TrackStat

TRACKSTAT PRO · QUICK GUIDES

Using TrackStat Pro, one page at a time.

Twelve one-page guides to the complete platform: video analysis, GPS race analysis, competition insights, every coaching calculator including lactate, and athlete profiles. Each page shows where to click, on real screens.

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Wicket calculator
Wicket spacing from one measurement · p9

Flying 100 m calculator
From a flying time to a 100 m · p10

Lactate calculator PRO
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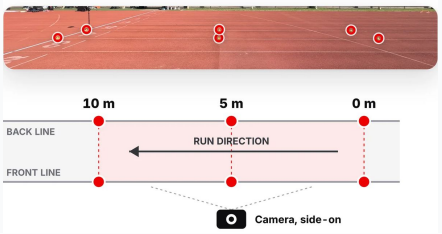
Competition insights PRO
Every race result, in context · p12

Athlete profile
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GUIDE 1 · CALIBRATION

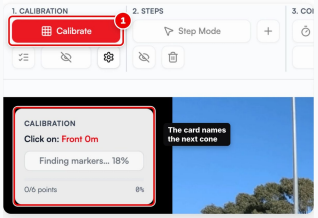
Calibrate a rep in six clicks

Six cones turn pixels into metres. Exactly where to click, on a real 4K 240 fps rep.



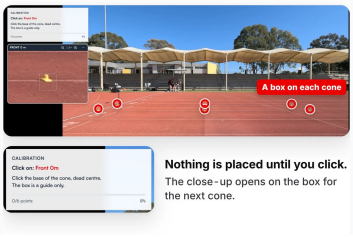
Before you film · Six cones: 0, 5 and 10 m on both lines.

A cone on the front and back lane lines at the start, middle and end of your zone.



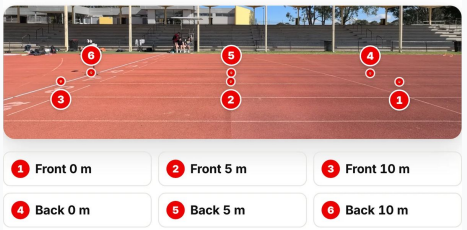
1 Press Calibrate.

The first button in the toolbar.



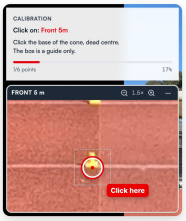
2 A box on each cone.

Calibrate looks for your cones by itself and puts a dashed box on each one.



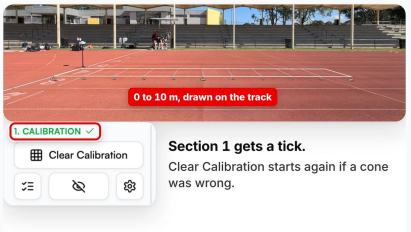
3 Click the base of each cone.

Front line first, then the back line, always from 0 m.



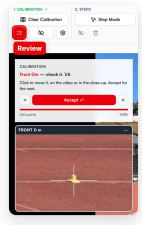
Tip · Use the close-up.

It zooms in on the cone that's up next.



4 Six clicks. The grid appears.

The last click finishes calibration.



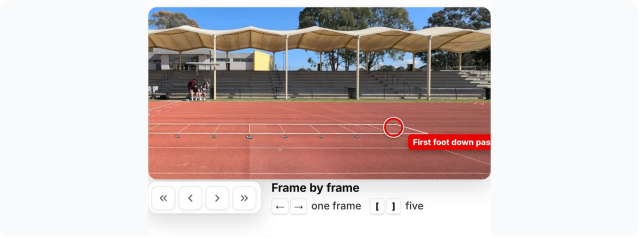
Check it · Review any point, any time.

Press Review, under Clear Calibration.

GUIDE 2 · MARKING STEPS

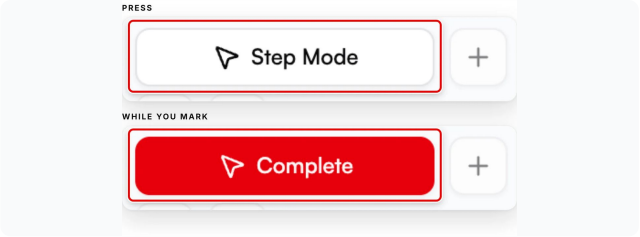
Mark every step with one click

Click the toe, the app measures the step. Exactly where to click, on a real 4K 240 fps rep.



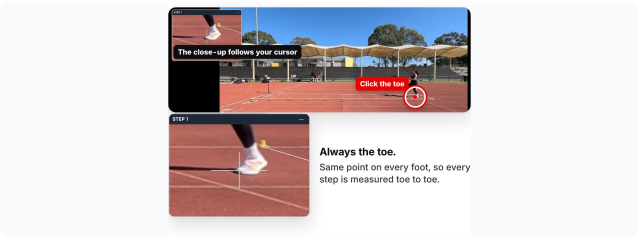
1 Find the first foot on the ground.

Scrub to the first contact past the 0 m line.



