

SUUNTO SPARTAN

PROGRESS BEYOND LOGIC

SUUNTO SPARTAN PROVIDES GREAT TOOLS TO MAKE PROGRESS

We launch the SPARTAN family to be able to offer our customers great tools to make progress.

We deliver this promise by providing answers to their 5 key questions:

How to focus on training – not fixing the gear ?

We offer competitive battery life, outdoor-grade color screen, premium materials and ease of use with touch screen.

Am I making progress ?

We offer Personal Bests for various sports with progress trends available both on the watch and in Suunto Movescount.com.

How good am I ?

We offer Personal Best -comparisons to your peer group in Suunto Movescount.com.

How to train smarter ?

We offer you training insight comparisons to your peer group in Suunto Movescount.com. By sport and by goal.

Where to train today to meet my goals and boost my motivation?

We offer you heatmaps for more than 15 sports to discover the best routes to optimize your training today.

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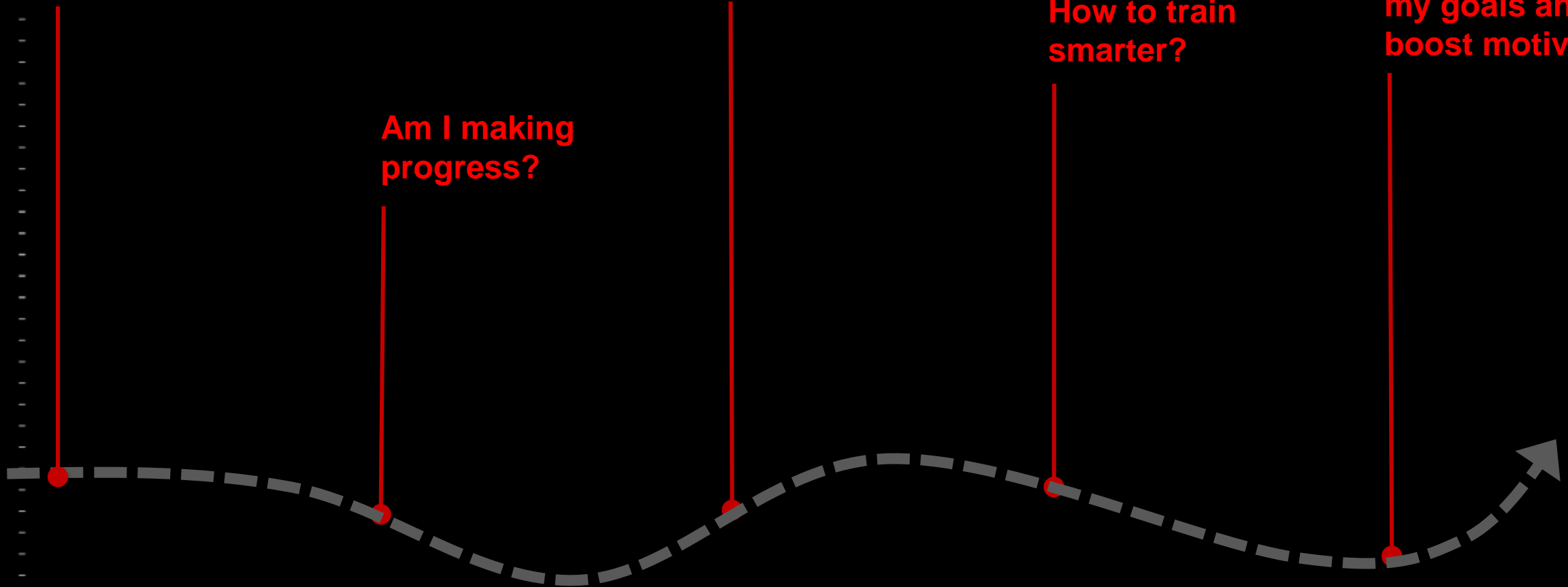
How to focus on training
– not fixing the gear?

Am I making
progress?

How good am I?

How to train
smarter?

Where to train
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SUUNTO SPARTAN

ADVENTURE & RACING PROOF

ADVENTURE PROOF

- 100m water resistant
- **Battery life of 18h with Full Power 1sec GPS** fix rate delivering best GPS accuracy.
- **Battery life of 26h with Power Save 1sec GPS** fix rate delivering good GPS accuracy.
- Outdoor-grade color touch screen with 3 action pushers
- GPS/GLONASS tracking and route navigation with waypoints and real-time breadcrumb trail
- FusedAlti™ combining GPS and barometric altitude for accurate altitude information
- Digital tilt compensated compass



RACING PROOF

- Strong and sleek design for optimal wrist fit during training, racing and every-day use
- 100m water resistant
- **Battery life of 10h of training and racing time** with Full Power 1sec GPS fix rate delivering best GPS accuracy
- **Battery life of 16h of training and racing time** with Power Save 1sec GPS fix rate delivering good GPS accuracy
- Outdoor-grade color touch screen with 3 action pushers
- GPS/GLONASS tracking and route navigation with waypoints and real-time breadcrumb trail
- GPS altitude for measuring ascent and descent values during workout
- Digital tilt compensated compass



STRONG BATTERY LIFE

The Suunto Spartan Ultra comes with a battery life of 18h of training and racing time with Full Power 1sec GPS fix rate delivering best GPS accuracy. Users can extend the battery life up to 26h of training and racing time with Power Save 1sec GPS fix rate delivering good GPS accuracy. Respectively SPARTAN SPORT comes with a battery life of 10h (in Full Power 1sec GPS fix rate) and 16h (in Power Save 1sec GPS fix rate). Battery life settings are customizable to optimize battery life based on every athlete's personal needs by sport mode.

Spartan Ultra

Battery life of **18h** of training and racing time with **Full Power 1sec GPS fix rate** delivering best GPS accuracy.
Battery life of **26h** of training and racing time with **Power Save 1sec GPS fix rate** delivering good GPS accuracy.
Battery life of **65h** of training and racing time with Power Save 60sec GPS fix rate delivering Ok GPS accuracy.
Battery life of **15 days** in time mode.

SPARTAN SPORT

Battery life of **10h** of training and racing time with Full Power 1sec GPS fix rate delivering best GPS accuracy.
Battery life of **16h** of training and racing time with Power Save 1sec GPS fix rate delivering good GPS accuracy.
Battery life of **40h** of training and racing time with Power Save 60sec GPS fix rate delivering Ok GPS accuracy.
Battery life of **10 days** in time mode.

SPARTAN ULTRA

GPS ACCURACY

[Learn more](#)



- ☒ Best - 18h battery life
- ☐ Good - 26h battery life
- ☐ OK - 65h battery life
- ☐ GPS off

SPARTAN SPORT

GPS ACCURACY

[Learn more](#)



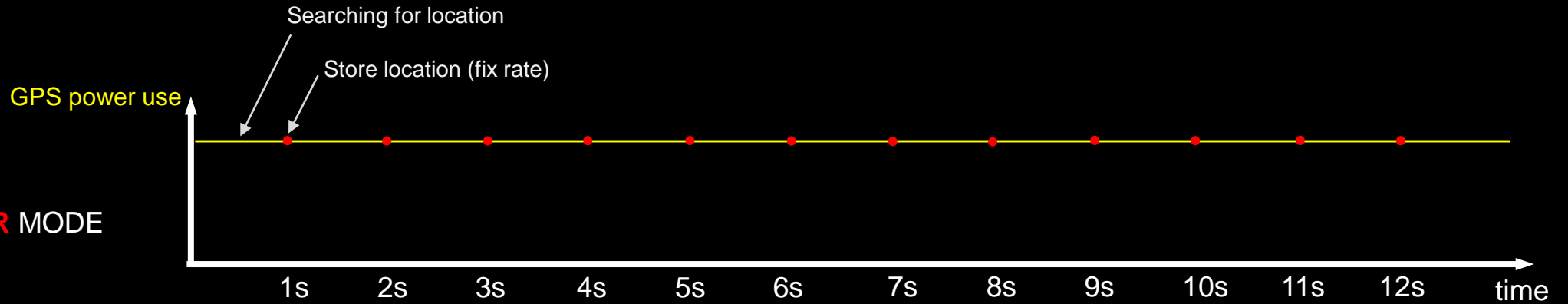
- ☒ Best - 10h battery life
- ☐ Good - 16h battery life
- ☐ OK - 40h battery life
- ☐ GPS off

This battery life is determined by measuring in ideal open sky GPS conditions. Poor GPS conditions will decrease the battery life.

Suunto Spartan GPS battery life explained

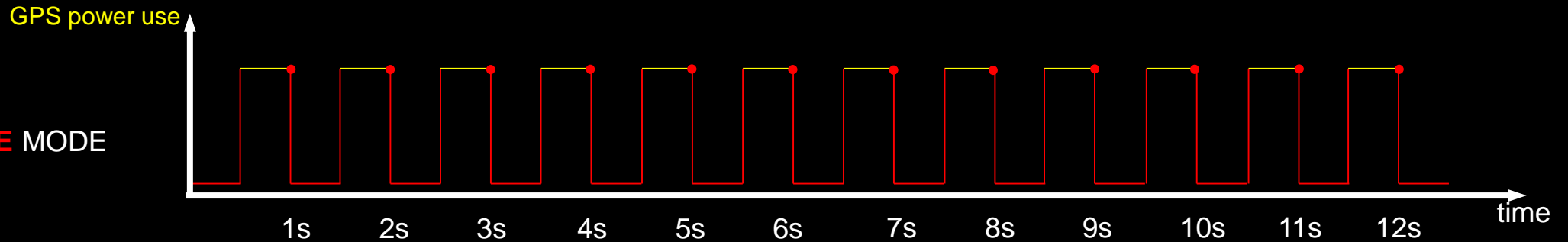
BEST

GPS IN **FULL POWER** MODE
FIX RATE **1 SEC**



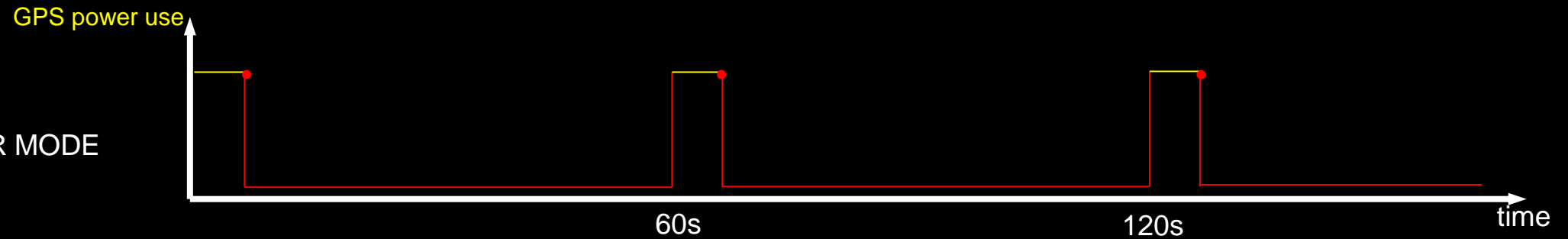
GOOD

GPS IN **POWER SAVE** MODE
FIX RATE **1 SEC**



OK

GPS IN **FULL POWER** MODE
FIX RATE **60 SEC**



INTUITIVE USER INTERFACE WITH GREAT COLORS



SUUNTO SPARTAN
SMART CONNECTED EXPERIENCE

SMART CONNECTED EXPERIENCE



Mobile notifications



Incoming calls

24/7 ACTIVITY TRACKING



DAILY ACTIVITY
AUGUST 1ST



ACTIVITY HISTORY
[DURING 2016]

