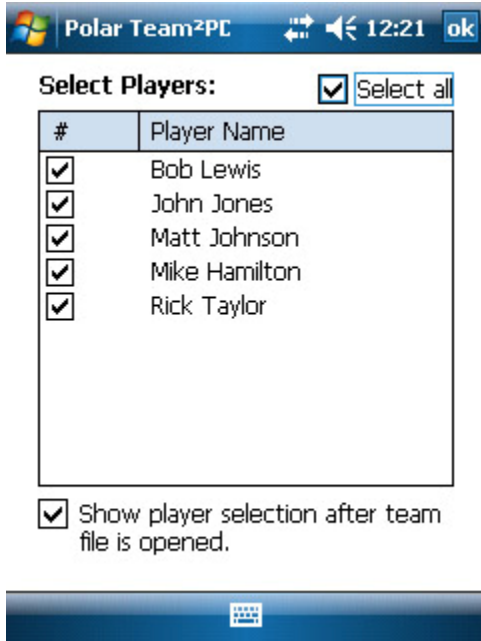


NOTE that the PDA has to be [synchronized](#) with the PC software and [connected](#) to the base station before you can monitor players' heart rates online.

How to Select Players

The player selection window is opened automatically after you have selected a team, if you have checked the **Show player selection after team file is opened** option at the bottom of the player selection window.

The player selection is accessed by selecting **Menu > Select Players**. The list of currently-selected team's players is displayed.



Select the players you wish to be displayed in the list and grid views by checking the boxes.

Close the player selection by clicking **OK** in the upper right corner of the screen.

How to Start Online Monitoring

1. Switch on the base station and give the transmitters to the players.
2. Establish a wireless connection between the PDA and the base station according to the [instructions](#).
3. [Open a team](#) and [select players](#).

4. Monitor the players online. The players' heart rates start to display on the screen when the base station detects their signal.

The screenshot shows the Polar Team2 PC software interface. At the top, there is a title bar with the Windows logo, the text 'Polar Team2PC', and system icons for network, volume, and time (12:28). Below the title bar is a table with four columns: 'Player', a signal strength indicator (a bar with a percentage symbol), a heart rate icon, and a graph icon. The table contains two rows of data:

Player	Signal Strength	Heart Rate	Graph
Bob L...	73%	142	1
Mike ...	81%	156	0

Below the table, there are two timer displays, each showing '0:04:03.2'. At the bottom of the interface, there are two buttons: 'Menu' and 'Marker'.

For more information, see [How to stop online monitoring](#).

NOTE: Remember to [synchronize the PDA](#) with the Team² PC software before online monitoring.

How to Stop Online Monitoring

Select **Menu** > **Disconnect** to end the online monitoring. Players' heart rates disappear from the display.

For more information, see [How to start online monitoring](#).

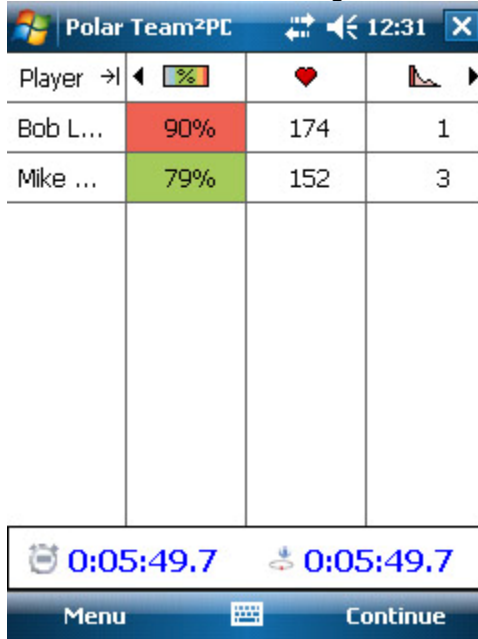
How to Synchronize PDA

For instructions, see [How to synchronize PDA](#) in the software *How to* section.

How to Take Markers

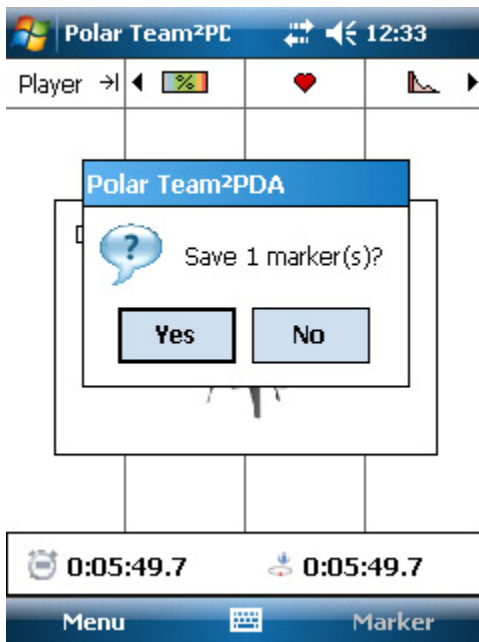
1. Start online monitoring according to the [instructions](#).
2. To take a marker, select **Marker** from the tool bar at the bottom of the screen. The timer on the screen is paused. Time still runs in the background. By clicking **Continue** the

timer on the screen starts again.