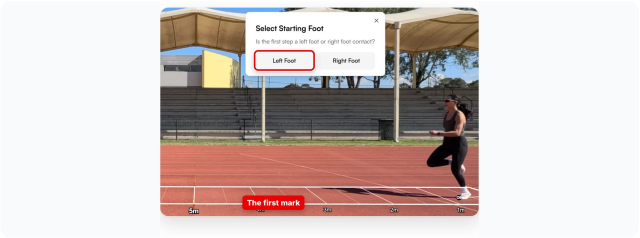
2 Press Step Mode.

It's in section 2 of the toolbar.



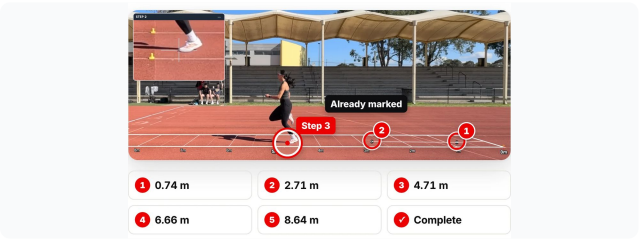
3 Click the toe.

Put the crosshair on the toe of the foot that's on the ground, and click.



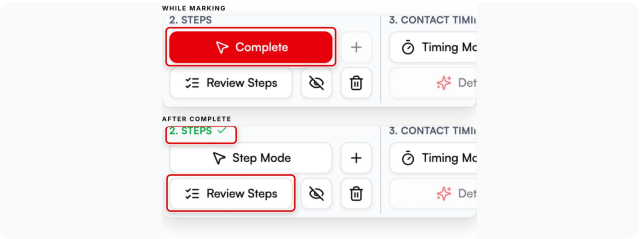
4 First step only: pick the foot.

Left or right?



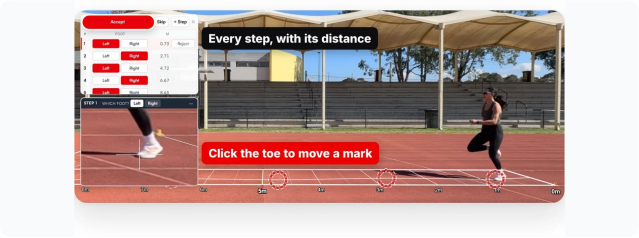
5 Next foot down, next click.

Scrub on to the next contact and click the toe.



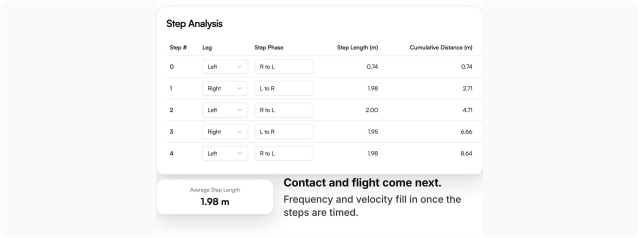
6 Press Complete.

Section 2 gets a tick and Review Steps appears, so you can come back to any step later.



Check it · Review Steps.

Each step opens in the close-up.



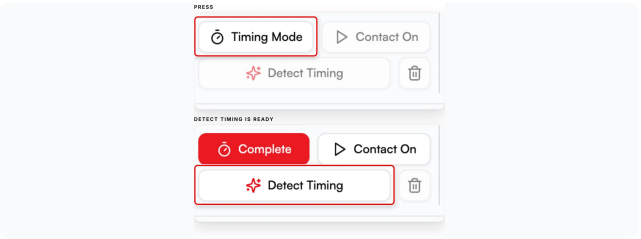
The result · Step lengths, straight away.

Open the Analysis tab: every step, left or right, its length and the running distance.

GUIDE 3 · CONTACT TIMING

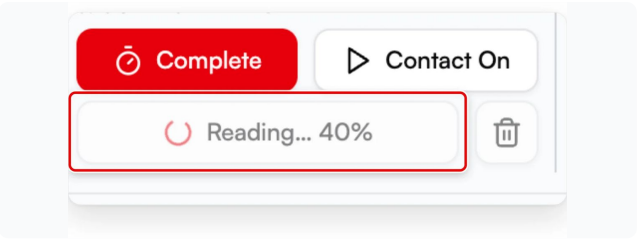
Time every contact in one pass

Detect Timing finds when each foot lands and leaves. You check each read with one key.



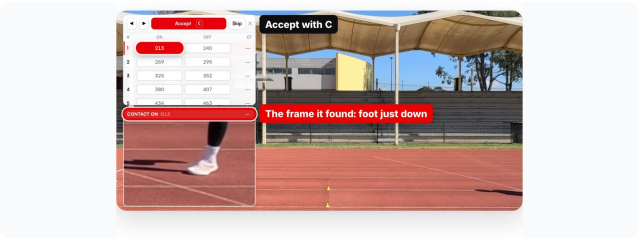
1 Press Timing Mode.

With the steps marked (Guide 02), press Timing Mode in section 3.



