

# HEALTHY RUNNING LIFESTYLE BY CREATING AWARENESS OF TRAINING INTENSITY

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EI – Cycle 3

# Today's presentation

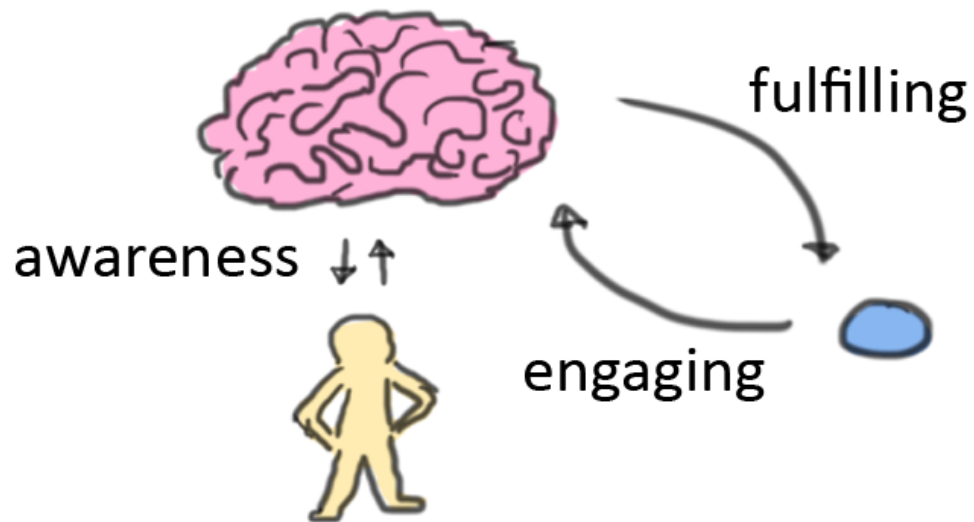
- Design goal
- Interaction vision
- Training intensity
- Final design
- Prototype
- Evaluation study
- Final design improvements
- Interaction movie

# Design goal

*“I want to design a product or service that ensures that students who jog in the city adopt a healthy running lifestyle.”*

# Interaction vision

*“The interaction should be engaging and fulfilling while provoking awareness of the body in the runner.”*



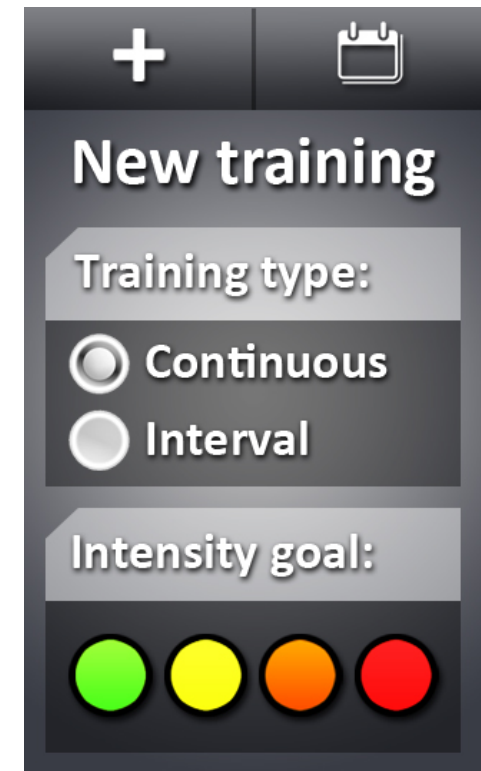
# Training intensity

- Ask runners about their training intensity (RPE)
- Prevent overtraining → Alternate intensity
- Help them keep track of how they feel

<b>10</b>	<b>Very Very Hard Activity</b> <b>Unable to speak</b>
<b>9</b>	<b>Very Hard Activity</b> <b>1 word at a time</b>
<b>7-8</b>	<b>Hard Activity</b> <b>1/2 sentences at a time</b>
<b>4-6</b>	<b>Moderate Activity</b> <b>Can have a conversation</b>
<b>2-3</b>	<b>Light Activity</b> <b>Breathing easy</b>
<b>1</b>	<b>No Activity</b>