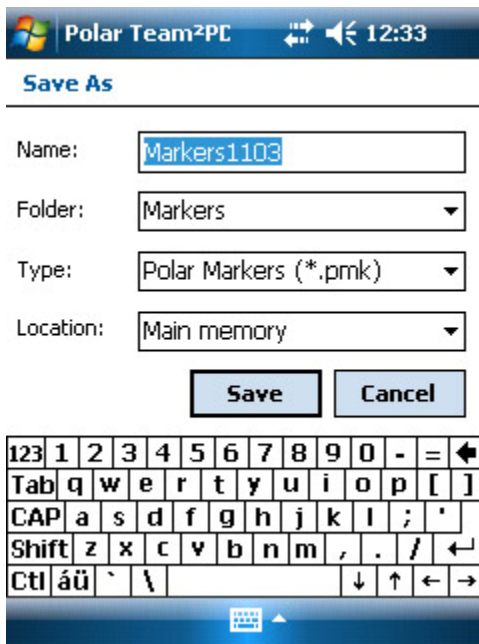
Saving the Markers

If you have taken markers and you close the connection to the base station (**Menu > Disconnect**), the software asks whether you want to save the markers or not.



If you select no, the markers can also be saved later, before closing the software, by selecting **Menu > Save Markers**.

In both cases the marker files are saved by default to the folder set in the settings. Type in the file name and select **Save** to save the markers.



If you select **Cancel** in the **Save as** window, you can save the markers again by selecting **Menu > Save Markers** before closing the software.

After training

If you have taken and saved markers with the PDA software, you can synchronize them to the PC software. Connect the PDA to the PC, open the Team² software and select **Tools > Synchronize PDA**.

Troubleshooting

Troubleshooting

Troubleshooting offers you firsthand help when you have a problem either with the hardware, PC software or PDA software.

In many situations the best help can be found by using the search engine. The search engine can be accessed by clicking the **Search** tab above the help menu.

Additionally, lots of information can be found in the **How to** articles which can be found in separate folders under **Hardware**, **Software** and **PDA software** chapters.

Search Tips

Team2 SW Help

- Use simple search words or sentences. Two or three words are enough.
- Use basic forms of verbs.
- The search engine does not understand the meaning of interrogatives like "why", "what" and "when". Instead use keywords, such as "transmitter", "green light" and "planning", as search words.

Glossary

There is also a glossary in the help. It can be accessed by clicking the **Glossary** tab above the help menu.

Training Articles

For more information on the physiological aspects and other features of Polar products, visit the [Polar Collection of Training Articles](#).

Tutorial

For more visual guidance, see the Team² tutorial which can be found from the PC software (**Help > Tutorial**).

Connections

Below you can find help to some common problems with the connections between the base station and PC/PDA.

- [PC and Ethernet cable](#)
- [PC and wireless connection](#)
- [Wireless connection between PDA and base station](#)

PC and Ethernet cable

The step-by-step instructions for wired connection can be found in the [hardware section](#).

- Make sure that the Team² software is running.
- Make sure that the main base station is switched on.
- Make sure that the network cable is plugged into the main base station and the PC.

- Check that the lights next to the Ethernet port on your PC are flashing. The flashing means that the connection is working.
- Make sure that your Ethernet adapter is *enabled*:
 1. Select **Start > Control Panel > Network connections**.
 2. Right-click **Local Area Connection**.
 3. If the right-click menu includes option **Enable**, the adapter is at the moment *Disabled*. In this case, select *Enable*.
- Make sure the lights of the Ethernet port on your PC are flashing.

If you have checked all the issues mentioned above:

1. Close the software and switch off the main base station.
2. Open the software and switch on the main base station again.

If the connections still do not work, check that the status of your LAN connection is *Connected* and the IP address of the base station is *192.168.42.x* (x can be any number):

1. Select **Start > Control Panel > Network connections**.
2. Right-click **Local Area Connection** and select **Status**. The status is displayed on the first page.
3. Select **Support** tab. The IP address is displayed.

If you have checked all the issues mentioned above:

- Try to reboot your PC.
- Update the drivers of the LAN adapter. Contact the adapter's manufacturer's web site.