SMART EVERYDAY WATCH FACE



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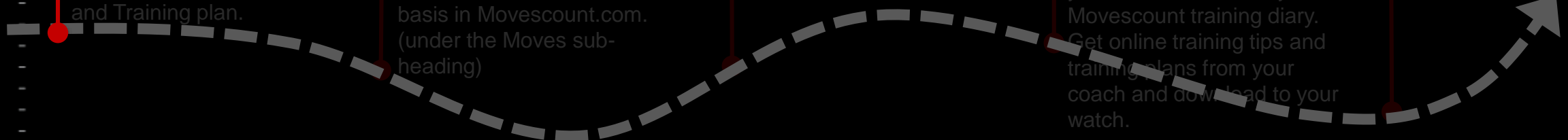
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SPORTS EXPERTISE

PREDEFINED SPORT MODES IN THE WATCH FOR ALL 80 MOVESCOUNT SPORTS

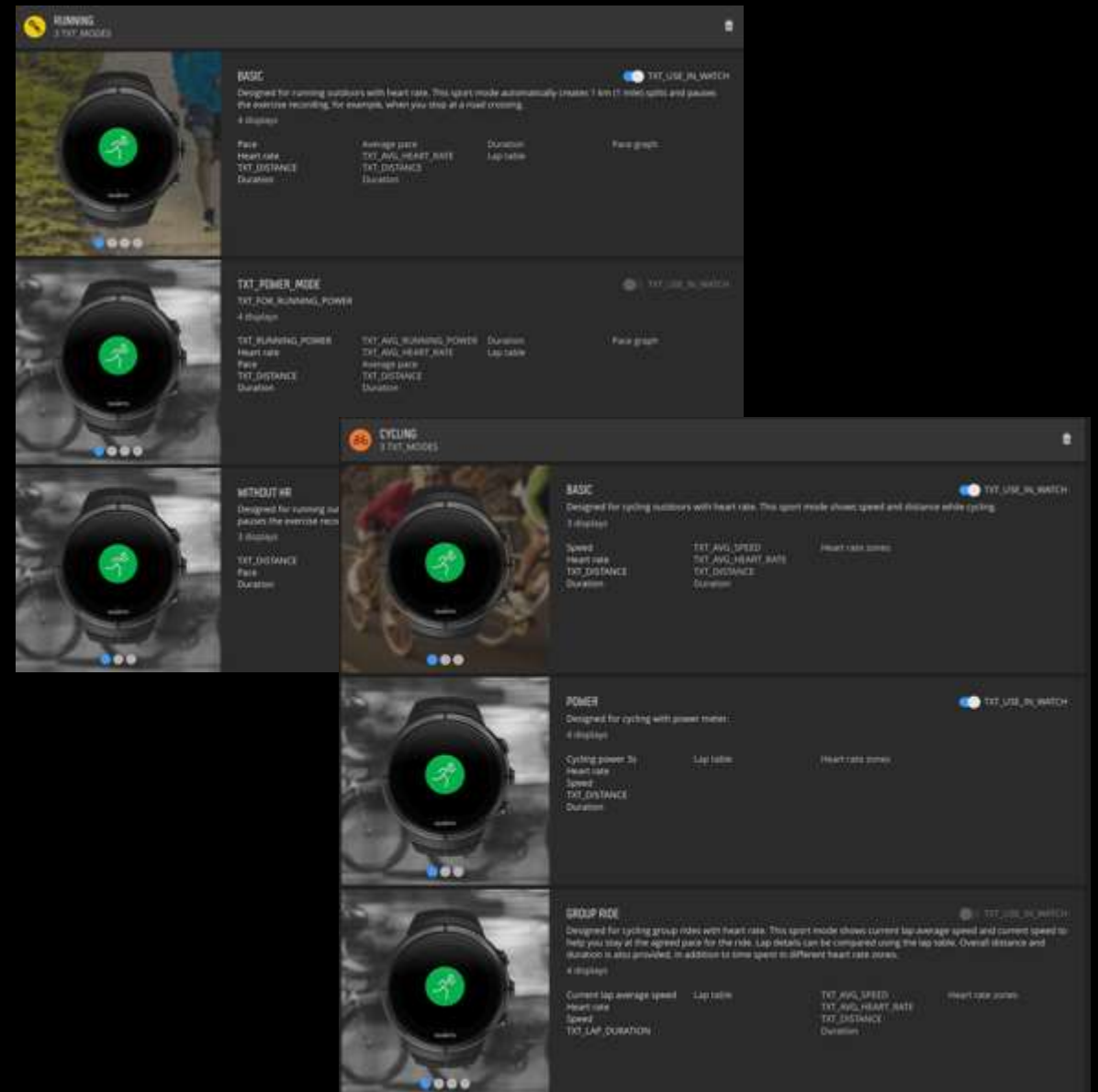
PURPOSE SPECIFIC SPORT MODES FOR CORE SPORTS
INTERVAL TRAINING
RACE
WITHOUT HR
WITH POWER
GROUP RIDE

RICH EXERCISE SCREENS



UP TO 7 FIELDS

UP TO 3 COLUMNS



STARTING AN EXERCISE



Set duration target

Activate route for navigation during exercise

COMPATIBLE WITH BLUETOOTH SMART PERIPHERALS

Heart rate belts



Power meters



Bike & cadence pods



Foot pods





COMPATIBILITY WITH

STRYD

Running With Power



SPORT EXPERTISE SUMMARY

SUUNTO SPORT EXPERTISE

- > 100 PREDEFINED SPORT MODES
- >80 SPORT
- 3,4,5,7 FIELDS & 2/3 COLUMN LISTS
- > 50 VALUES
- SUUNTO APPS COMPATIBILITY LATER*
- SWIMMING WITH HR MEMORY & AUTOINTERVAL
- MULTISPORT COMPATIBILITY
- CYCLING POWER METER WITH BLUETOOTH SMART
- DETAILED ANALYSIS TOOLS FOR TRAINING DATA



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SMART TRAINING INSIGHTS

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TRAINING LOAD, REST& RECOVER, PROGRESS, PLAN FORWARD

Each athlete who wants to do his first marathon or go sub 9h of ironman is facing same principles of training.

First you to need "stress" physically your body with different intensities, durations based on the sport/goals you have. To get the adaption of the training you need to be able to recover from the training and have recovery sessions or rest days. The balance between training and recovery leads to progress. To ensure the right level of balance, you need to do continuous planning. By this work you will start to see long term progress. Progress is usually sport specific. "Am i getting faster in 5km run or has my power output in base intensity for 1h getting better".

This leads into four themes of training load, rest&recovery, progress metrics and plan forward that is base for new tools suunto is introducing in 2016

MONTHLY INSIGHTS ON THE WATCH



WEEK/MONTHLY INSIGHTS ON THE WEB/MOBILE



3 INSIGHTS :
 TRAINING LOAD: 1. totals distance/duration, 2. duration in hr zones
 REST & RECOVER: 3. feeling, 4 rest/recory/active/training days
 PROGRESS: 5. progress values fro each sport

LONG TERM INSIGHTS ANALYSIS ON THE WEB

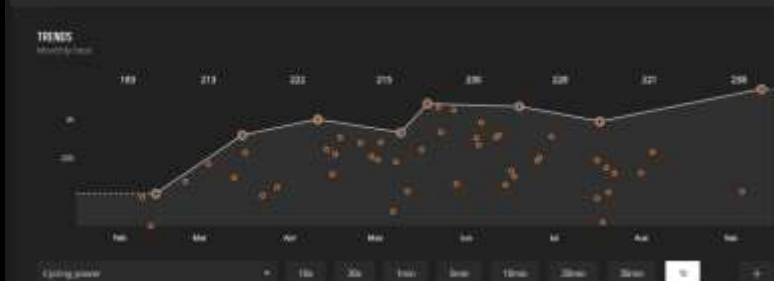
TRAINING LOAD



REST & RECOVER



PROGRESS



TRAINING LOAD

To achieve any kind of progress an athlete needs to do training. The training is combination of multiple training sessions where intensity and duration is varied based on the long term progress goals. The cumulative effect of multiple training session stress the persons body, this is the training load. To understand this better, suunto provides tools and data values to visualise this training load.