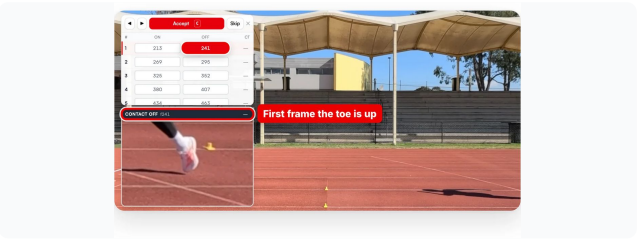
2 Press Detect Timing.

It finds the ON and OFF frame for every step you marked, then opens the first one for you to check.



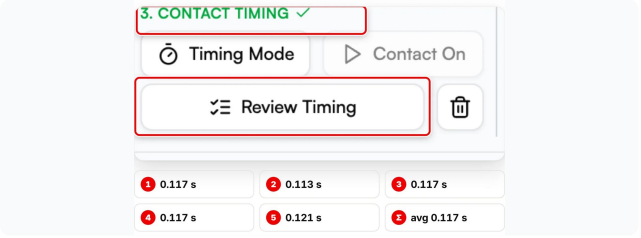
3 Check the ON frame.

The close-up opens on the first frame the foot is down.



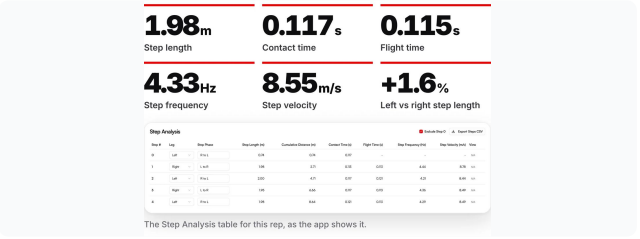
4 Then its OFF frame.

Same again for toe-off.



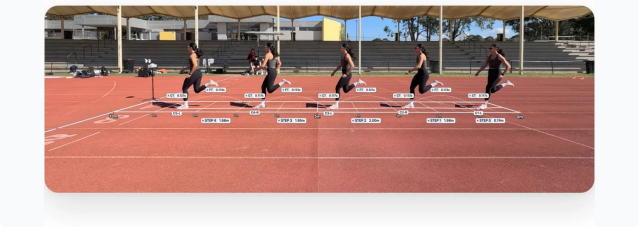
5 The last OFF ticks the section.

Contact time for every step is filled in.



The result · Contact, flight, frequency, velocity.

Once the steps are timed, the Analysis tab fills in every column.



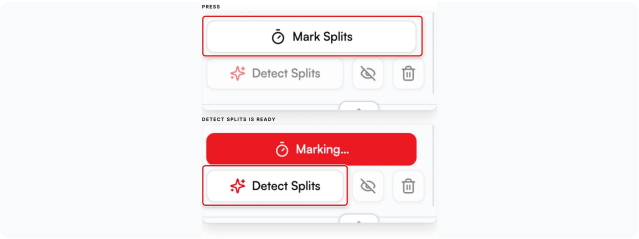
The result · Every touchdown in one picture.

When timing is complete the app builds a Summary Snapshot: each touchdown on one frame, with contact, flight and step length.

GUIDE 4 · SPLITS

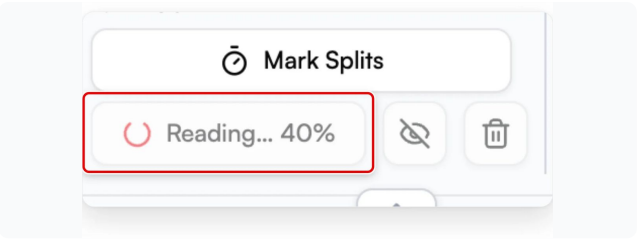
Split times in one pass

Detect Splits finds the moment the athlete crosses each line. You accept each one with Enter.



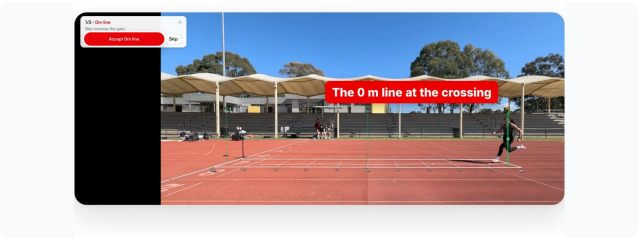
1 Press Mark Splits.

With the steps marked, press Mark Splits in section 4.



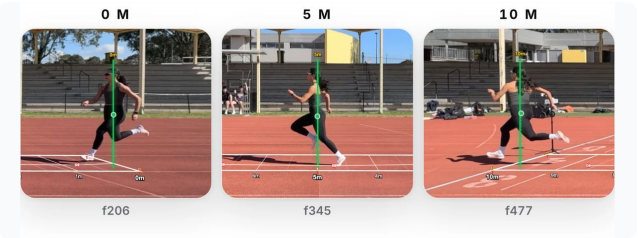
2 Press Detect Splits.