PC and Wireless connection

The step-by-step instructions for wireless connection can be found in the [hardware section](#).

- Make sure that the Team² software is running.
- Make sure that the main base station is switched on.

Team2 SW Help

- Make sure you are using the correct wireless network key. The network key is set in the *Preferences* of the software. If you have forgotten your wireless network key, change it according to the [instructions](#).
- If there are visible light indicators in your Wi-Fi adapter, check that they are flashing. The flashing means that the connection is working.
- If you have a separate on/off switch for your Wi-Fi adapter (e.g. touch button on your laptop's keyboard), make sure the adapter is switched on.
- Make sure that your wireless connection adapter is *enabled*:
 1. Select **Start > Control Panel > Network connections**.
 2. Right-click **Wireless Network Connection**.
 3. If the right click menu includes option the **Enable** option, the adapter is currently *Disabled*. In this case, select *Enable*.
- Some computers block the Wi-Fi connection automatically if the Ethernet cable is plugged in. If this is the case, remove the Ethernet cable from the PC connector.
- Some computers block the Wi-Fi connection automatically if you are using a docking station. If this is the case, remove the laptop from the docking station.

If you have checked all the issues mentioned above:

1. Close the software and switch off the main base station.
2. Open the software and switch on the main base station again.

If the connections still do not work, make sure that your PC is trying to connect to the main base station:

1. Select **Start > Control Panel > Network connections**.
2. Right-click **Wireless Network Connection** and select **View Available Wireless Networks**.
3. Select the Polar network from the list and click **Connect**.
4. Computer prompts you for the wireless network key.

If you have checked all the issues mentioned above:

- Try to reboot your PC.
- Update the drivers of the wireless connection adapter. Contact the adapter's manufacturer's web site.

NOTE: If the wireless connection works between the PDA and the main base station but not between the PC and the main base station, the problem is most likely in your PC settings.

Wireless connection between PDA and Base Station

- Make sure you have the main base station switched on.
- Make sure you have the correct wireless network key. If you have forgotten your wireless network key, change it according to the [instructions](#).
- Make sure you have [enabled PDA's wireless adapter](#).
- Make sure you have the [correct wireless adapter settings](#).
- Make sure you have the [correct wireless network settings](#).
- If all the settings are set correctly, switch off the main base station and close the PDA software (**Menu > Quit**). Then switch on the main base station and open the PDA software again.

NOTE: If the wireless connection works between the PC and the main base station but not between the PDA and the main base station, the problem is most likely in your PDA settings.

Online Training

Below you can find help to some common problems with online training.

Problem	Cause	Solution
Transmitter/Player's information disappears from the list.	1) Transmitter's memory is full. 2) Transmitter's battery is empty. 3) Strap's electrode areas are dry or strap is secured incorrectly. 4) Connection between the PC/PDA and the base station is momentarily	1) Transfer training data from transmitter to the PC. 2) Recharge transmitter's battery. 3) Wet the electrode areas of the strap under running water. Make sure that the strap is secured correctly and the wet electrode

	<p>disconnected.</p> <p>5) Base station's battery is empty.</p> <p>6) The transmitter is out of the base station's range.</p>	<p>areas are firmly against player's skin.</p> <p>4) Wait for a moment. If connection is not restored, switch the base station off and on again. Also re-open the software and establish connection between PC and base station normally.</p> <p>5) Plug the power cable into the base station.</p> <p>6) Wait until the player is again in the base station's range. The transmitter has a buffer memory so short gaps can be corrected during the online training.</p> <p>Cases 4 and 6: If there is a long gap (several minutes) in data recording during the online training, the data can be completed by transferring the data from the transmitter's memory after the online training according to the instructions.</p>
<p>Transmitter/Player is not shown during online training.</p>	<p>1) Transmitter's battery is empty.</p> <p>2) Strap's electrode areas are dry or strap is secured incorrectly.</p> <p>3) Connection between the PC/PDA and the base station is momentarily disconnected.</p> <p>4) Base station's battery is empty.</p> <p>5) There is not a player assigned to the transmitter.</p> <p>6) Transmitter is in off-season mode.</p>	<p>1) Recharge transmitter's battery.</p> <p>2) Wet the electrode areas of the strap under running water. Make sure that the strap is secured correctly and the wet electrode areas are firmly against player's skin.</p> <p>3) Wait for a moment. If connection is not restored, switch the base station off and on again. Also re-open the software and establish connection between PC and base station normally.</p> <p>4) Plug the power cable into the</p>