TRAINING LOAD

MONTHLY TRAINING TOTALS IN WATCH

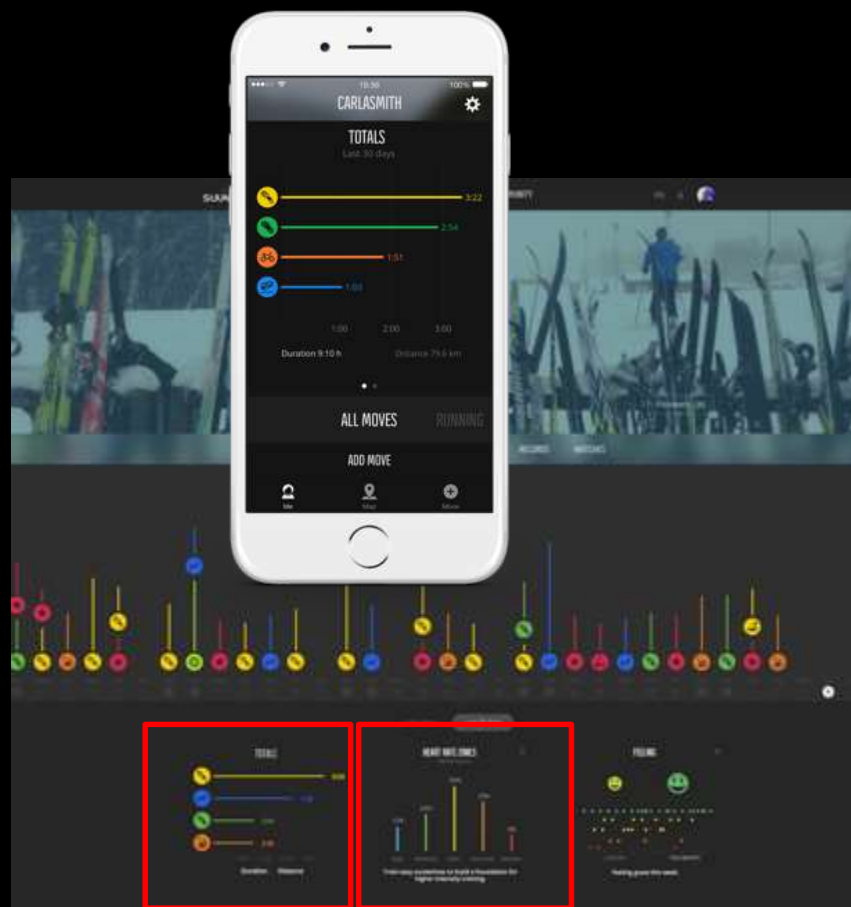
LONG TERM ANALYSIS AND OVERVIEWS IN MOVESCOUNT

TRAINING LOAD TREND GRAPHS

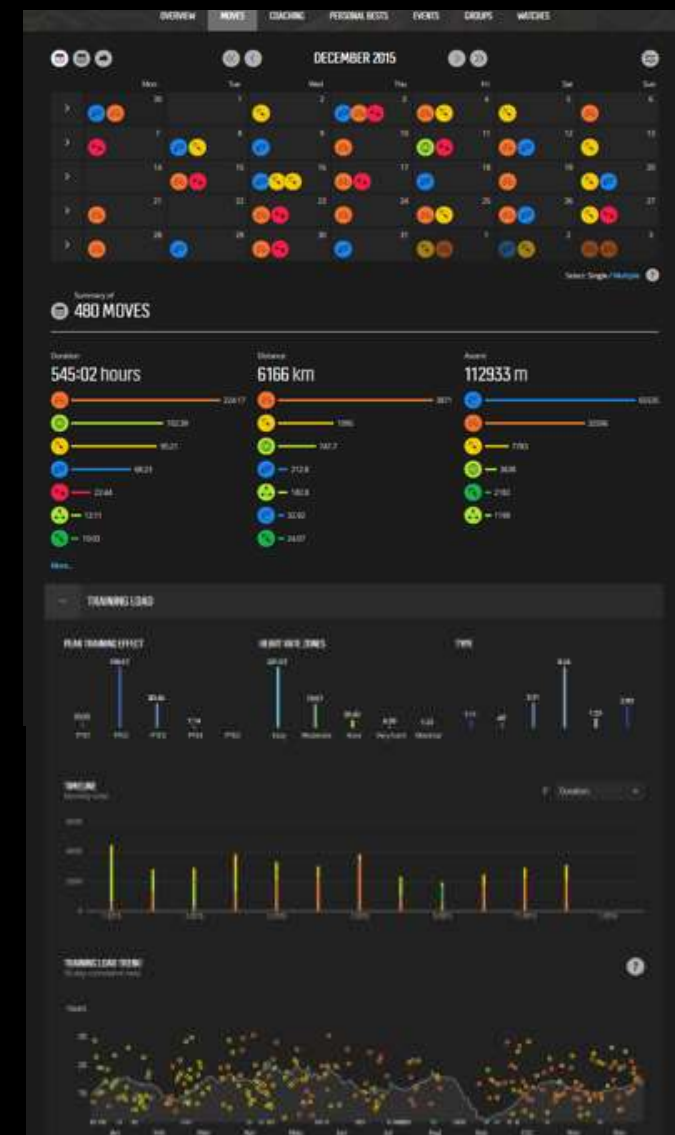
MONTHLY TRAINING TOTALS IN WATCH

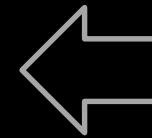


WEEK/MONTHLY TRAINING TOTALS & TRAINING INTENSITY INSIGHTS ON THE OVERVIEW IN MOVESCOUNT & MAIN SCREEN IN MOBILE



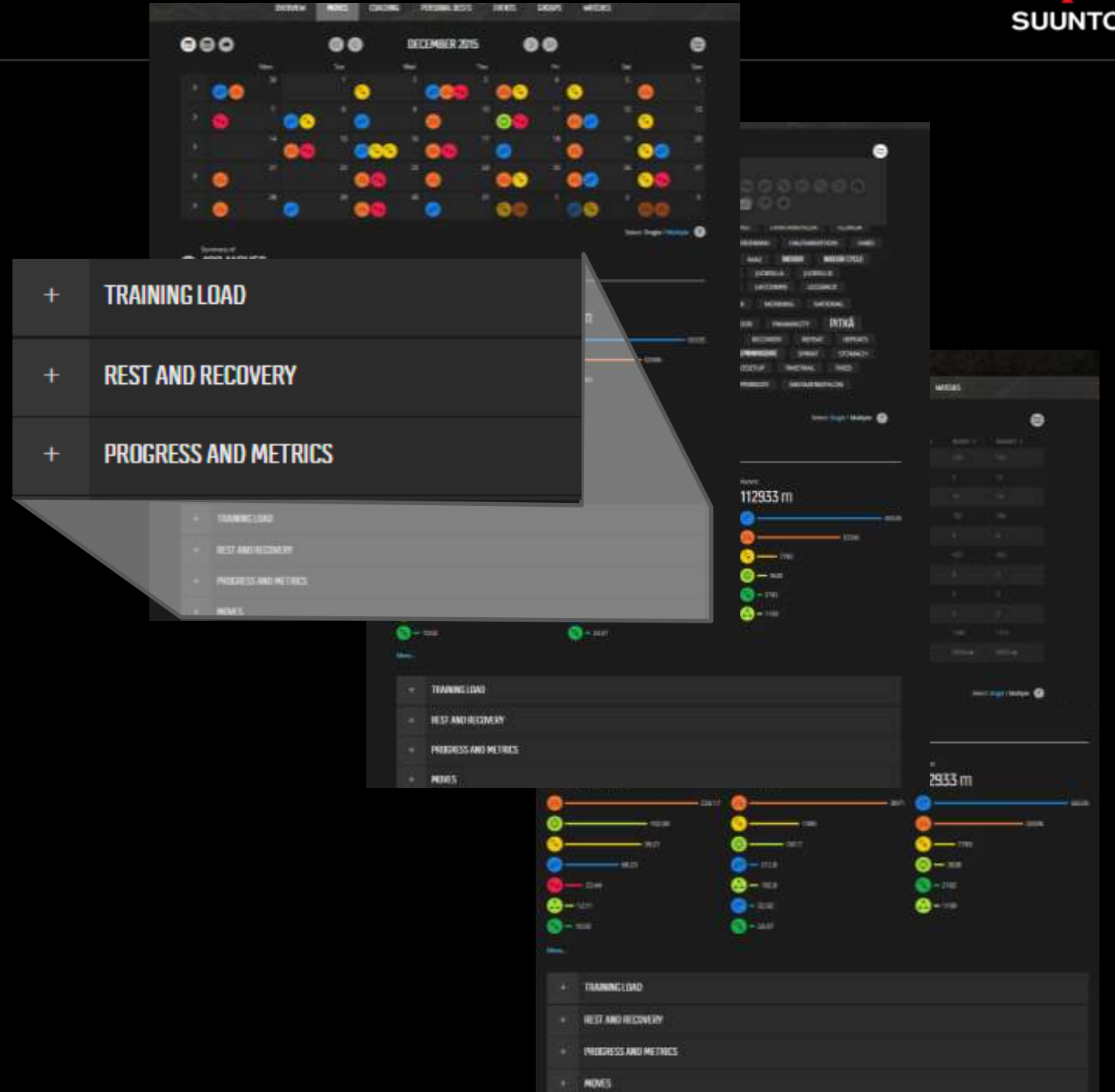
LONG TERM ANALYSIS WITH TRAINING TOTALS & TRAINING LOAD TREND ON THE WEB





DISTANCE / DURATION

**UTILISE CALENDAR, TAG CLOUD AND TABLE TO SELECT
YOU OWN COMBINATION OF MOVES I.E. ALL LONG
RUNNING TRAINING IN 2016**



TRAINING LOAD PROVIDES TOTAL DURATION OF INTENTISITIES BASED ON PEAK TRAINING EFFECT, HEART RATE ZONES

DURATION BY MOVE TYPE I.E. INTERVALS, LONG

TIMELINE WITH DURATION, CALORIES, DISTANCES, AVG POWER

TRAINING LOAD TREND SHOW LONG TERM OVERVIEW OF SELETECT PERIOD. LOAD IS AVERAGE RECOVERY TIME FROM PREVIOUS SEVEN OR 30 DAYS PERIOD. THE TRAINING LOAD TREND GIVES INSIGHT OF THE TOTAL LOAD ATHLETE IS GETTING.

TRAINING LOAD

PEAK TRAINING EFFECT



HEART RATE ZONES



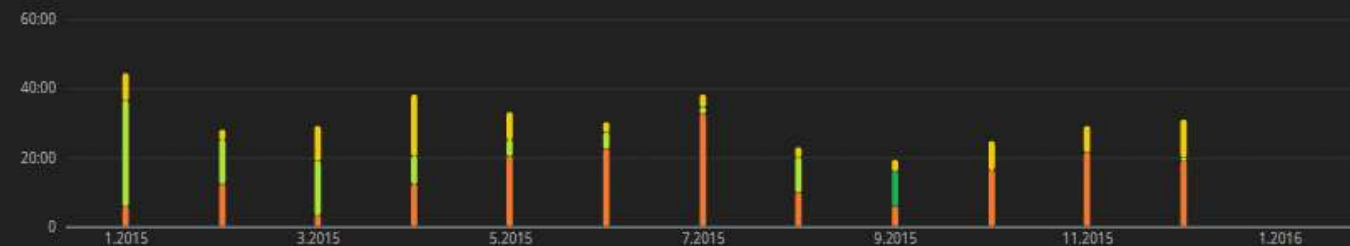
TYPE



TIMELINE

Monthly total

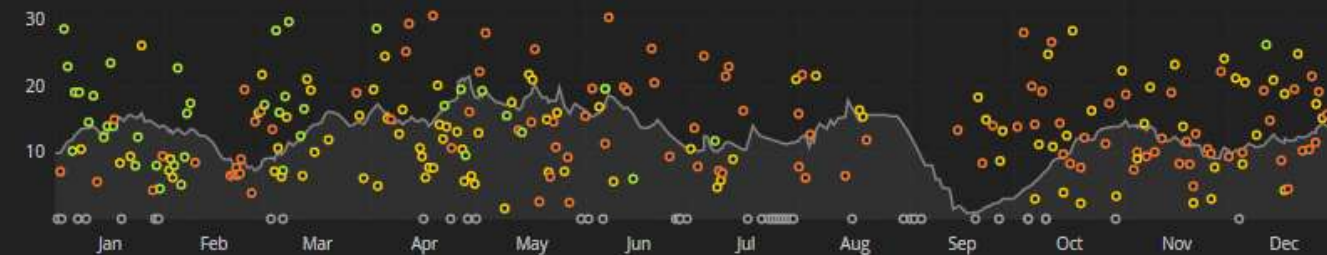
Y: Duration



TRAINING LOAD TREND

30-day cumulative load

hours



SUUNTO

TRAINING LOADS AND DETAILS

- REPORTS FOR MULTIPLE MOVES/SELECTED DAYS/WEEK/MONTH(S)/YEAR(S) AND TAGS
- TOTALS DISTANCE, DURATIONS, ASCENTS BY SPORT
- TOTAL INTENSITY DISTRIBUTION BY HEART RATE ZONES, PEAK TRAINING EFFECTS
- TOTAL DURATION BY MOVE TYPES
- DATA IN TIMELINE FOR POWER, CALORIES, AVG HR, DISTANCE, DURATION, CADENCE, PEAK TRAINING EFFECT
- TRAINING LOAD TRENDS
- MOVE COMPARISON BASED 30 DIFFERENT VALUES



REST & RECOVERY

To get the progress, one needs to recover from all the work. The key for this is to manage the daily stress from work/family life etc. with the stress your training is doing to you. To ensure the right amount of rest&recovery Suunto provides few key tools. Feeling to monitor long term fatigue, tracking of rest/recovery/active/trainig/race days to know if you have invested enough time for recovery as well as ensuring that rest/recovery days are kept and recovery time to estimate how long should you take it easy before training again.