It finds the crossing at every line in your zone, then takes you to the first one.



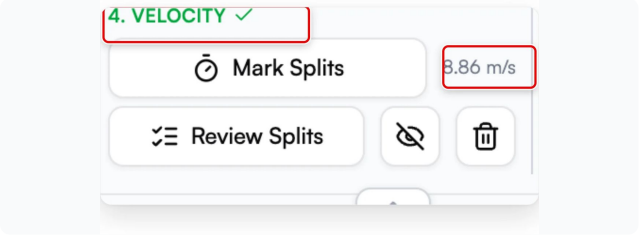
3 Check each line.

The video stops on the crossing, with the line drawn through the athlete.



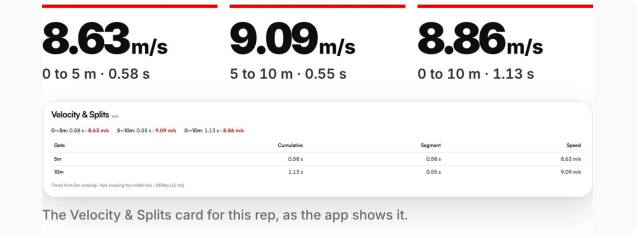
4 0 m, 5 m, 10 m.

One Enter per line.



5 Section 4 ticks. Speed appears.

The last Enter finishes the splits.



The Velocity & Splits card for this rep, as the app shows it.

The result · Split times and speed, per section.

The Analysis tab shows each section's time and speed.

GUIDE 5 · RESULTS AND REPORT

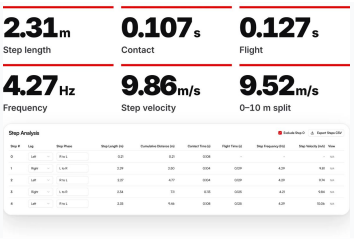
From one rep to a report

Everything the app measured, in one place and ready to send.



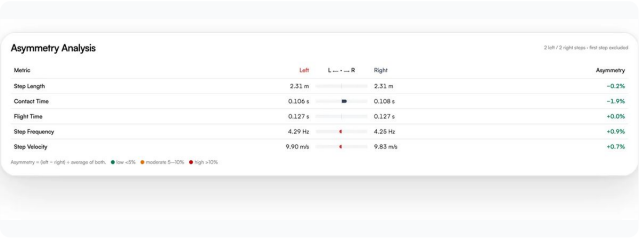
1 Open the Analysis tab.

The Summary Snapshot puts the whole rep on one frame.



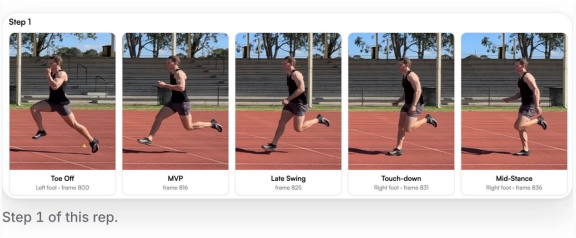
2 Every step, every number.

Averages up top, then the full step table.



3 Left against right.

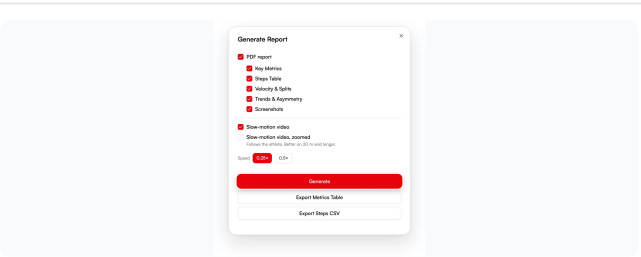
Asymmetry compares each leg on every measure and flags the gap: under 5 %, 5 to 10 %, over 10 %.



Step 1 of this rep.

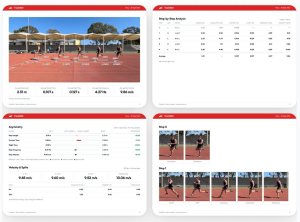
4 Key Frames for every step.

Press Generate Key Frames: Toe Off, MVP, Late Swing, Touch-down and Mid-Stance, pulled from your marks.



5 Press Generate Report.

Pick what goes in: key metrics, the steps table, velocity and splits, trends, key frames, and a slow-motion video if you want one.



Four of the seven pages in this rep's report.

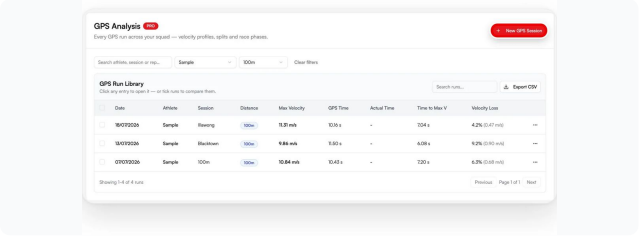
The result · A PDF, ready to send.

The snapshot, the numbers, the splits and the key frames, in a branded PDF.

