



Importing SESSIONS or PATHS
from Garmin Training Center

(Version 10/2014)

INTRODUCTION

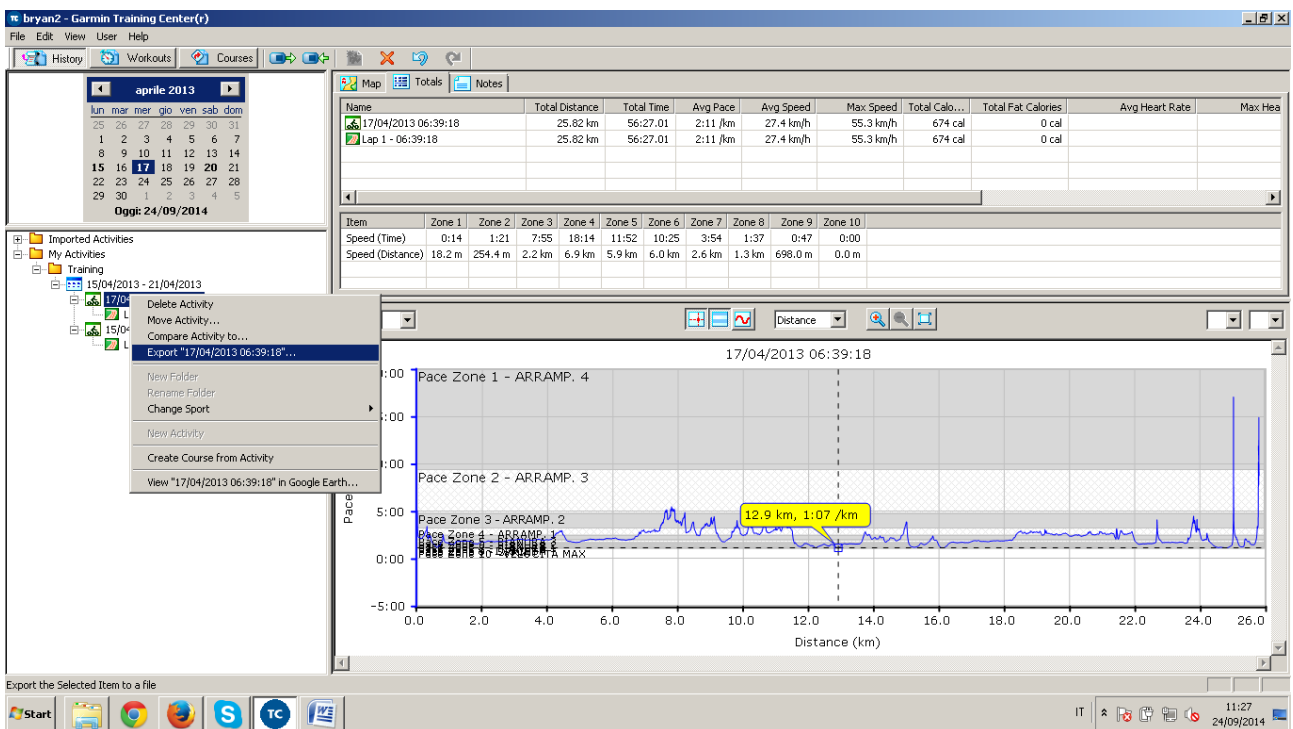
This guide is intended to briefly show how to export and reuse data coming from a session recorded with Garmin devices, and available inside of **Garmin Training Center**.

Measurements collected during such a training will be exported with a standard file format, to be later imported to the database of SportPlusHealth (www.sportplushealth.com) as a common session, or a path.

PROCEDURE

Below there is a list of steps to be followed, in order to correctly import the data:

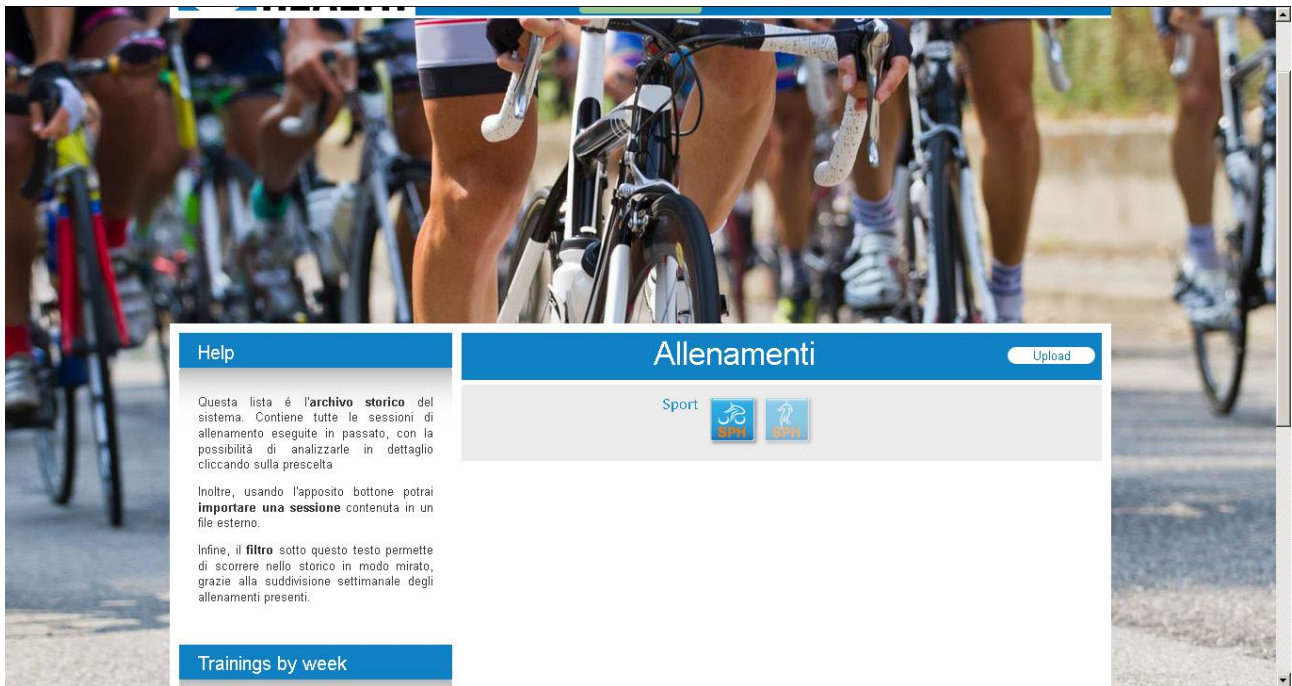
1) Open Garmin Training Center application. Once you choose the training to be exported, right-click over it and select **Export**.



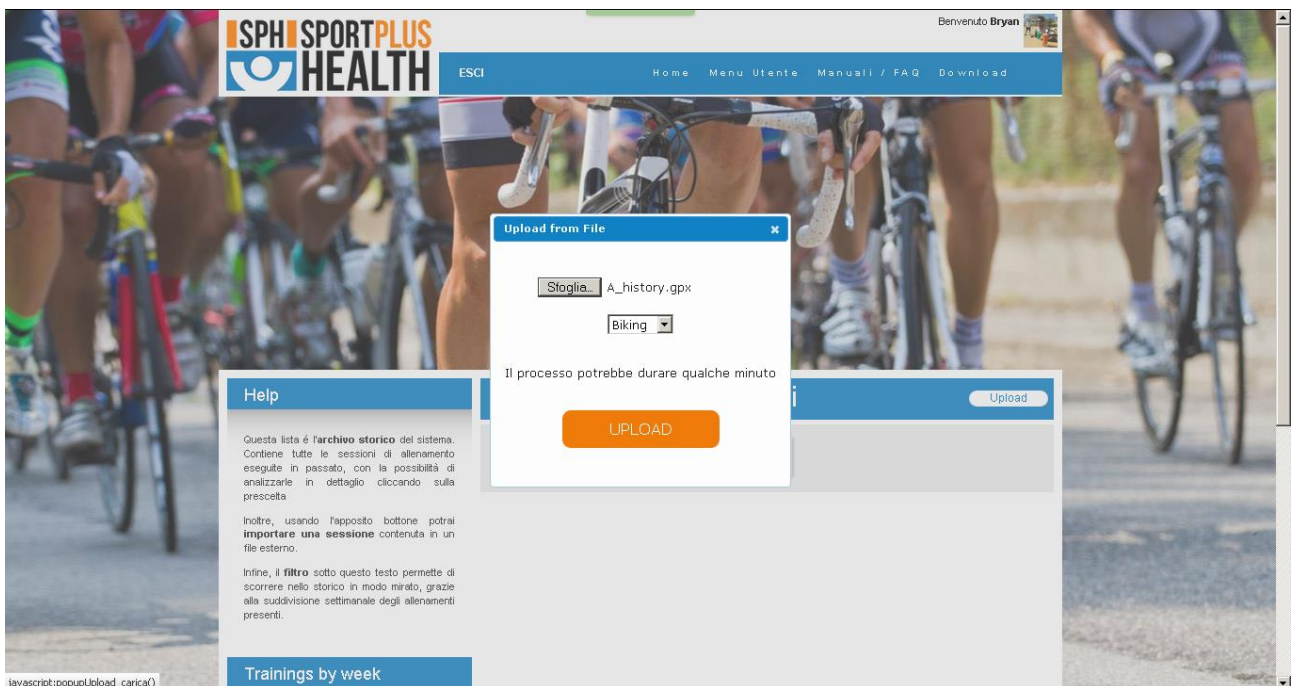
2) You must specify the file format to export the data. For the correctness of the procedure the choice between **.gpx** and **.tcx** is absolutely not important.

3) You now have to import. To do this you need to open, using a common browser, the specific page on the SportPlusHealth website. The direct address is (you may be prompted for login credentials): www.sportplushealth.com/sport/training for trainings or www.sportplushealth.com/sport/path for paths .

4) Whatever is the chosen page in the previous step, clicking over **Upload** in the title bar you will enter the page for importing.



5) In the popup opening at this point, please indicate the file that was previously exported from Garmin Training Center and confirm by clicking on the **UPLOAD** button.



6) At this point the new training, or the new path, has been properly imported and will also be accessible on the app at the next synchronization.