REST & RECOVER

REST & RECOVERY DAYS

FEELING SAVED IN WATCH & WITH LONG TERM FEELINGS TRENDS

REST & RECOVERY DAYS
FROM THE MONTH AND
CURRENT RECOVERY TIME

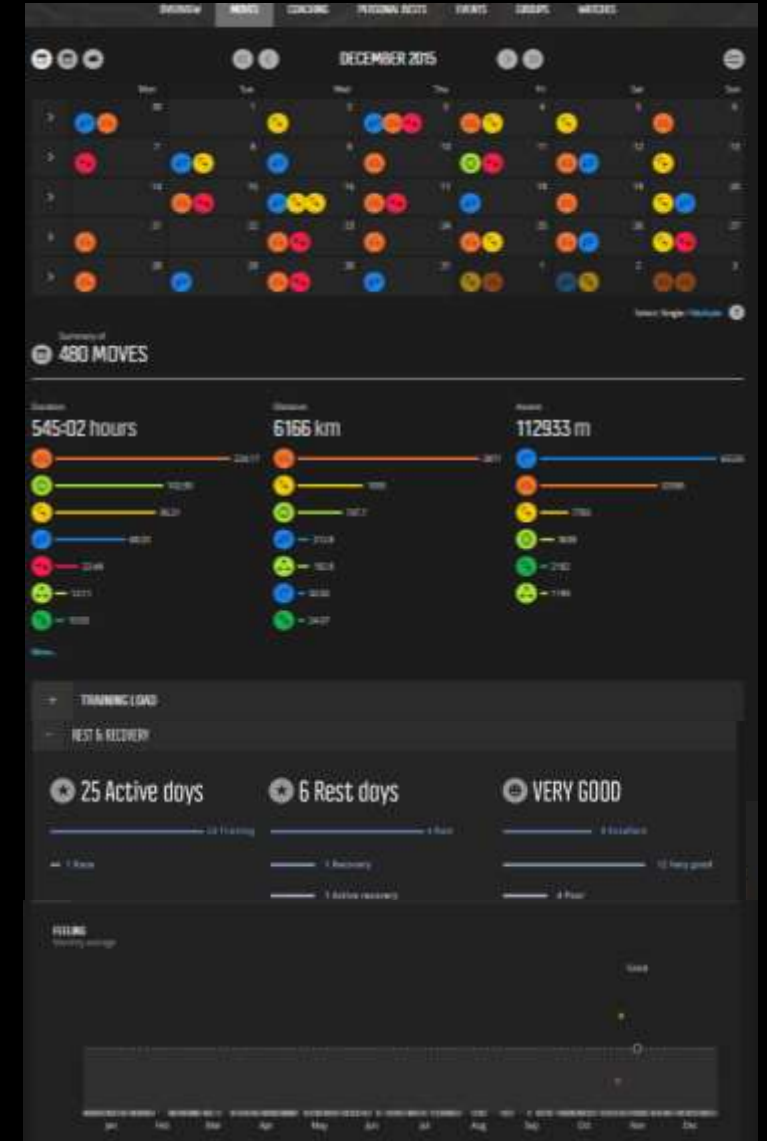
POSSIBILITY TO
ADD FEELING AFTER TRAINING



WEEK/MONTHLY
RECOVERY DAY INSIGHTS AND FEELING
ON THE OVERVIEW IN MOVESCOUNT &
MAIN SCREEN IN MOBILE



LONG TERM ANALYSIS TOOLS
WITH RECOVERY DAYS AND FEELING TRENDS
ON THE WEB



TRACKING THE TYPE OF DAYS PROVIDES AN ATHLETE INSIGHT ON WHAT TYPE OF DAILY BALANCE ONE HAS IN HIS TRAINING, RECOVERY AND OTHER PARTS OF HIS LIFE

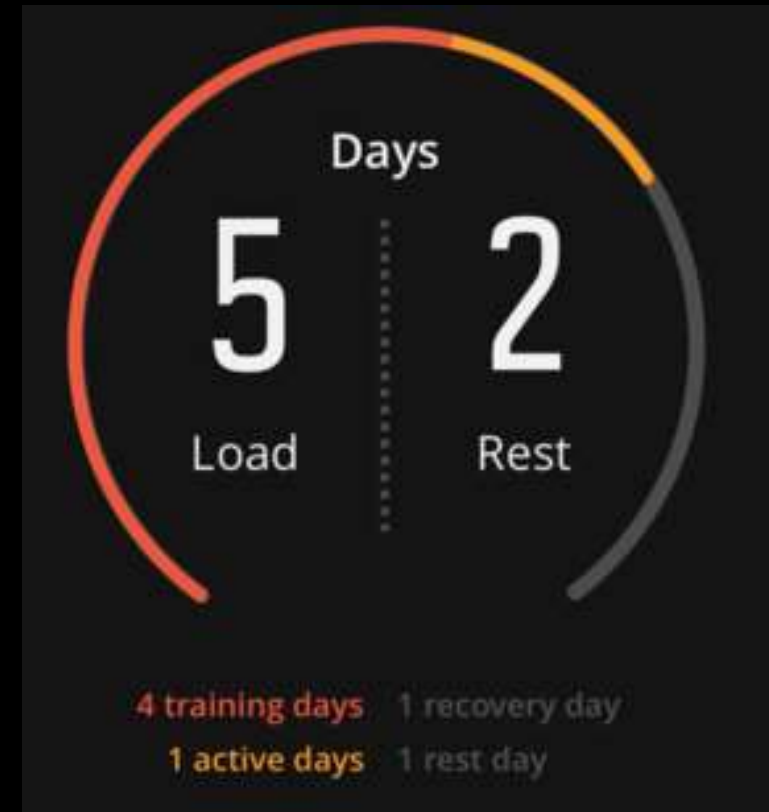
RACE DAY: THIS IS A DAY WHERE ATHLETE HAS HAD A MOVE WHICH TYPE IS RACE

TRAINING DAY: THIS IS A DAY WHERE THERE IS MOVE(S) THAT REQUIRE QUITE A BIT OF ENERGY.

ACTIVE DAY: THIS IS A DAY WHERE THERE IS NO MOVES, BUT BASED ON ACTIVITY MEASUREMENT PERSON HAS USED QUITE A BIT OF ENERGY

RECOVERY DAY: THIS IS A DAY WHERE PERSON HAS DONE EASY MOVE. THIS IS ABOUT ACTIVE RECOVERY. ATHLETES DO THESE TO REACH BETTER RECOVERY. THE ACTIVITY OF THE DAY IS VERY LOW

REST DAY. THIS IS A DAY WHERE THERE IS NO MOVES AND THE ACTIVITY OF THE DAY HAS BEEN VERY LOW

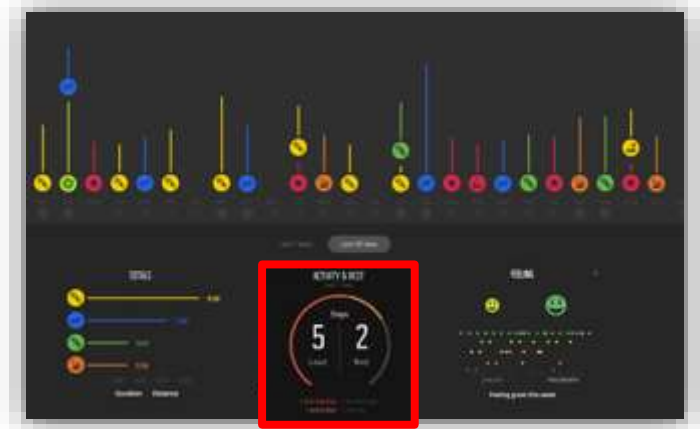


REST & RECOVERY SUMMARY

SUUNTO

REST & RECOVER

- RECOVERY TIME FROM EACH MOVE SHOWN IN WATHC,MOBILE, WEB
- RECOVERY TIME TRACKING ON DAILY BASE ON WATCH
- REST, RECOVERY, ACTIVE, TRAINIG, RACE DAYS IDENTIFIED AND SHOWN ON DAILY BASES
- FEELING STORED FROM EACH MOVE, ANALYSED IN LONG TERM OVERVIEWS



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The purpose of training is usually to achieve progress. Usually progress is monitored by doing tests like cooper run, lactate test, 20min cycling FTP test. Progress can also be looked at doing the run/ride in same pace and compare to heart rate (or same heart rate and compare to speed/power/pace). The testing is usually mentally quite hard and requires bit of effort. Comparison of pace/heart rate requires to do very similar sessions to be able to compare.

Suunto is offering a progress tools to automatically analyse the sport specific key metrics which provide the comparable metrics for each run,ride,swim etc. These are used to showcase progress trends, provide annual personal bests and also to showcase the training insights from group of people who are in same level

PROGRESS

PERSONAL BESTS IDENTIFICATION

PROGRESS TRENDS WITH PERSONAL BESTS METRICS

PERSONAL BEST COMPARISONS

COMMUNITY TRAINING INSIGHT

MONTHLY PERSONAL BESTS COMPARED TO ANNUAL PERSONAL BESTS



WEEK/MONTHLY PERSONAL BEST VS. ANNUAL MOVESCOUNT OVERVIEW & MAIN SCREEN IN MOBILE



PERSONAL BEST TRENDS WITH INTENSITY FILTER ANALYSIS TOOLS ON WEB



ALL TIME & ANNUAL PERSONAL BEST WITH COMPARISON TO OWN AGE GROUP



PERSONAL BEST USED AS GOALS TO PROVIDE TRAINING INSIGHTS



PROGRESS TRENDS ARE OFFERED FOR KEY ENDURANCE SPORTS SUCH AS RUNNING TRAIL RUNNING, CYCLING, SWIMMING, OPEN WATER SWIMMING MOUNTAIN BIKING, TRIATHLON

TRENDS BASED ON 10 METRICS FOR DISTANCE, POWER, ALTITUDE

TRENDS ARE SHOWN WITH GRAPHED WEEKLY/MONTHLY/ANNUAL BEST VALUES

PROGRESS CAN BE ANALYZED IN DIFFERENT INTENSITY LEVELS (HEART RATE) TO FOLLOW THE "PROGRESS IN BASE TRAINING" OR IN "STRESSHOLD TRAINING".