GUIDE 6 · GPS PRO

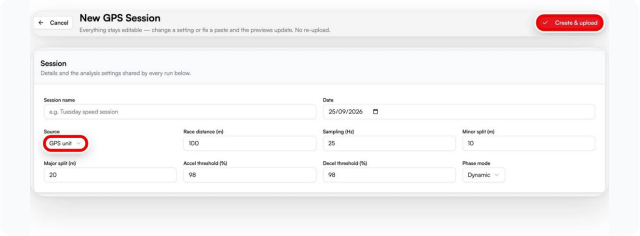
Every GPS run, speed by the metre

Paste the export from your GPS unit. Get the velocity curve, splits and race phases.



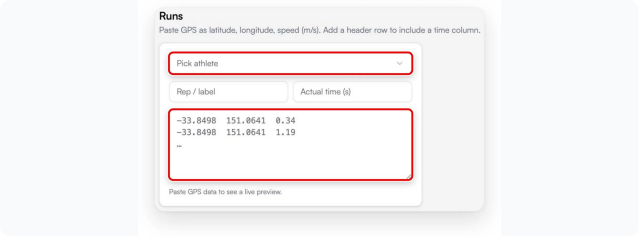
1 Open GPS Analysis.

Every GPS run across your squad, in one library.



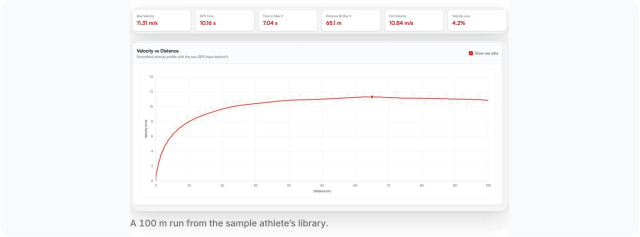
2 Set up the session.

Name and date, the source (GPS unit or laser), race distance and split lengths.



3 Add the run, then upload.

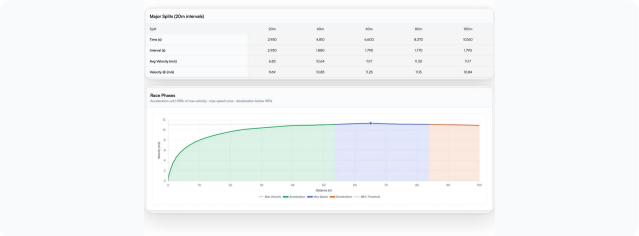
Pick the athlete, label the rep, add the timed result if you have one, and paste the GPS export.



A 100 m run from the sample athlete's library.

The result · The run at a glance.

Top speed, when and where it happened, and how much speed was held to the line.



The result · Splits and race phases.

Every split as time, interval and speed, and the race broken into acceleration, top speed and deceleration.



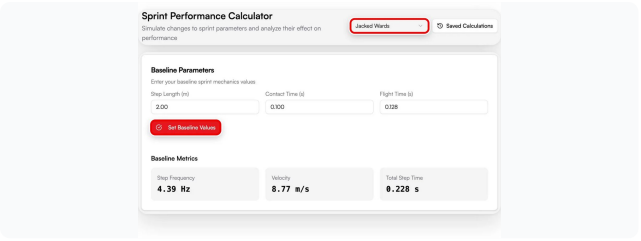
Compare · Tick runs. Press Compare.

Head to Head ranks the runs with the gap between them and overlays their velocity profiles.

GUIDE 7 · PERFORMANCE CALCULATOR

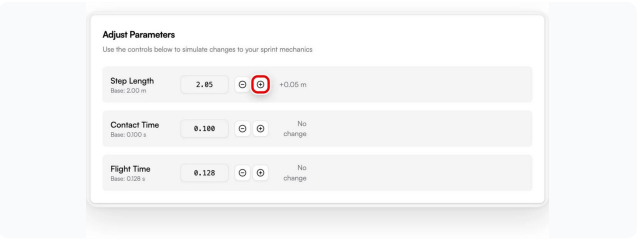
What if the step was 5 cm longer?

Change step length, contact or flight and see what it does to speed.



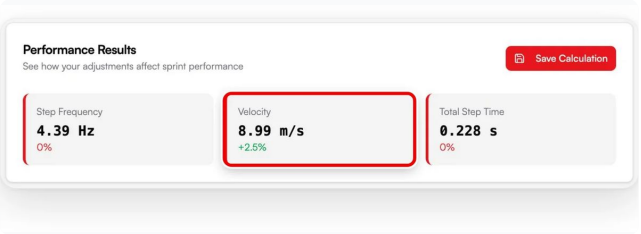
1 Pick the athlete, enter the baseline.

Step length, contact time and flight time, then Set Baseline Values.



