Virtual
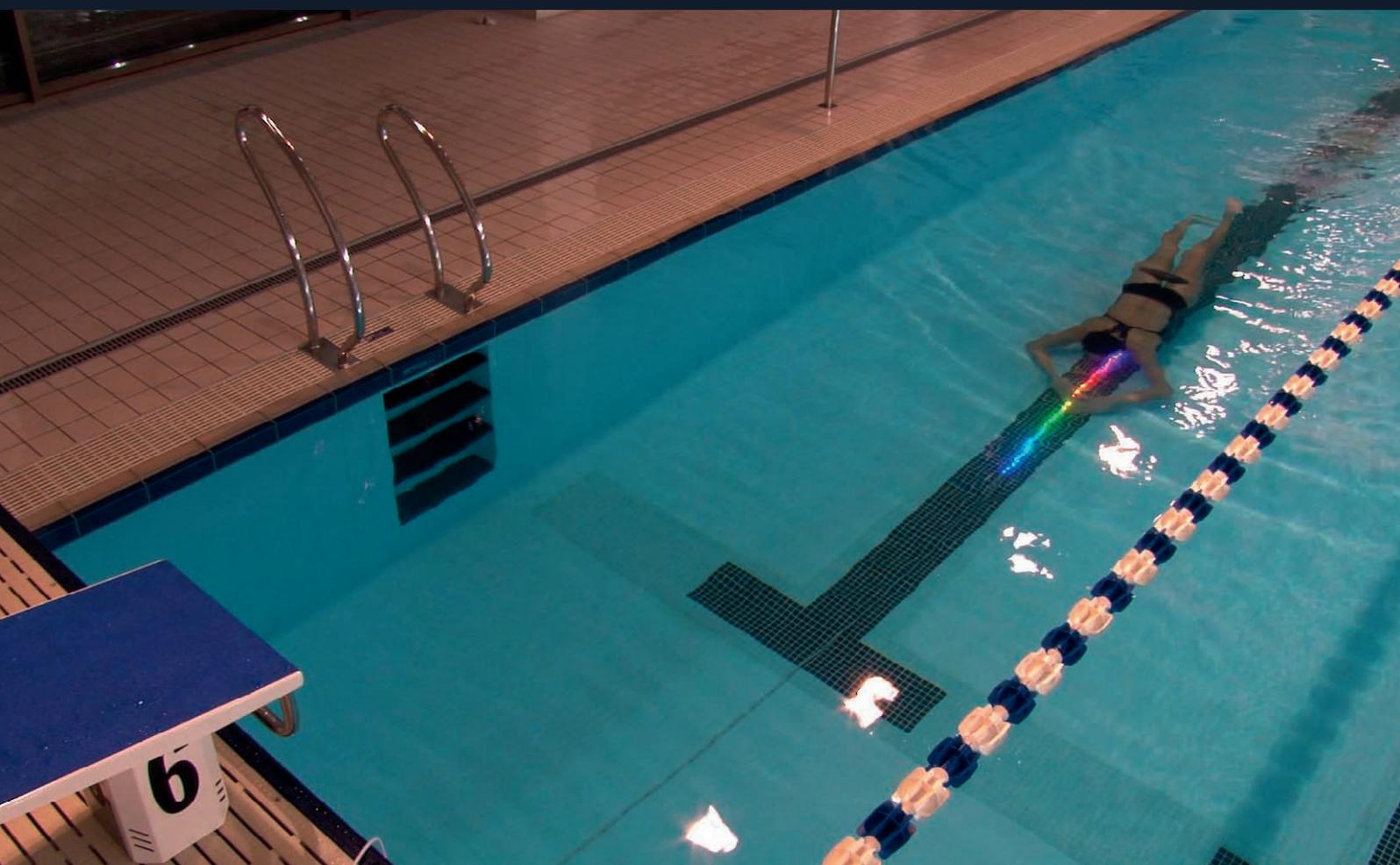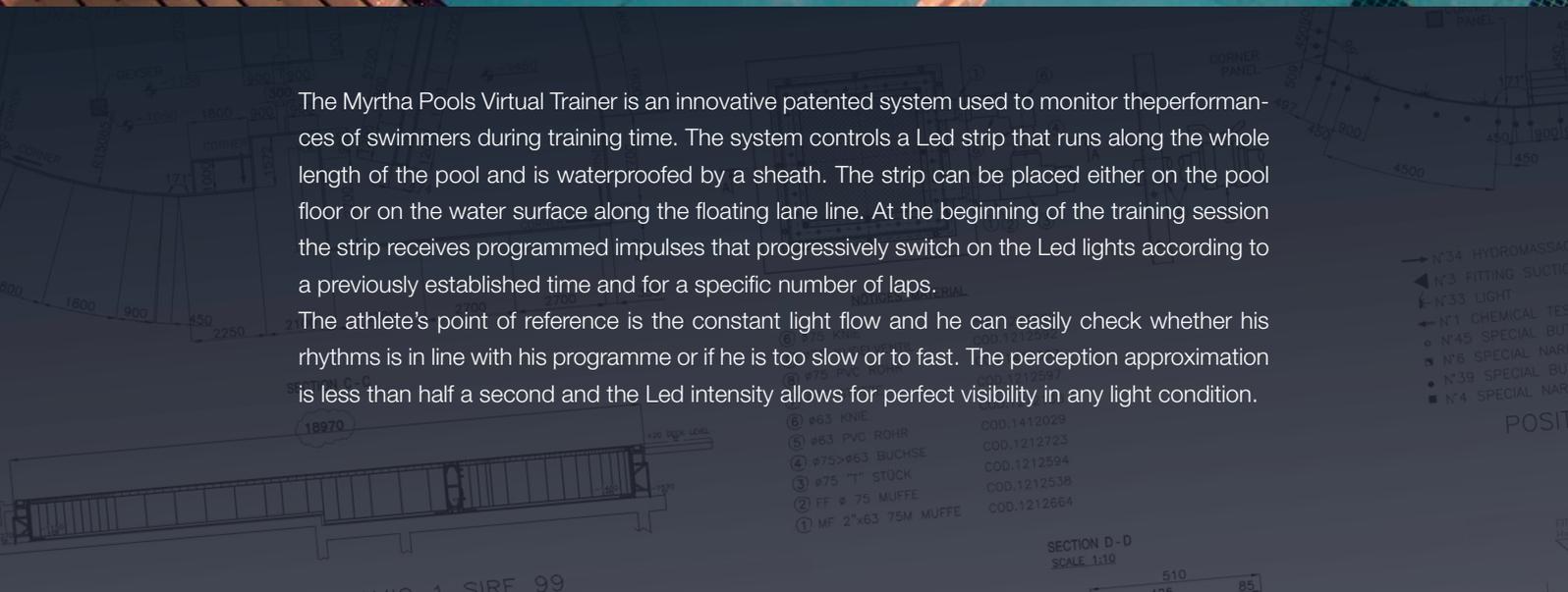# **Trainer**