	7) Transmitter is in non-secured mode.	<p>base station.</p> <p>5) Assign a player to the transmitter in <i>Team Properties</i> (Options > Team Properties > Players tab).</p> <p>6) Change the transmitter's mode to online in preferences according to the instructions in software preferences.</p> <p>7) Change the transmitter's mode to secured by inserting the transmitter to the charger (power cable must be plugged in), removing the transmitter from charger and inserting it back after a minimum of 3 seconds. Only one sound should be heard.</p>
When clicking the Connect button in the <i>Online Training</i> tab, nothing happens.	<p>1) A team is not selected.</p> <p>2) A training session is not selected.</p>	<p>1) Select a team (Options > Edit Teams > Check a team > Close).</p> <p>2) Select a training session or training activity from the Training session drop-down list at the top of <i>Online Training</i> page.</p> <p>If none of the above help, try to close the Team² software and open it again.</p>

Sport Zones

Below you can find help to some common problems with sport zones and sport zone settings.

Problem	Cause	Solution
New sport zone cannot be added.	Low value of lowest existing sport	Modify the <i>Low</i> value of the lowest existing sport zone so that it's larger

Team2 SW Help

	zone is 0.	than 0.
There is not Remove button in the rear of the sport zone.	Sport zone in question is the original sport zone.	Original sport zones cannot be removed.

Training computer

Below you can find help to some common problems with training computer usage with Team² system.

Problem	Cause	Solution
The heart rate does not display on the training computer screen.	<ol style="list-style-type: none">1) Your Polar training computer is not compatible with Team² transmitters.2) Your Polar training computer is not in training mode.	<ol style="list-style-type: none">1) For example, the following Polar training computers can be used with Team² transmitter: RS400, RS300X, AXN500 and AXN700. Full list of compatible training computers can be found at Polar website.2) Set your training computer in training mode. Usually, it is done by pressing the RED button twice. For more information, see the user manual of your Polar product.
The transmitter number does not display on the training computer screen.	<ol style="list-style-type: none">1) The transmitter number has not been transferred to the training computer.2) The transmitter number has not set to be displayed on the screen.	<ol style="list-style-type: none">1) See the instructions in How to transfer data between PC and training computer.2) In Time view, long-press the upper right button.

Transfer

Below you can find help to some common problems with transfers.

Problem	Cause	Solution
<p>In Options > Team Properties > Players tab > Polar Training Computer tab, the Transfer buttons are disabled.</p>	<p>There are unsaved changes in <i>Team Properties</i>. Click Save before transferring data between the PC and the training computer.</p>	<p>Click Save before transferring data between the PC and the training computer.</p>
<p>The transfer from the Polar training computer to the PC or from the PC to the Polar training computer fails.</p>	<ol style="list-style-type: none"> 1) Infrared adapter is not plugged in. 2) Infrared adapter drivers are not installed. 3) Infrared adapter drivers are not up-to-date. 4) Team² software does not recognize the infrared adapter. 5) Polar training computer is not in transfer mode. 6) Your Polar training computer does not support infrared communication. 	<ol style="list-style-type: none"> 1) Plug in the infrared adapter. 2) Install the infrared adapter drivers according to the instructions provided with the adapter. 3) Update the infrared adapter drivers. Usually, you can find the newest driver's from the manufacturer's web site. 4) Close the Team² software, make sure the infrared adapter is plugged in properly and the drivers are installed. Re-open the Team² software. 5) See the user manual of your Polar product to get support in setting the training computer into transfer mode. 6) For example, the following Polar training computers are compatible with infrared communication: RS800CX, RS800, RS400, CS600 and CS400. Please note that not all of the mentioned training computers are compatible with Team² transmitters.

Transmitters

Below you can find help to some common problems with transmitters. Go through the list to get firsthand help.

Problem	Cause	Solution
The transmitter cannot be taught to the system.	The transmitter is in secured mode, because it has already been paired with another base station.	Change the transmitter's mode to non-secured by removing the transmitter from the charger and inserting it back within 3 seconds. When inserted into the charger, three short sounds are heard instead of one. Note that after you have taught the transmitter to the system, the connector's mode is automatically changed to secured.
Training data cannot be transferred from the transmitters to PC.	Transmitter is in non-secured mode, because it is removed from and inserted back into the charger within 3 seconds.	Change the transmitter's mode to secured by removing the transmitter from charger and inserting it back after a minimum of 3 seconds. Only one sound should be heard.
There's a yellow warning triangle in the upper right corner of the software and in the Transmitters tab of software preferences.	The base station combination has been changed (added or removed) and base station information has not yet synchronized to the transmitters.	See the instructions in How to synchronize transmitters with new base stations .
When inserted into charger, there is no sound or light.	1) Power cable is not plugged into the charger. 2) Transmitter is inserted into charger incorrectly.	1) Plug the power cable into charger and into the wall outlet. 2) Insert transmitter into the charger so that the P of Polar logo is not visible. The led is located next to the R of Polar logo.
Transmitters are not shown as	1) Power cable is not plugged into	1) Plug the power cable into charger