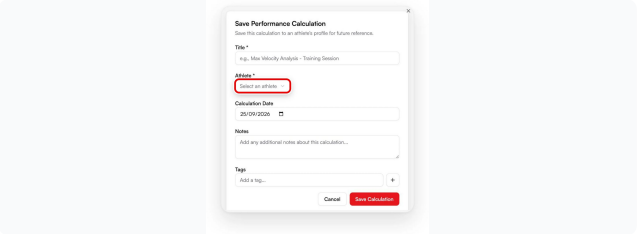
2 Adjust one thing at a time.

Press + or – to nudge step length, contact time or flight time.



The result · See the effect on speed.

Every change updates frequency, velocity and step time against the baseline.



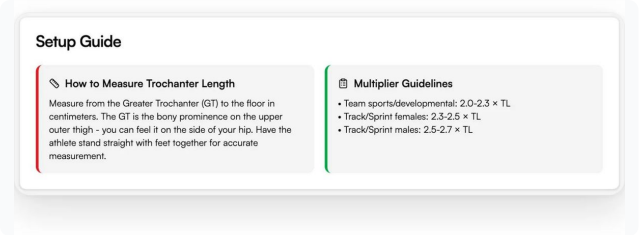
Save it · Save it to the athlete.

Save Calculation, give it a title and pick the athlete.

GUIDE 8 · WICKET CALCULATOR

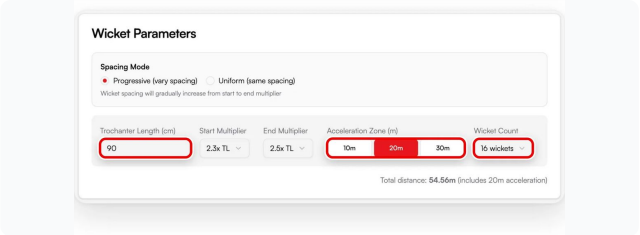
Wicket spacing from one measurement

Measure trochanter length, pick the zone, get every wicket's position.



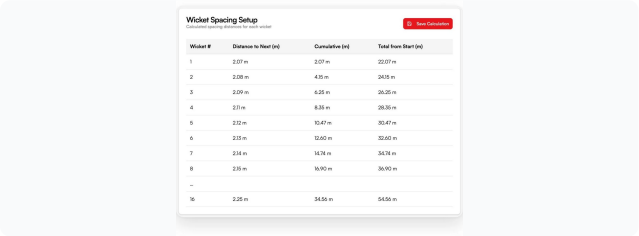
1 Measure the athlete.

Trochanter length: from the bony point on the side of the hip to the floor, standing tall, feet together.



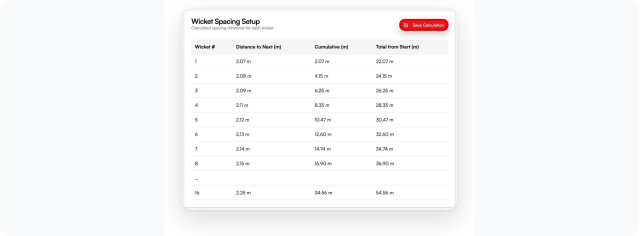
2 Set the parameters.

Progressive or uniform spacing, trochanter length, start and end multipliers, the run-in and the number of wickets.



The result · Every wicket, measured out.

Distance to the next wicket, the running total, and the position from the start line.



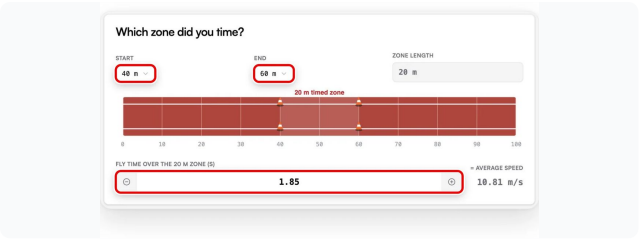
Save it · Save the set-up to the athlete.

Save Calculation puts it on their profile, ready for next session.

GUIDE 9 · FLYING 100 M CALCULATOR

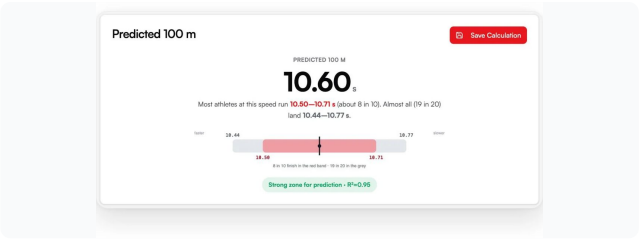
From a flying time to a 100 m

Time a flying zone. See the 100 m it points to, and what a goal time would need.



1 Which zone did you time?

Pick Men or Women, the start and end of the zone, and enter the fly time.



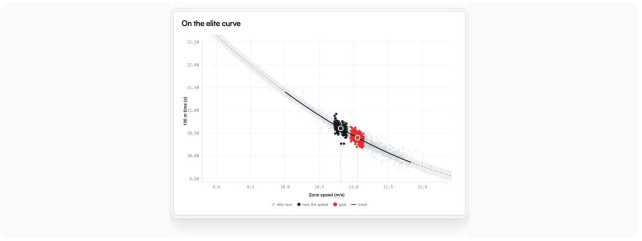
The result · The predicted 100 m.