# Final design

1. Download app + buy product
2. Put on the product
3. Enter training type and intensity goal in app



# Final design

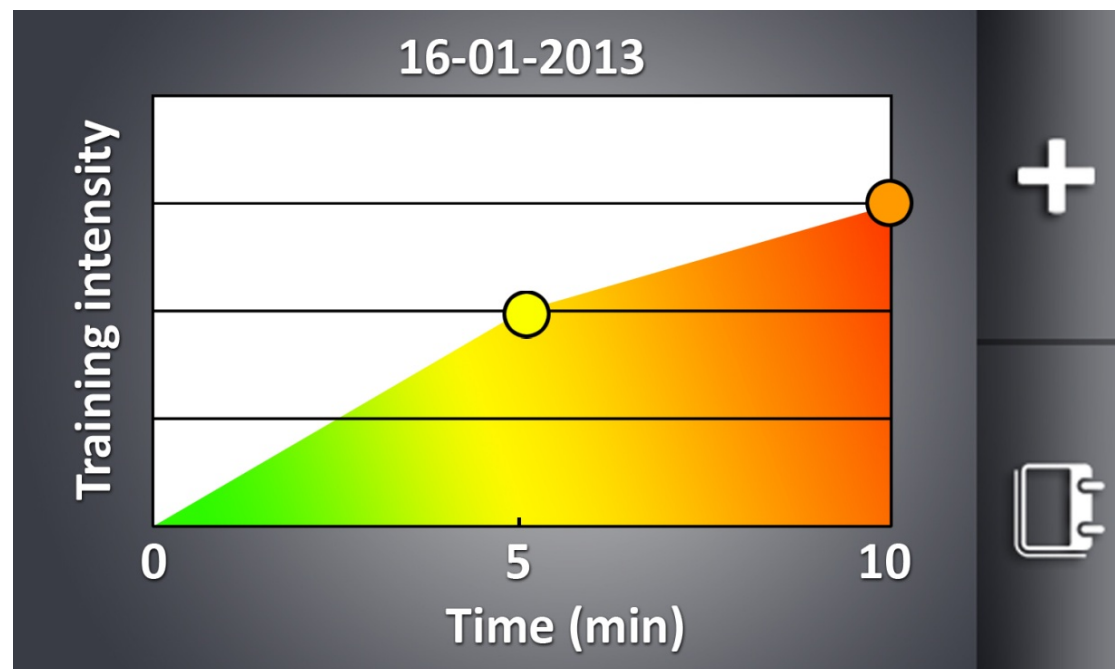
4. Put on headphones and start music
6. Start running
7. Reflect on training intensity and enter it on product when asked (transmitted to app by bluetooth)

Perceived Exertion Chart	
10	Very Very Hard Activity Unable to speak
9	Very Hard Activity 1 word at a time
7-8	Hard Activity 1/2 sentences at a time
4-6	Moderate Activity Can have a conversation
2-3	Light Activity Breathing easy
1	No Activity



# Final design

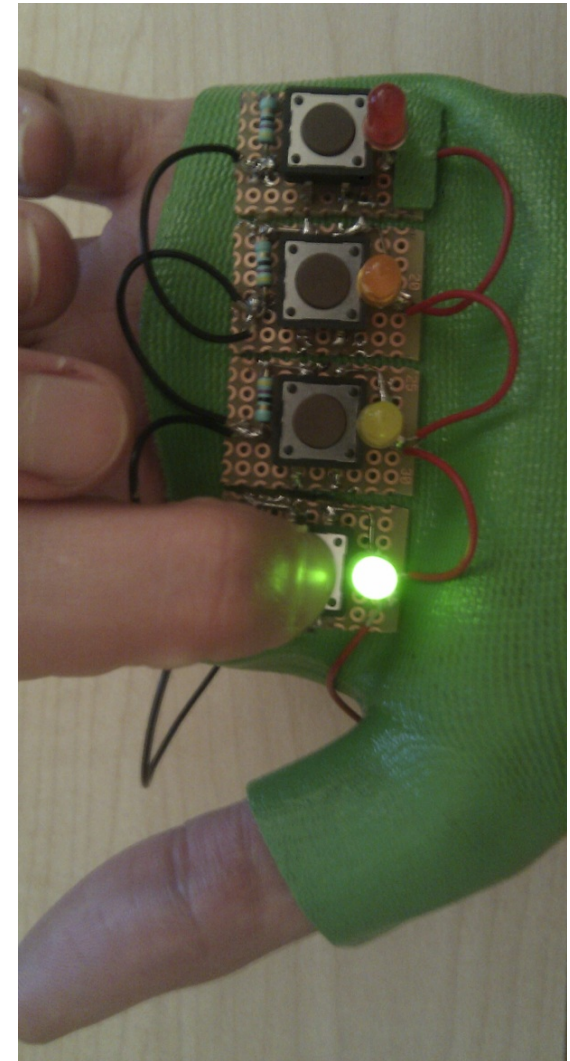
7. Listen to music change according to difference between current intensity and your intensity goal
8. Finish running
9. Look back on this run as well as previous runs in app