<p>connected even if they are inserted into the charger correctly and there is a connection between the base station and the PC.</p>	<p>the charger.</p> <p>2) The transmitters are in non-secured mode.</p>	<p>and into wall outlet.</p> <p>2) Change the transmitters' mode to secured by removing the transmitters from charger and inserting them back after a minimum of 3 seconds. Only one sound should be heard.</p>
<p>A transmitter was not found during Wizard or with <i>Add New Transmitter</i> feature.</p>	<p>1) Transmitter is inserted into charger incorrectly.</p> <p>2) Contact problem between the transmitter and the charger.</p> <p>3) Problem with the wizard.</p>	<p>Click <i>Search</i> to start the search again and wait until the system has performed the search. Do this twice.</p> <p>1) Insert transmitter into the charger so that the P of Polar logo is not visible. The led is located next to the R of Polar logo.</p> <p>2) Remove the transmitters that were not found from the charger and insert them back. You can also try to insert the transmitters into another slot of the charger.</p> <p>3) Finish Wizard and add the rest of the transmitters with <i>Add New Transmitters</i> feature (Tools > Add New Transmitter).</p>
<p>You have attached the numbered sticker onto the new transmitters (transmitter kit) and gone through <i>Add New Transmitter</i> process. The numbers that the system gave for the transmitters don't match the numbered stickers on the transmitters.</p>		<p>Either...</p> <p>1) Remove the numbered stickers from the transmitters and attach them onto the correct transmitters.</p> <p>Or...</p> <p>2) Cancel the <i>Add New Transmitter</i> process, remove the transmitters you added to the system (this time) from the system (Tools > Preferences > Transmitters tab), and add the transmitters to the</p>

		<p>system one by one with the <i>Add New Transmitter</i> feature.</p> <p>Do this as follows:</p> <ul style="list-style-type: none"> • Insert only the first (e.g. transmitter with a label 11) into the charger. • Add the transmitter to the system, it will automatically be numbered as 11. • Insert only the second (e.g. transmitter with a label 12) into the charger. • Add the transmitter to the system, it will automatically be numbered as 12. • Repeat until you have added all the labelled transmitters to the system.
<p>The number label has come off and you don't know which transmitter it is.</p>		<p>1) If only one transmitter doesn't have a label, check the rest of the transmitters' labels. The number that is missing is the transmitter's number.</p> <p>2) If there are two or more transmitters without a label, insert them one by one into the charger (one at a time). Open Tools > Preferences > Transmitters tab. Wait until the transmitter is connected to the system. Find out which transmitter is marked as connected in the transmitter list. Repeat this until you know the</p>

		numbers of each transmitter.
--	--	------------------------------

USB dongle

Below you can find help to some common problems with the USB dongle.

Problem	Cause	Solution
<p>Team² does not recognise the USB dongle.</p>	<p>1) The USB dongle is not plugged into the computer.</p> <p>2) The USB dongle is not added to the system.</p> <p>3) You have installed the USB dongle drivers from the included CD. Drivers provided with Cubix USB dongle are not compatible with Team² software. No driver installation is needed. Just plug in and start using with Team².</p>	<p>1) Make sure you have properly plugged in the USB dongle to the USB port on your computer.</p> <p>2) Make sure you have properly plugged in the USB dongle to the USB port on your computer.</p> <ol style="list-style-type: none"> 1. Open Team² software 2. Select Tools > Preferences. 3. Select Base station / USB dongle tab. 4. Click Add. A new dongle appears to the USB dongles list. <p>3) Uninstall the USB dongle drivers:</p> <ol style="list-style-type: none"> 1. Select Start > (Settings) > Control Panel. 2. Double-click Add or Remove Program. 3. Select Bluetooth Stack for Windows by Toshiba from the list.

		<p>4. Press Remove.</p> <p>5. At some point Installation remove ask for confirmation "Are you sure..." > Click Yes.</p> <p>If Team2 software does not recognise the USB dongle after the you have uninstalled the drivers, try to reboot your PC. You may also try to plug the USB dongle into another USB port on your PC.</p>
<p>You cannot transfer training session files from the transmitters' memory by using the USB dongle.</p>	<p>1) The USB dongle is not plugged into the computer.</p> <p>2) The Team2 software does not recognise the USB dongle.</p> <p>3) The USB dongle has not been introduced to the Team² software.</p>	<p>1) 1) Make sure you have properly plugged in the USB dongle to the USB port on your computer.</p> <p>2) See the instructions above (<i>Uninstall the USB dongle drivers</i>).</p> <p>3) Introduce the USB dongle to the Team2 software according to the instructions.</p>