With the range most athletes at that speed actually run.



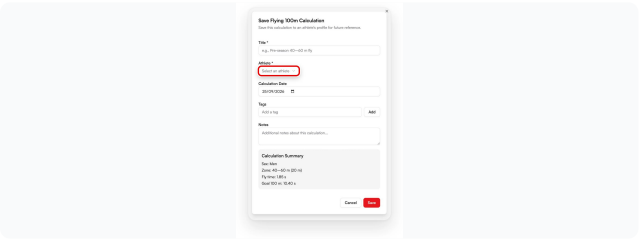
2 Set a goal (optional).

Enter a target 100 m.



The result · Where the athlete sits.

Today's fly and the goal, plotted side by side.



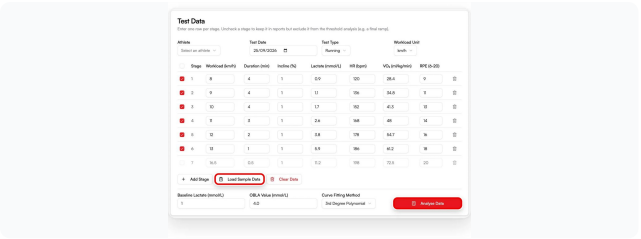
Save it · Save it to the athlete.

Save Calculation, give it a title and pick the athlete.

GUIDE 10 · LACTATE CALCULATOR PRO

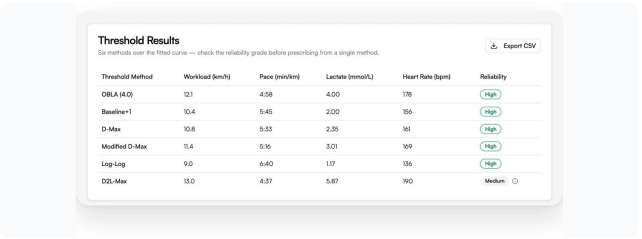
Step test to training zones

Enter the stages, press Analyse. Thresholds, curves and zones in one go.



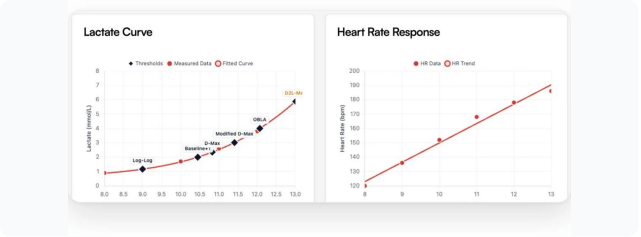
1 Enter the test.

One row per stage: workload, duration, lactate, and heart rate, VO_2 and RPE if you have them.



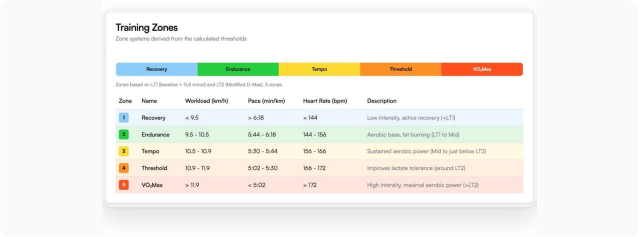
2 Press Analyse Data.

Thresholds come back as workload, pace, lactate and heart rate, each with a reliability grade.



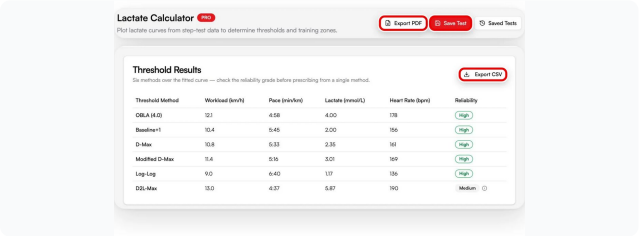
The result · The curves.

Lactate and heart rate against workload, with the thresholds marked on the curve.



The result · Training zones, ready to prescribe.

Five zones from the test: workload, pace and heart rate for each.



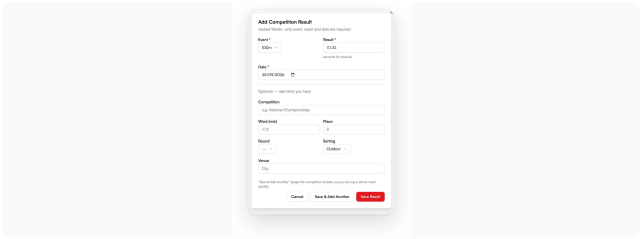
Save it · Save the test. Export the report.

Save Test keeps it with the athlete.