The Myrtha Pools Virtual Trainer is an innovative patented system used to monitor theperforman-
ces of swimmers during training time. The system controls a Led strip that runs along the whole
length of the pool and is waterproofed by a sheath. The strip can be placed either on the pool
floor or on the water surface along the floating lane line. At the beginning of the training session
the strip receives programmed impulses that progressively switch on the Led lights according to
a previously established time and for a specific number of laps.
The athlete's point of reference is the constant light flow and he can easily check whether his
rhythms is in line with his programme or if he is too slow or to fast. The perception approximation
is less than half a second and the Led intensity allows for perfect visibility in any light condition.
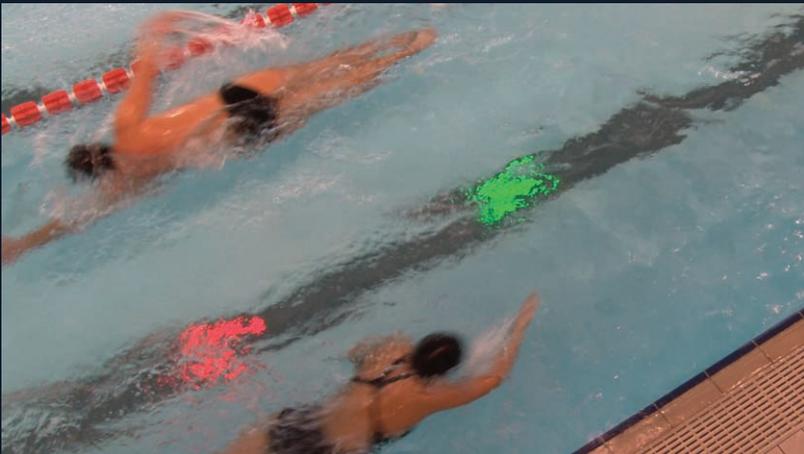
Technical features

The working principle is based on the possibility to programme the system wireless with a remote control, a laptop included in the Virtual Trainer supply or a Smartphone. Any type of programme or training rhythm, also with different speeds, can be stored and sent to the Led circuit.

The Virtual Trainer contains a number of preinstalled training programmes. Additional or personalised programmes that meet the swimmer's physical features or goals can be manually stored in the laptop or Smartphone through the available applications. Programming via laptop or Smartphone can also be made online.

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The system can be fed by electricity or batteries (lasting for more than 5 hours).

Different Led strip lengths are available for 25 and 50 m swimming pools. Different lengths are available on demand/upon request.

The Virtual Trainer can manage programmes for eight lane lines with six swimmers each lane. A different colour is selected for each swimmer.

The system contains applications such as countdown and backstroke delay, which can be highly personalised.

Two types of Led strips are available: the multicolour type, with six different colours and suitable for six swimmers in the same lane, and the one-colour type for swimmers that usually train alone.

The Led circuit is only 2.5 mm thick and it does not interfere with cleaning robots when it is placed on the pool floor.