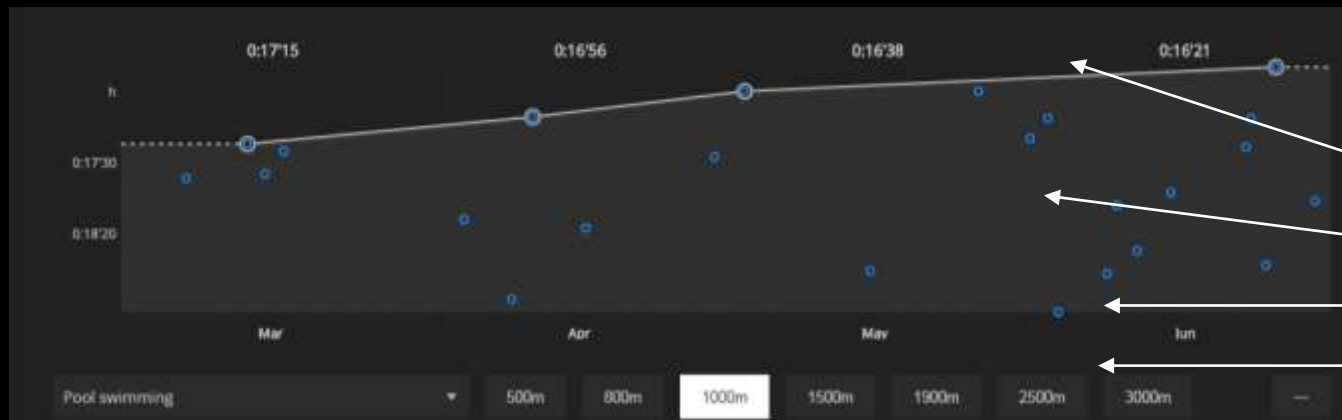




EXAMPLE OF CYCLING 1H POWER PROGRESS OVER PERIOD OF SEVEN MONTHS. THE 1H POWER ALSO KNOWN AS FTP (FUNCTIONAL STRESSSHOLD POWER) IS SOMETHING THAT CYCLIST ARE MONITORING AND TESTING REGULARLY (USUALLY WITH 20MIN ALL OUT TEST)



EXAMPLE OF 15KM BEST TIMES DURING THE 5 YEAR PERIOD. PROGRESSING FROM 1.09 TO 1.02. ITS GOOD TO UNDERSTAND THAT THE INTENSITY OF THESE SESSION HAVE BEEN VERY DIFFERENT TO EACH WHEN FILTERED WITH HEART RATE THE DATA IS MORE COMPARABLE



EXAMPLE OF SWIMMING 1000M PROGRESS OVER PERIOD OF 4 MONTHS.

BEST VALUE ON THE GIVEN PERIOD
INDIVIDUAL MOVES

PERIOD I.E. WEEK/MONTH/YEAR

DISTANCES/ASCENTS/POWER THAT IS BEING LOOKED AT

PERSONAL BESTS ARE SHOWCASED WITH COMPARISON TO YOUR OWN AGE GROUP (MALE / FEMALE <20, 20-25, 25-30, 30-35, 35-40, 40-45, 45-50, 50-55, 55-60, >60)

PERSONAL BESTS FOR THIS YEAR AND ALL TIME ARE SHOWN WITH YOUR PERSONAL BEST, COMPARED TO YOUR AGE GROUP AVERAGE.




INDICATION OF ARE YOU BELONGING TO TOP 5%, TOP 10% WITH INDICATION WHAT WOULD IT REQUIRE TO BE ONE STEP HIGHER. I.E. YOU MIGHT BE IN TOP 20% WHEN RUNNING 10KM IN 50 MINUTES IN YOUR AGE GROUP, BUT RUNNING 2 MINUTES FASTER YOU WOULD BE IN TOP 10%




The screenshot shows the Suunto Movescount website interface. At the top, there's a navigation bar with 'SUUNTO MOVESCOUNT', 'ME', 'MAP', 'COMMUNITY', and a user profile icon with 'suunto.com' and '280 fans'. The main header features a large circular profile picture of JanneKallio, a runner, against a mountain background. Below the picture, the name 'JanneKallio' is displayed, followed by '2257 Moves, Vantaa, Finland' and a list of achievements: 'VANTAA SPRINT - SILVER FINNTRIATHLON VIERUMÄKI - JUNE, AG win FINNTRIATHLON 14.7 FINNISH CHAMPS - SILVER IN AG IRONMAN VICHY 29.8- GOAL: KONA' and a Twitter link 'https://twitter.com/JanneKallio'. A secondary navigation bar includes 'OVERVIEW', 'MOVES', 'COACHING', 'PERSONAL BESTS' (highlighted), 'EVENTS', 'GROUPS', and 'WATCHES'. Below this, there are tabs for 'This year' and 'All time'. The main content area is titled 'RUNNING' and shows a comparison between 'You' and 'Age group' performance across various distances. It includes a 'To reach next level' column with target times.

	You	Age group	To reach next level
1km	0:03:37	0:20:43	You're in the top 10 % Top 5 % - 0:03:24
mile	0:05:53	0:26:48	You're in the top 10 % Top 5 % - 0:05:22
2km	0:07:21	0:31:18	You're in the top 10 % Top 5 % - 0:06:41
3km	0:13:21	0:40:26	You're in the top 20 % Top 10 % - 0:12:29
2miles	0:14:29	0:43:40	You're in the top 20 % Top 10 % - 0:13:25
5km	0:23:18	1:01:40	You're in the top 20 % Top 10 % - 0:20:02

PERSONAL BESTS ARE SHOWN BASED ON WHICH SPORTS YOU DO AND HOW LONG DISTANCE/METRICS YOU HAVE COVERED.

THE METRICS ARE BASED ON SELECTION OF COMMON RACES I.E. 10KM, HALF MARATHON, 1500M SWIM

OVERVIEW MOVES COACHING PERSONAL BESTS EVENTS GROUPS WATCHES				
		This year		All time
 RUNNING	 You	 Age group	To reach next level	
1km	0:03'30	0:10'36	You're in the top 20 %	Top 10 % - 0:03'08
mile	0:05'50	0:14'28	You're in the top 20 %	Top 10 % - 0:05'00
2km	0:07'20	0:15'54	You're in the top 20 %	Top 10 % - 0:06'15
3km	0:11'20	0:21'49	You're in the top 20 %	Top 10 % - 0:09'25
2miles	0:12'10	0:23'18	You're in the top 20 %	Top 10 % - 0:10'08
5km	0:19'30	0:33'27	You're in the top 30 %	Top 20 % - 0:19'11
10km	0:32'08	2:45'27	You're in the top 5 %	Top 1 % - 0:27'54
15km	1:02'30	4:07'24	You're in the top 20 %	Top 10 % - 1:02'20
1/2 Marathon	1:28'00	5:15'14	You're in the top 20 %	Top 10 % - 1:21'35

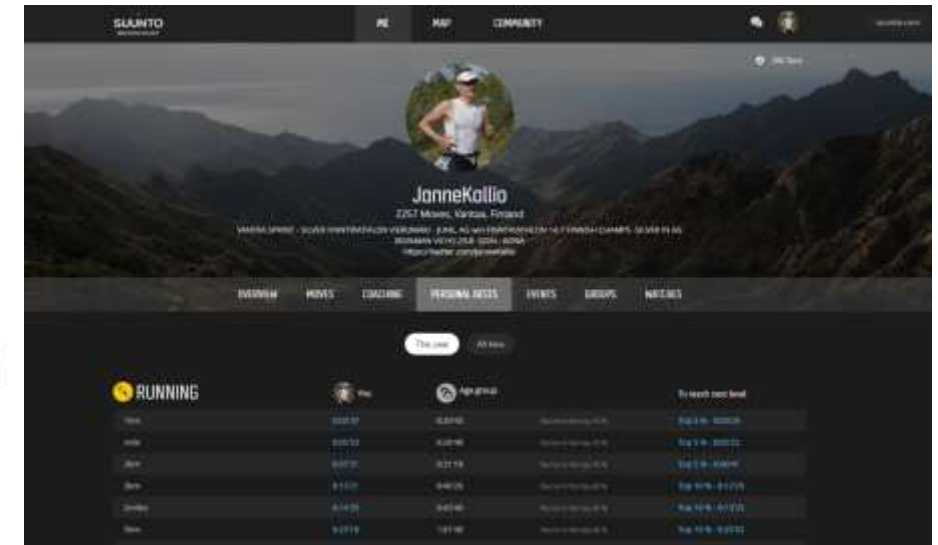
 CYCLING	 You	 Age group	To reach next level	
1km	0:00'56	0:11'07	You're in the top 1 %	Top 1 % - 0:00'59
10km	0:11'58	1:55'26	You're in the top 1 %	Top 1 % - 0:12'49
20km	0:24'59	1:02'28	You're in the top 5 %	Top 1 % - 0:24'19
30km	0:41'56	3:14'32	You're in the top 5 %	Top 1 % - 0:37'22
40km	0:56'35	3:41'42	You're in the top 5 %	Top 1 % - 0:50'00
50km	1:11'39	4:10'39	You're in the top 5 %	Top 1 % - 1:07'38
90km	2:17'10	3:36'39	You're in the top 5 %	Top 1 % - 2:06'22
100km	2:36'36	3:58'47	You're in the top 5 %	Top 1 % - 2:13'52
160km	4:21'27	6:43'36	You're in the top 10 %	Top 5 % - 4:07'20
180km	5:04'39	7:46'35	You're in the top 10 %	Top 5 % - 4:49'50

PROGRESS SUMMARY

SUUNTO

PROGRESS WITH PERSONAL BESTS, PEER GROUP COMPARISONS, COMMUNITY TRAINING INSIGHTS

- PERSONAL BESTS IN 7 SPORTS: RUNNING, TRAIL RUNNING, CYCLING, MOUNTAIN BIKING, SWIMMING, OPENWATER SWIMMING, TRIATHLON
- PERSONAL BESTS BASED ON DISTANCE, POWER, ASCENT
- >100 PERSONAL BESTS METRIC
- LONG TERM PERSONAL BEST TRENDS
- PERSONAL BESTS TREND WITH HEART RATE FILTERS
- ANNUAL & ALL TIME PERSONAL BESTS
- PERSONAL BESTS COMPARISON WITH AGE GROUPS
- PERSONAL BESTS WITH TOP PERCENTILES
- TRAINING INSIGHTS BASED ON BIG DATA
- PERSONAL BESTS BASED ON GIVEN GOAL



PROGRESS BEYOND LOGIC

SUUNTO SPARTAN PROVIDES GREAT TOOLS TO MAKE PROGRESS

How to focus on training – not fixing the gear?

We offer competitive battery life, outdoor-grade color screen, premium materials and ease of use with touch screen.

All sports readily available: 80 sport modes on the watch with a dynamic quick access sport menu.

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SUUNTO SPARTAN

COMMUNITY POWERED PROGRESS: PEER GROUP TRAINING INSIGHTS

COMMUNITY POWERED PROGRESS

The world of sports is full of opinions. Full of ideas. To provide real facts Suunto is publishing statistics on how people currently train to achieve their goals. What type of training one is doing to do sub 3h maraton or reaching 300watts for 20minutes? What kind of volumes and intensities? How fast should you be able to do olympic distance triathlon if you are aiming to do ironman in 11hours?

By the big data analysis from over 100 000 000 moves tracked with Suunto devices we are able to provide this anonymous insight back to the endurance athletes.