GUIDE 11 · COMPETITION INSIGHTS PRO

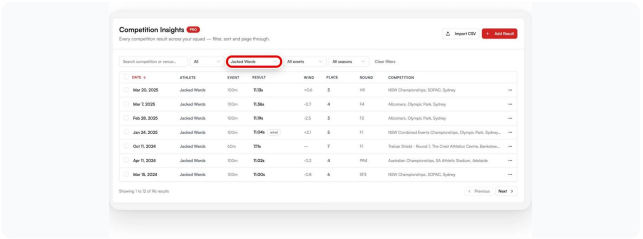
Every race result, in context

Log results as they happen. See PBs, season bests and progression at a glance.



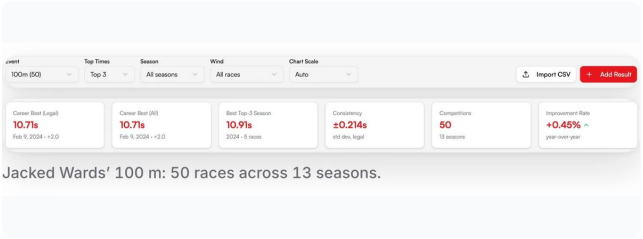
1 Add a result.

Only the event, the result and the date are required.



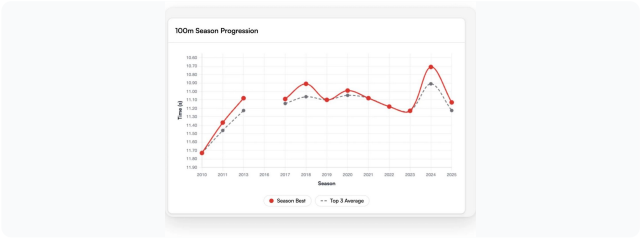
2 Every result across the squad.

Filter by athlete, event and season.



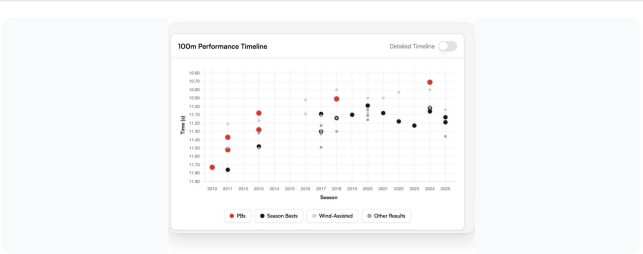
3 Open the athlete.

On the athlete's profile, Competition Insights shows their career best, best season, consistency and improvement.



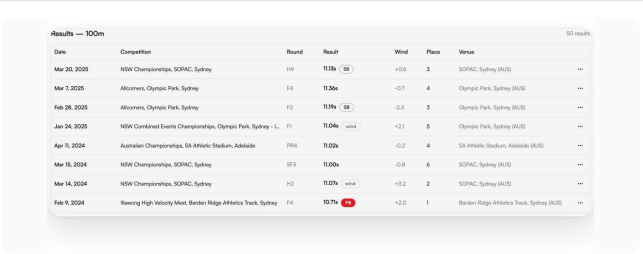
The result · Season by season.

Season best and the top-three average for every year.



The result · Every race on one timeline.

PBs, season bests, wind-assisted and other results, each marked.



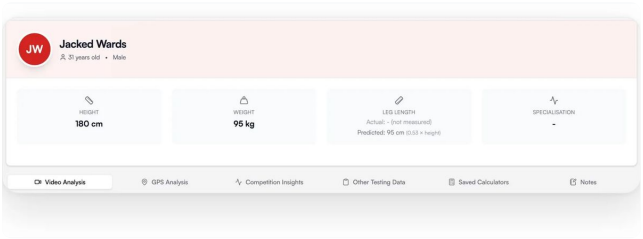
The result · The full record.

Every result with round, wind, place and venue.

GUIDE 12 · ATHLETE PROFILE

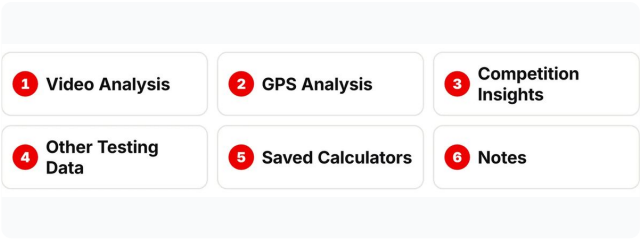
Everything on one athlete

Video, GPS, competition results, testing and calculators, in one place.

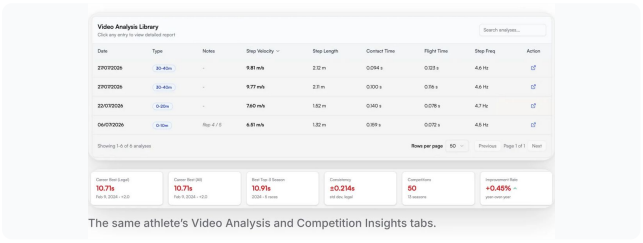


1 Open the athlete.

Athletes → View.



The tabs · Where everything lands.



The same athlete's Video Analysis and Competition Insights tabs.

Example · Video Analysis and results, side by side.

Every rep the athlete has been analysed on, with step velocity, length, contact, flight and frequency.