Glossary

aerobic	Uses oxygen
anaerobic	Without oxygen
bpm	Beats per minute, heart rate
continuous	Training that is even and persistent. Has a low impact on muscles and connective tissues.
hardware	Equipment, devices. In this case all the equipment that included in Polar Team2 set.
HR	Heart rate, beats per minute
HRmax	Maximum heart rate
HRR	Heart rate reserve, the difference between resting and maximum heart rate
intermittent	Has a high impact on muscles and connective tissues
period	Part of a season, for example, pre-season or post-season, usually has a certain goal
phase	Part of a training session, usually a certain exercise

recovery HR	A measure that indicates how long it takes for a player's heart to slow down after been exercised as hard as possible
recovery time	An estimated time that it takes for a player to recover after training, individual calculations
software	PC or PDA program, in this case Team2 program
sport zone	Training intensity zone set that allows easily to monitor the intensity of training
threshold	A heart rate level when the player reaches aerobic (lower threshold) or anaerobic (upper threshold) state
training activity	A type of team's training, for example, football or gym. The type of training activity has an affect on training load and recovery calculations.
training load	A parameter that indicate how exhausting the training is. This parameter makes different exercise sessions comparable in terms of adaptive and exhausting characteristics.
training session	Set of exercises that is performed at a time, can be planned beforehand
VO2max	The unit for oxygen uptake is millilitres per minute per weight unit (ml/min/kg). The VO2max values vary between 35–85 ml/min/kg, depending on the individual's performance and sport.

Precautions

Minimizing Possible Risks

Training may include some risk. Before beginning a regular training program, answer the following questions concerning your health status. If you answer yes to any of these questions, consult a physician before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

Team2 SW Help

Note that in addition to training intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate. It is important to be sensitive to your body's responses during training. If you feel unexpected pain or excessive fatigue when training, stop the exercise or continue at a lighter intensity.

If you have a pacemaker, defibrillator or other implanted electronic device, you use the Polar Team² system at your own risk. Before starting use, take a maximal training stress test under the supervision of a physician. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar Team² system. If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. To avoid any skin reaction to the transmitter, wear it over a shirt. Moisten the shirt well under the electrodes to ensure flawless operation. If you use insect repellent on your skin, make sure that it does not come into contact with the transmitter.

Exercise equipment with electronic components may cause interfering stray signals. To tackle these problems, try the following:

1. Remove the transmitter from your chest and use the exercise equipment as you would normally.
2. Move the wrist unit around until you find an area in which it displays no stray reading or does not flash the heart symbol. Interference is often worst right in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.
3. Put the transmitter back on your chest and keep the wrist unit in this interference-free area as much as possible.

If the Polar Team² system still does not work, the piece of equipment may be electrically too noisy for wireless heart rate measurement.

Polar Team² transmitter may not be worn when swimming. For more information, visit <http://support.polar.fi>. Water resistance of Polar products is tested according to International Standard ISO 2281. Products are divided into three categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

Marking on case back	Water resistant characteristics
Water resistant	Protected against wash splashes, sweat,

	raindrops etc. Not suitable for swimming.
Water resistant 30 m/50 m	Suitable for bathing and swimming
Water resistant 100 m	Suitable for swimming and snorkeling (without air tanks)

Important Safety Information

Base Station

- The stand must be used when base station is placed on moist ground, e.g., on a wet lawn.
- During charging the legs of the base station must be used because the bottom heats up. The bottom of the base station heats up to 60°C (140°F).
- During charging, the maximum operating temperature is 45°C (113°F).

AC-Powered Devices

These precautions apply to all products that plug into a standard wall power outlet.

Failure to take the following precautions can result in serious injury or death from electronic shock or fire or in damage to the device.

To Select an Appropriate Power Source For Your Device:

- Use only the power supply unit and AC power cord that came with your device or that you received from an authorized repair center.
- AC adapters are only for indoor use.
- Confirm that your electrical outlet provides the type of power indicated on the power supply unit (in terms of voltage [V] and frequency [Hz]). If you are not sure of the type of power supplied to your home, consult a qualified electrician.
- Do not use non-standard power sources, such as generators or inverters, even if the voltage and frequency appear acceptable. Use only AC power provided by a standard wall outlet.

Team2 SW Help

- Do not overload your wall outlet, extension cord, power strip, or other electrical receptacle. Confirm that they are rated to handle the total current (in amps [A]) drawn by the device (indicated on the power supply unit) and any other devices that are on the same circuit.