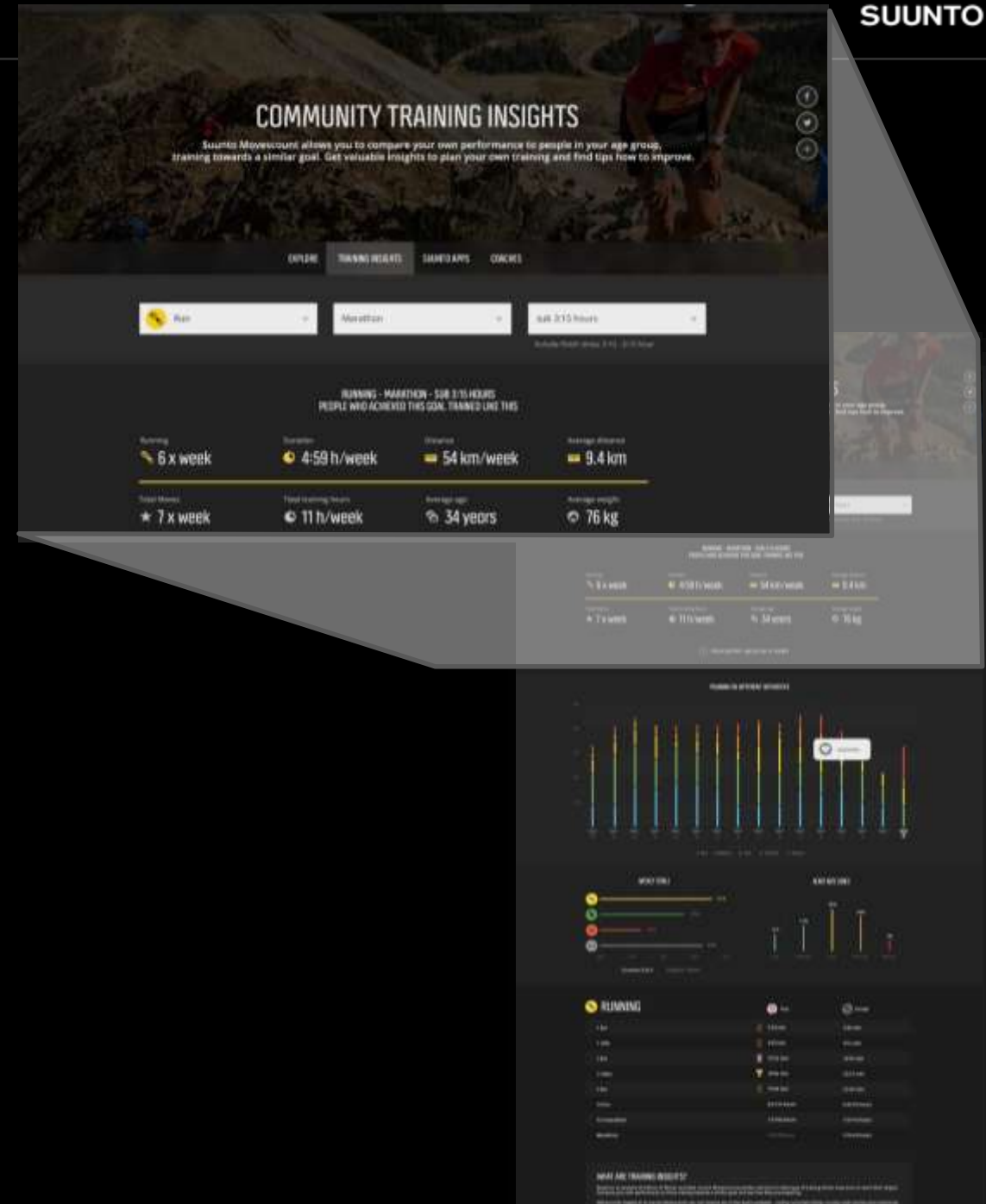
Real facts, not opinions or fiction. Real people, real data.

COMMUNITY TRAINING INSIGHTS IS A PAGE AVAILABLE FOR PUBLIC.

THE DATA IS ANONYMOUS WHICH IS SHOWCASED BASED ON SEVERAL THOUSANDS OF MOVES WITH LARGE NUMBER OF ATHLETES.

THE TRAINING DATA IS BASED ON 15 WEEKS OF TRAINING PRIOR OF REACHING THE GOAL.

THE PAGE ALSO SHOWS THE OTHER PERSONAL BEST METRICS FROM GROUP WHICH HAS ACHIEVED THE GOAL



VISITOR OF THE SITE CAN SELECT ANY OF THE KEY ENDURANCE SPORTS THAT HAS BEEN ANALYSED WITH THE PERSONAL BESTS I.E. SWIMMING, CYCLING, TRAIL RUNNING

EACH SPORT CAN BE SELECTED WITH THE WHOLE RANGE OF GOALS I.E 20MIN OR 1H POWER

FOR GIVEN SPORT ONE CAN SELECT THE GOAL HE INTERESTED TO ACHIEVE I.E. SUB 3H MARATHON



FALL 2016

THE TRAINING DATA SHOWS THE KEY VALUES FOR GIVEN SPORTS I.E. MARATHON 3H GOAL WOULD BE SHOWN WITH RUNNING DISTANCE, DURATIONS

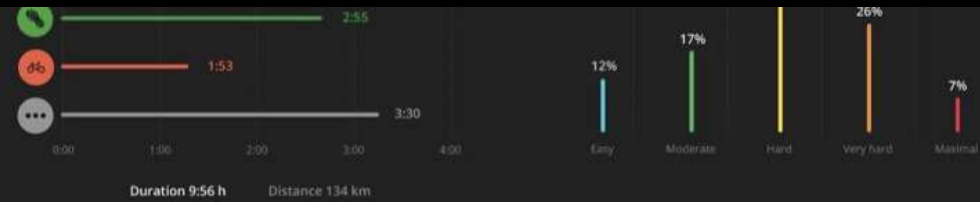
THERE IS ADDITIONALLY OVERALL TRAINING INFORMATION WITH TRAINING FREQUENCY AND VOLUME IN A WEEK

THERE IS THE 15 WEEK PERIOD VOLUME, INTENSITY DISTRIBUTION AND SPORTS DISTRIBUTION SHOWN



KEY INSIGHT FOR ANY GOAL IS TO UNDERSTAND HOW FAST/GOOD YOU NEED TO BE IN OTHER DISTANCES/TARGET.

FOR EXAMPLE THE RUNNERS HOW HAVE DONE MARATHON IN 3 HOURS 15MINUTES HAVE BEEN ABLE TO RUN 10KM IN 42MINUTES



RUNNING

You

Group

1 km	3'30 min	3'40 min
1 mile	4'50 min	4'55 min
3 km	10'23 min	10'45 min
3 miles	18'46 min	20'23 min
5 km	19'50 min	23:45 min
10 km	0:41'23 hours	0:42'23 hours
1/2 marathon	1:37'00 hours	1:37'23 hours
Marathon	3:23'30 hours	3:15'23 hours

WHAT ARE TRAINING INSIGHTS?

Based on an analysis of millions of Moves recorded, Suunto Movescount provides real facts on what type of training others have done to reach their targets. Compare your own performance to those training towards a similar goal, and see how they are preparing.

Without even logging in to Suunto Movescount, you can browse any of the sports available – cycling, mountain biking, running, trail running, pool swimming, open-water swimming and triathlon – select a metric for that sport (such as half marathon, sprint distance triathlon or a 10 km bike ride) and the goal such as sub 4-hour marathon or 10 km bike ride under 15 minutes.

As a result, you will see how athletes who have reached that goal have been training 15 weeks prior to the achievement. See for example, how many hours per week they have trained, which sports they have done, their total training durations and the spread of their training intensities towards the achievement.

PEER GROUP TRAINING INSIGHTS SUMMARY

SUUNTO

PEER GROUP TRAINING INSIGHTS

- ATHLETE CAN FIND VARIOUS GOALS AND UNDERSTAND HOW PEOPLE HAVE BEEN TRAINING DURING 15 WEEKS TO ACHIEVE THIS GOAL
- SPORTS THAT CAN BE GIVE INSIGHTS ARE: RUNNING, CYCLING, SWIMMING, TRAIL RUNNING, OPENWATER SWIMMING, MOUNTAINBIKING, TRIATHLON
- EACH SPORT HAS 10 OR 20 METRICS THAT CAN BE SEARCH WITH GIVEN GOAL
- FOR GIVEN GOAL ATHLETE IS ABLE TO FIND OUT HOW FAST/GOOD THEY NEEDS TO BE IN OTHER DISTANCES COMPARED THE ONE THEY ARE LOOKING AT



PROGRESS BEYOND LOGIC

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SUUNTO SPARTAN

COMMUNITY POWERED PROGRESS: COACHES

COACHES

To reach progress one needs to have guidance how to balance the training with other aspects of life, what is the right mix of intensity and duration and how to ensure that there is enough recovery. Each athlete has their own personal needs which don't fit into any standard. Many times people are also blind on what they do, what are the errors, where are the bottlenecks.

Coach role is to look outside in. To bring the knowledge and supervise that athlete is doing the things right and doing the right things. Big proportion of Ambit owners have already today a personal trainer or coach.

By providing a possibility for Suunto Movescount members to be a coach, we provide a possibility for people to help each other.

**Janne Kallio**

2261 Moves, Vantaa, Finland

VANTAA SPRINT - SILVER FINNTRIATHLON VIERUMÄKI - JUNE, AG win FINNTRIATHLON 14.7 FINNISH CHAMPS - SILVER
IRONMAN VICHY 29.8- GOAL: KONA
<https://twitter.com/JanneKallio>

SETTINGS

Profile
Body metrics
Coaching
Movescount settings
Other sport services
Social media
Connections
WATCHES
MYSUUNTO
LOGOUT

OVERVIEW

MOVES

COACHING

PERSONAL BESTS

EVENTS

GROUPS

WATCHES

MOVESCOUNT SETTINGS

These are Movescount settings. Here you can set your privacy level, select the units, enable connections to websites such as Flickr and Youtube, and give health researchers access to your anonymous data.

Go to watch settings

+ PROFILE

+ BODY METRICS

- COACHING

Suunto is offering a service, [Suunto Coaches](#) for personal trainers, athletes, coaches and teams to find each other, communicate and use a complete set of tools for planning, analyzing and following progress of an individuals or groups progress. On this settings page you can manage your coaches or clients

Edit my coaching profile

Quit coaching

+ MY CLIENTS

Total 1

MEMBER CAN
START AS A COACH IN
MOVESCOUNT
SETTINGS



281 fans

Janne Kallio

2240 Moves, Vantaa, Finland

VANTAA SPRINT - SILVER FINNTRIATHLON VIERUMÄKI - JUNE, AG win FINNTRIATHLON 14.7 FINNISH CHAMPS - SILVER IN AG
IRONMAN VICHY 29.8- GOAL: KONA
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OVERVIEW

COACHING

Last 30 days

★ 0 Moves

Duration

🕒 0:00 h

Distance

📏 0.00 km

Calories

🔥 0 kcal



ACTIVITY FEED

Add a comment to this user here...