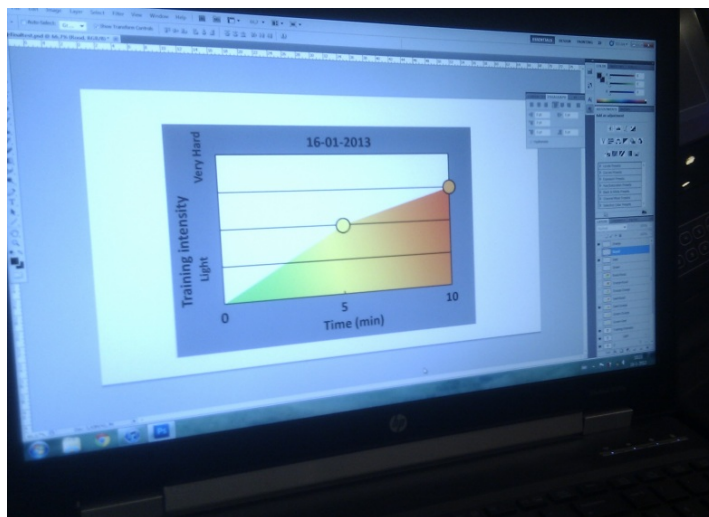
# Prototype

- Glove with LEDs
- 1 song with average bpm to start training
- 3 songs with respectively low, average and high bpm for after intensity has been asked
- Graphs to show training intensity after the training