To Avoid Damaging the Power Cords and Power Supply:

- Protect the power cords from being walked on.
- Protect cords from being pinched or sharply bent, particularly where they connect to the power outlet, the power supply unit, and the device.
- Do not jerk, knot, sharply bend, or otherwise abuse the power cords.
- Do not expose the power cords to sources of heat.
- Keep children and pets away from the power cords. Do not allow them to bite or chew on them.
- When disconnecting the power cords, pull on the plug - do not pull on the cord.

If a power cord or power supply becomes damaged in any way, stop using it immediately. Unplug your device during lightning storms or when unused for long periods of time.

For devices with an AC power cord that connects to the power supply, always connect the power cord according to the following instructions:

1. Plug the AC power cord into the power supply unit until it stops.
2. Plug the other end of the AC power cord into the wall outlet.

Battery-Powered Devices

These precautions apply to all products that use rechargeable or disposable batteries.

Improper use of batteries may result in battery fluid leakage, overheating, or explosion. Released battery fluid is corrosive and may be toxic. It can cause skin and eye burns, and is harmful if swallowed.

Rechargeable Batteries Only:

- Charge only with the recharger provided with the product.

Wireless Devices

Such as **Base station** and **transmitter**.

Before boarding any aircraft or packing a wireless device in luggage that will be checked, remove the batteries from the wireless device or turn the wireless device off (if it has an on/off switch). Wireless devices can transmit radio frequency (RF) energy, much like a cellular telephone, whenever batteries are installed and the wireless device is turned on (if it has an on/off switch).

All Devices

Do Not Attempt Repairs

Do not attempt to take apart, open, service, or modify the hardware device or power supply. Doing so could present the risk of electrical shock or another hazard. Any evidence of any attempt to open and/or modify the device, including any peeling, puncturing, or removal of any of the labels, will void the Limited Warranty.

Choking Hazard

This device may contain small parts that which may be a choking hazard to children under 3. Keep small parts away from children.

Regulatory Information

- [Base Station](#)
- [Transmitter](#)
- [Charger](#)

Base Station

FCC regulatory information

This device complies with part 15 & 18 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules and for a miscellaneous type ISM device, pursuant to part 18 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that

interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- 1) Reorient or relocate the receiving antenna.
- 2) Increase the separation between the equipment and receiver.
- 3) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- 4) Consult the dealer or an experienced radio/TV technician for help.

Caution! Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC Radiation Exposure Statement

The radiated output power of the Base Station is far below the FCC radio frequency exposure limits. Nevertheless, the Base Station should be used in such a manner that the potential for human contact during normal operation is minimized. To avoid the possibility of exceeding the FCC radio frequency exposure limits, you should keep a distance of at least 20 cm between you and the Base Station.

Industry Canada (IC) regulatory information

This device complies with RSS-210 and ICES-001 of Industry Canada rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Avis de conformité à la réglementation d'Industrie Canada

Cet appareil est conforme à la norme CNR-210 et NMB-001 de l'Industrie Canada. L'utilisation de ce dispositif est autorisée seulement aux deux conditions suivantes : (1) il ne doit pas produire de brouillage, et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif.

Industry Canada (IC) Radiation Exposure Statement

The radiated output power of the Base Station is far below the Industry Canada radio frequency exposure limits. Nevertheless, the Base Station should be used in such a manner that the potential for human contact during normal operation is minimized. To avoid the possibility of exceeding the Industry Canada radio frequency exposure limits, you should keep a distance of at least 20 cm between you and the Base Station.

Déclaration d'Industrie Canada (IC) sur l'exposition aux radiations

Le taux de radiation de la station de base est nettement en dessous des limites en matière d'exposition aux fréquences radio imposées par Industrie Canada. Néanmoins, la station de base doit être utilisée de manière à limiter autant que possible les contacts avec une personne pendant son fonctionnement normal. Pour éviter tout risque de dépassement des limites en matière d'exposition aux fréquences radio imposées par la Industrie Canada, vous devez conserver une distance minimale de 20 cm entre vous et la station de base.

Europe



This product is compliant with Directives 93/42/EEC and 1999/5/EC. The relevant Declaration of Conformity is available at www.polar.fi/support.



Polar products are electronic devices and are within the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE). These products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices.

South Africa



Singapore



Transmitter

FCC regulatory information

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- 1) Reorient or relocate the receiving antenna.
- 2) Increase the separation between the equipment and receiver.
- 3) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- 4) Consult the dealer or an experienced radio/TV technician for help.

Caution! Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Industry Canada (IC) regulatory information

This device complies with RSS-210 of Industry Canada rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Avis de conformité à la réglementation d'Industrie Canada

Cet appareil est conforme à la norme CNR-210 du Industrie Canada. L'utilisation de ce dispositif est autorisée seulement aux deux conditions suivantes : (1) il ne doit pas produire de brouillage, et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif.