Post

0/500 characters used



You @ icegolf's 0:01'01 Golf Move
aiika hyvä golfii move

2 week(s) ago



You
RUNNING 0:01'00 hours

21.3.2016

THE MEMBERS
COACH ROLE IS
SHOWN AS
PART OF THE HIS
PUBLIC PROFILE



281 fans

JanneKallio

2240 Moves, Vantaa, Finland

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OVERVIEW

COACHING

COACHING THESE ACTIVITIES



CYCLING



MOUNTAIN BIKING



POOL SWIMMING



RUNNING



WEIGHT TRAINING



TRIATHLON

BACKGROUND

I'm have a long background of helping athletes to reach their goals in marathon running, long distance triathlon as well as other endurance sports. I have a history of professional triathlon since 1998. I was racing in ITU as well as in Ironman circuit. My best achievements have been winning 3 Ironman races as well as being in top 10 in hawaii Ironman 3 times.

SERVICES

I can help you on daily bases, shoot technique on video, provide best of the breed strength training workouts.

SPECIALTIES

best guy in th world, hire me now!

PRICING

500€ / hour, 1000€ for two

WEBSITE

<http://www.mycoachwebsite.com>

LOCATION

Vantaa, Finland

LANGUAGES:

English, suomi, русский, polski, norsk (bokmål)

BOOKING

Currently coaching 1 clients

[Request coaching](#)

COACH DETAILS
SUCH AS SPORTS
HE IS COACHING,
THE LANGUAGES,
LOCATION ARE
SHOWN AS
PART OF THE
PERSONS PUBLIC
PROFILE



281 fans

JanneKallio

2240 Moves, Vantaa, Finland

CONTACT JanneKallio

After you contact the coach, the coach can send you a request to start coaching you.

would you start to coach me?

Cancel

Send message

SPECIALTIES

best guy in th world, hire me now!

PRICING

500€ / hour, 1000€ for two

WEBSITE

<http://www.mycoachwebsite.com>

PRIVATE OR PUBLIC
MEMBER CAN
CONTACT THE
COACH FOR
REQUEST OF START
COACHING THE
MEMBER

NOTE: COACH
CANNOT SPAM
MEMBERS!



282 fans



JanneKallio

2261 Moves, Vantaa, Finland

VANTAA SPRINT - SILVER FINNTRIATHLON VIERUMÄKI - JUNE, AG win FINNTRIATHLON 14.7 FINNISH CHAMPS -SILVER IN AG
IRONMAN VICHY 29.8- GOAL: KONA
<https://twitter.com/jannekallio>

OVERVIEW

MOVES

COACHING

PERSONAL BESTS

EVENTS

GROUPS

WATCHES

My Clients

My Profile



YOU HAVE NO CLIENTS YET

Once you start coaching someone, the client appears on this page. You can see all your clients' latest Moves, follow their progress and add new Moves to their training plan.

COACH HAS HIS
MEMBERS
SHOW ON HIS "ME"
AREA



TEEMUM



TEEMUM

Hei valmentaja Kallio, täällä kontakti teemu.
viestikenttä tuli ainakin mulle näkyville heti requestin lähetyksen jälkeen



NKARIVALD

Vantaa, Finland

Start coaching

JanneKallio

2261 Moves, Vantaa, Finland

VANTAA SPRINT - SILVER FINNTRIATHLON VIERUMÄKI - JUNE, AG win FINNTRIATHLON 14.7 FINNISH CHAMPS -SILVER IN AG
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OVERVIEW

MOVES

COACHING

PERSONAL BESTS

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My Clients

My Profile

G

YOU HAVE NO CLIENTS YET

Once you start coaching someone, the client appears on this page. You can see all your clients' latest Moves, follow their progress and add new Moves to their training plan.

COACH GETS THE
REQUEST AND
CAN DENY OR ACCEPT
THE THE COACHING



TEEMUM



TEEMUM

Hei valmentaja Kallio, täällä kontakti teemu.
viestikenttä tuli ainakin mulle näkyville heti requestin lähetyksen jälkeen



NKARIVALO

Vantaa, Finland



MICKEMICKE

Bad Mündel, Germany



YOU ARE NOW COACHING TEEMUM

<https://twitter.com/JanneKallio>

OVERVIEW

MOVES

COACHING

PERSONAL BESTS

EVENTS

GROUPS

WATCHES



TEEMUM

Last sync: 27.6.2016 12:21:43



Teemu is leaving to his vacation on 28.6. No training for few weeks.



27.6.2016

0:00'02.7

0.00 km



22.6.2016

1:34'31

11.50 km

7.3 km/h



21.6.2016

0:30'04.4

10.94 km

21.8 km/h



21.6.2016

0:29'46.3

0.00 km



21.6.2016

0:27'36.8

11.14 km

24.2 km/h

[See all Moves](#)

CLIENTS LISTED WITH
SHORT OVERVIEW AND
POSSIBILITY TO ADD
PERSONAL NOTES
ABOUT CLIENTS

COACH AND HIS
COACHED MEMBERS
HAVE THE **DIRECT
COMMUNICATION** WITH
EACH OTHER

ONE MEMBERS CAN
HAVE MANY COACHES

ONE COACH CAN HAVE
MANY MEMBERS TO
COACH



< BACK TO MY CLIENTS

YOU ARE COACHING THIS USER

138 fans



teemum

3224 Moves

Sometimes the path you're on is not as important as the direction you're heading. ~Kevin Smith

INDICATION THAT COACH IS
LOOKING AT THE CLIENT

COACH CAN VIEW THE
MEMBER HE IS COACHING
DATA. USE ALL THE
ANALYSIS **TOOLS**, ADD
DETAILS TO MOVES AS
WELL AS DO THE
PLANNING FOR THE
CLIENT



JUNE 2016

Summary of
29 MOVESDuration
23:39 hoursDistance
204.1 km

NEW PLANNED MOVE

Unspecified sport

Type

Easy

0-23 h

0-59 min

0-999 km



< BACK TO MY CLIENTS

YOU ARE COACHING THIS USER

138 fans



teemum

3224 Moves

Sometimes the path you're on is not as important as the direction you're heading. ~Kevin Smith

INDICATION THAT COACH IS
LOOKING AT THE CLIENTCOACH CAN DO THE
PLANNING EFFICIENTLY
WITH THE WEEK
PLANNING TOOL

JUNE 2016



< This week >

Me

12.5 Monday

13.5 Tuesday



Running



Easy



1 h

45 min

22 km

Interval



I like to run fast and lorem ipsum

...

14.5 Wednesday

Add activity



15.5 Thursday

Add activity



16.5 Friday



Cycling



Hard



2 h

00 min

68 km

Race



Add description...

...



Pool swimming



Easy



0 h

45 min

8 km

Interval



Add description...

...

17.5 Saturday

Add activity



18.5 Sunday

Add activity



Cancel

Save



Plan

Interval training

Moderate
2km warmup
8x 7km 4'10 /km
2km cooldown

Plan



Plan



**PLANS ARE SYNCHED
TO SPARTAN, AMBIT
FAMILY AND M-SERIES
PRODUCTS**

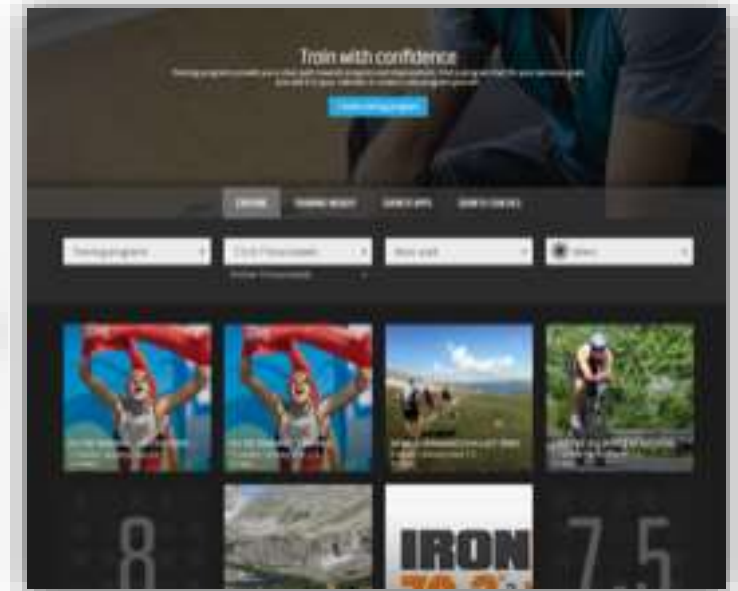
”CLIENT CAN START
FOLLOW WHAT THE
WATCH SAYS.. THERE IS
REAL PERSON HELPING
TO GET THE
PROGRESS”

COACHES SUMMARY

SUUNTO

PLANNING AND COACHES

- ATHLETE AND COACH CAN CREATE DIRECT RELATIONSHIP. NOT DEPENDENT OF OTHER PRIVACY SETTINGS (I.E. PRIVATE MEMBER CAN BE COACHED)
- COACH CAN MONITOR EACH TRAINING SESSION, USE THE ANALYSIS & REPORTING TOOLS.
- PLAN TRAINING FOR AN ATHLETE.
- COMMUNICATE PRIVATELY WITH ATHLETE
- PLANNING WITH DAILY AND WEEKLY TRAINING PROGRAM PLANNER
- > 15 000 PROGRAMS FROM THE COMMUNITY



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SUUNTO SPARTAN

COMMUNITY POWERED PROGRESS: DISCOVER WITH HEATMAPS

DISCOVER WITH HEATMAPS

The key need for any athlete is to find best places to run, ride or swim. In new places such as in travelling this is quite difficult to do, but even close to home there is many times new trails waiting to be found or new beaches to surf.

Suunto is offering a rich set of maps which have been designed for outdoor sports. The unique characteristic of these maps is that one can view the maps with sport specific heatmaps. The more people have been running in a trail more heat will be on that trail. This is unique in the industry as the heatmaps are offered for sports such as surfing, open water swimming, triathlon, cross country skiing

When the maps are being used to desing best routes to navigate they provide unique toolset with the navigation features in Suunto watches.