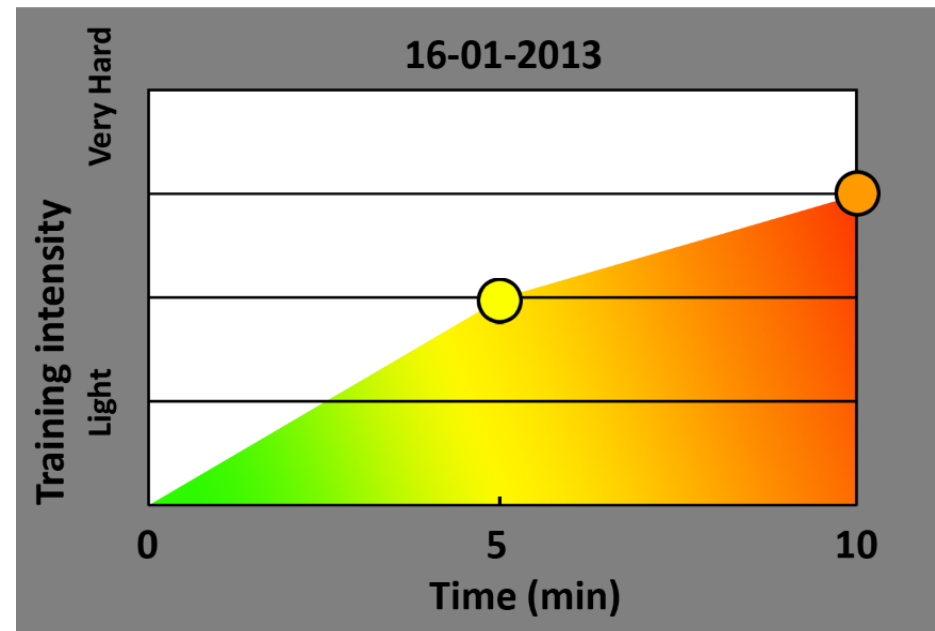
# Evaluation study

- 10 minute training
- Intensity is asked twice, after 5 and 10 min



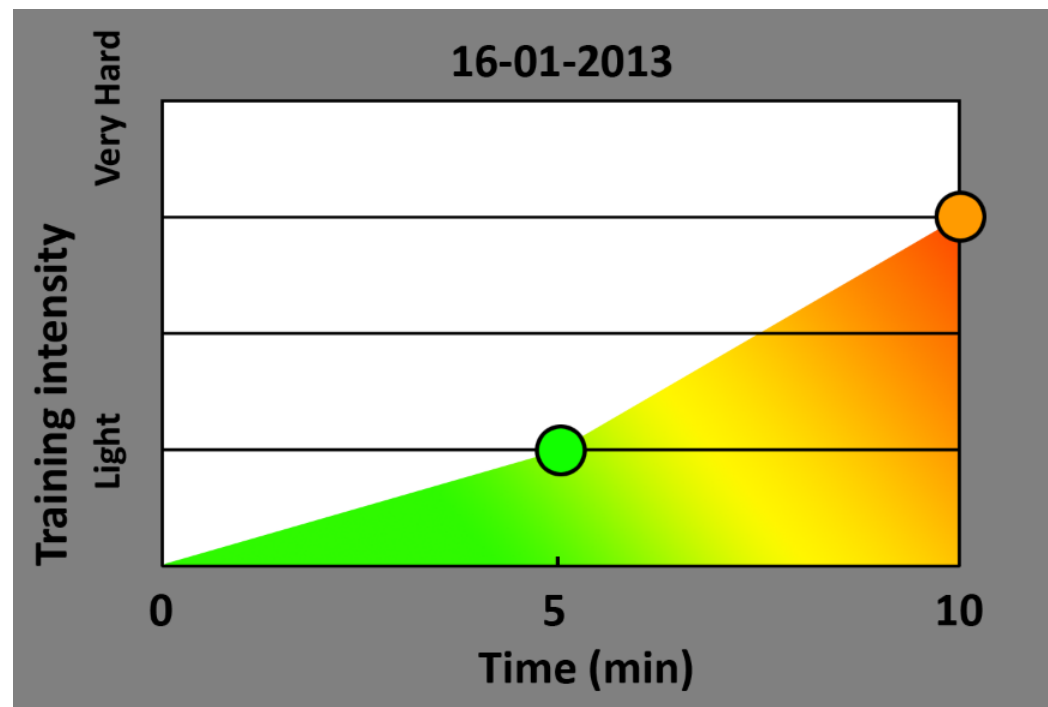
# Evaluation study – Participant 1

- “Graph makes sense, also saw higher heartrate after 10 minutes than after 5”
- “Continuous training will give same graph most of the time, for interval training this is different”
- “Music is a nice addition, steering you to chosen intensity”
- “It adds something to be able to keep track of how I feel”



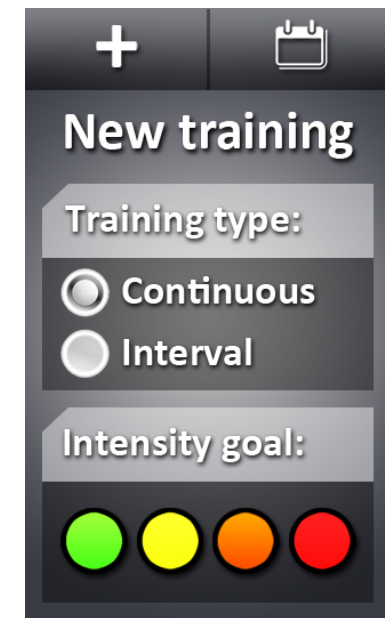
# Evaluation study – Participant 2

- “Ah, I’m supposed to go faster?” (after high bpm music starts)
- “I see it more as a motivation tool than just a reflection tool”
- “Measurements are maybe not specific enough to keep track of improvement of condition”



# Final design improvements

- Choice between continuous training and interval training
- Winter & summer version



# Interaction movie

Questions?