Europe



This product is compliant with Directives 93/42/EEC and 1999/5/EC. The relevant Declaration of Conformity is available at www.polar.fi/support.



This marking shows that the product is protected against electric shocks.



Polar products are electronic devices and are within the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE). These products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices.

South Africa



Singapore



Charger

FCC regulatory information

This device complies with part 18 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a miscellaneous type ISM device, pursuant to part 18 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- 1) Reorient or relocate the receiving antenna.
- 2) Increase the separation between the equipment and receiver.
- 3) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- 4) Consult the dealer or an experienced radio/TV technician for help.

Caution! Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Industry Canada (IC) regulatory information

This ISM device complies with ICES-001 of Industry Canada rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Avis de conformité à la réglementation d'Industrie Canada

Cet appareil est conforme à la norme NMB-001 du Industrie Canada. L'utilisation de ce dispositif est autorisée seulement aux deux conditions suivantes : (1) il ne doit pas produire de brouillage, et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif.

Europe



This product is compliant with Directives 93/42/EEC and 1999/5/EC. The relevant Declaration of Conformity is available at www.polar.fi/support.



Polar products are electronic devices and are within the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE). These products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices.

South Africa



Singapore



Technical Specifications

Transmitter

Transmitter strap material:

- 35 % Polyester, 35 % Polyamide, 30 % Polyurethane.

Connector material:

- Back cover: PA+GF,
- Press-buttons: stainless steel AISI316,
- Front cover: ABS + GF,
- Lense on the front cover: PMMA

Radio Frequency Technical Specifications

Charger Unit

Frequency: 13.56 MHz, Industrial-Scientific-Medical (ISM) band used.

Bluetooth Devices

Base station

RF output power: meets Bluetooth® requirements.
Frequency: 2400 MHz to 2483.5 MHz, max. 100 mW.
Bluetooth QD ID B011340.

Transmitter

RF output power: meets Bluetooth® requirements.
Frequency: 2400 MHz to 2483.5 MHz, max. 20 mW.
Bluetooth QD ID B011340.

2.4 GHz Devices (Such as Base Station and Transmitter)

Non-specific short range device.

RF output power: meets all SRD requirements.

Frequency: within the range of 2400 MHz to 2483.5 MHz.

For Bluetooth and 2.4 GHz devices only: to comply with FCC RF exposure requirements, the following operating configurations must be satisfied: the antenna has been installed by the manufacturer and no changes can be made.

Guarantee and Disclaimer

Polar Team² Pro International Warranty

- Polar Electro Oy guarantees to the original purchaser of Polar Team² Pro that the product will be free from defects in material or workmanship for ONE year from the date of purchase.
- **The original receipt is your proof of purchase!**
- Warranty does not cover damage due to misuse, abuse, accidents or negligence of the precautions; improper maintenance, cracked or broken cases or the elastic strap. During the guarantee period the product will be either repaired or replaced free of charge at an authorized Polar Service Center.
- Polar Electro Oy's warranty is limited to defects in material and workmanship. Polar Electro Oy's liability is limited to repair or replacement of defective products. Polar Electro Oy shall not be liable for any damages, losses, costs, or expenses, whether direct, indirect, incidental, consequential, or special, arising out of, or related to the use of Polar products.

© 2008 Polar Electro Oy, FIN-90440 KEMPELE, Finland.

Polar Electro Oy, FIN-90440 KEMPELE, Finland. Polar Electro Oy is a ISO 9001:2000 certified company. All rights reserved. No part of this manual may be used or reproduced in any form or by any means without prior written permission of Polar Electro Oy. The names and logos marked with a TM symbol in this user manual or in the package of this product are trademarks of Polar Electro Oy. The names and logos marked with a ® symbol in this user manual or in the package of this product are registered trademarks of Polar Electro Oy, except that Windows is a trademark of Microsoft Corporation.

Disclaimer

Team2 SW Help

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- Polar Electro Inc. / Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.
- Polar Electro Inc. / Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein. This product is protected by the incorporeal rights of Polar Electro Oy as defined by the following documents: FI 20075426, US 21/133888, EP 08157710.8, FI115084, US7418237, EP1543769, FI110915, US7324841, US7018339, FI114202, US6537227, EP1147790, HK1040065, FI96380, JP3568954, US5611346, EP665947, FI23471, EU00046107-0001, USD492783S, USD492784S, USD492999S. Other patents pending.

Manufactured by Polar Electro Oy, Professorintie 5, FIN-90440 KEMPELE, Tel +358 8 5202 100, Fax +358 8 5202 300, www.polar.fi