Running



Moves

Routes

POI

Heatmap



RIO



339 km

Mapbox



Dark map





Surf and beach



Moves

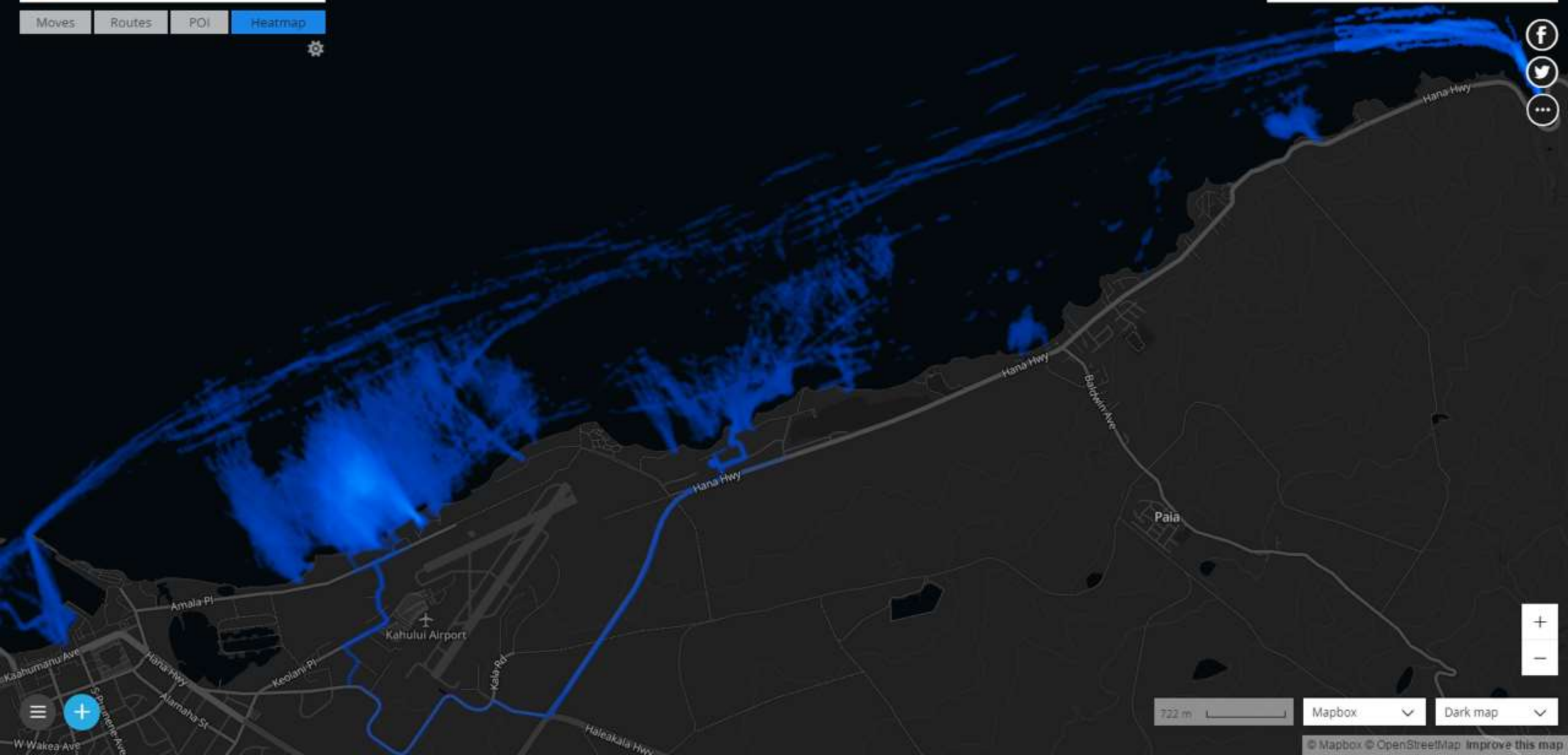
Routes

POI

Heatmap



HAWAII



722 m

Mapbox

Dark map



Triathlon



Moves

Routes

POI

Heatmap

Old Kona Airport
State Recreation
Area



HAWAII



257 m

Mapbox



Dark map





Mountaineering



Moves

Routes

POI

Heatmap

KILIMANJARO



Kilimanjaro
5895m

5400 m

4600 m

4800 m

4600 m

4700 m

4400 m

4200 m



386 m

Mapbox



Terrain map





Swimming

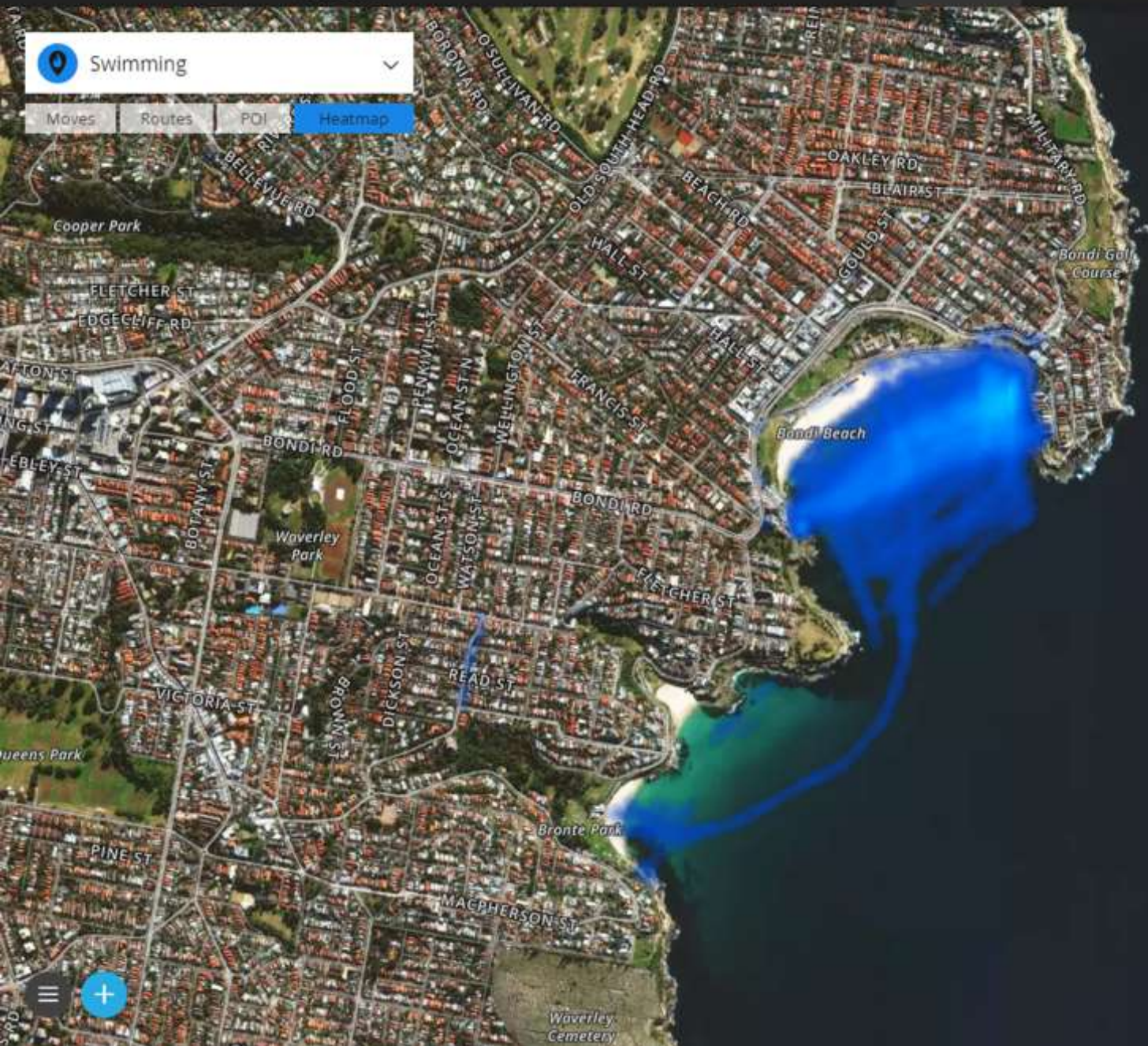
Moves

Routes

POI

Heatmap

SYDNEY



321 m

Mapbox

Satellite map



All paddling

Moves

Routes

POI

Heatmap

Rio de Janeiro

RIO



Andaraí

Alto da Boa Vista

Jardim Botânico

Gávea

Botafogo

Copacabana

Flamengo

Glória

Urca

Boa Viagem

Charitas

São Francisco

Cajubá



1 km

Mapbox

Satellite map



Cycling



Moves

Routes

POI

Heatmap



Search location



5 km



Mapbox



Dark map





Cycling



Moves

Routes

POI

Heatmap



NEW ROUTE

NAME

🚲 Pollença-Escorca

336 route point(s)

Distance	Ascent	Descent
22.8 km	736 m	205 m

m

500

0

10

20

[Description](#)[Website](#)☐ Use with my Suunto Ambit3 Vertical☐ Use with my Suunto Ambit3 Vertical☐ Use with my Suunto Ambit3 Peak

Cancel

Save

Search location



Pollença

Alcúdia

Puig Major, 1436m

Sa Pobla

Parc Natural de
s'Albufera

Muro

2 km

Mapbox

Dark map

Follow roads cycling

Undo

Close route

Simplify

Clear route



Cycling



Moves

Routes

POI

Heatmap



NEW ROUTE

NAME

Pollença-Selva

603 route point(s)

Distance

30.4 km

Ascent

1054 m

Descent

652 m

m

500

0

10

20

30

[Description](#)[Website](#)

Use with my Suunto Ambit3 Vertical



Use with my Suunto Ambit3 Vertical



Use with my Suunto Ambit3 Peak

Cancel

Save

Search location



Pollença

Alcúdia

Puig Major, 1436m

Parc Natural de
s'Albufera

Sa Pobla

Muro

2 km

Mapbox

Dark map

Follow roads cycling

Undo

Close route

Simplify

Clear route



Cycling



Moves

Routes

POI

Heatmap



NEW ROUTE

NAME

🚲 Pollença

968 route point(s)

Distance

47.2 km

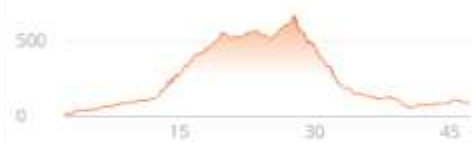
Ascent

1208 m

Descent

1138 m

m

[Description](#)[Website](#)☐ Use with my Suunto Ambit3 Vertical☐ Use with my Suunto Ambit3 Vertical☐ Use with my Suunto Ambit3 Peak

Cancel

Save

Search location



2 km

Mapbox

Dark map

Follow roads cycling

Undo

Close route

Simplify

Clear route



SUUNTO

MAPS, HEATMAPS, PLANNING, NAVIGATION

- HEATMAPS BASED ON 15 SPORTS
- GLOBAL HEATMAPS
- OUTDOOR DESIGNED MAPS WITH TOPOGRAPHY AND TRAILS. SATELLITE, TERRAIN MAPS BASED ON MAPBOX AND GOOGLE
- PLAN ROUTES BY FOLLOW ROADS BY WALKING, CYCLING, RIDING, CLOSE ROUTE, PLANNING WITH ALTITUDE
- ROUTES TO TAKE USE FROM COMMUNITY
- ROUTES TO IMPORT IN KML & GPX FORMAT
- ROUTE NAVIGATION, COMPASS, BREADCRUMPS



JUNE/JULY	AUGUST 2016	FALL 2016	DURING Q4/2016
SPORTS EXPERTISE	Speed/distance with GPS and Footpod Activity monitoring with daily steps, calories Heart rate, Peak Training effect, Calories 100 predefined modes in watch 3,4,5,7 fields, 2&3 column tables displays Multisport support Cycling power BLE and bike POD support Swimming features HR memory for swimming, teamsports	Activity history Customized modes by user New visual display types Swimming details such as strokes	COMMUNICATED LATER PHASE
SMART TRAINING INSIGHTS	Training details, logbook, rich summary Recovery time	Feeling saved in watch Rest & recovery & active & training days Personal Bests monitoring and overviews Weekly plans	
PEER GROUP INSIGHTS & COACHING		Personal best peer group comparisons Community training insights Connect with coaches to guide training	
DISCOVER			
Online Heatmaps with route planning online [live since june]	Navigation with routes, breadcrumb, compass		