SRM Powermeter
User Guide

Initial Set-up

- Press mode on the powercontrol 7 (PC 7) to turn on

- Turn the pedals a few times to activate the SRM powercranks

Automatic Zero Offset

- Press 'Mode' and 'Set' at the same time
- The zero offset screen will appear
- To toggle between manual zero and automatic zero press the 'Pro' button until 'Auto' appears at the top of the screen
- Turn the pedals forwards a few times and leave in a horizontal position and let go of them
- Wait for the zero offset (shown as 455 in the image below) to stabilise for 5 seconds, then press 'Set'
- Press 'Mode' to continue to altitude calibration

Actual zero offset

New zero offset accepted

Altitude Calibration

- After pressing mode following the completion of the automatic zero offset will bring you to the altitude screen

- Exeter is 46m (150ft) above sea level so use the 'Pro' button to increase and the 'Set' button to decrease the value shown on screen

Collecting Data

- Data starts collecting about 5 seconds after you start pedalling (backwards or forwards)

- Press 'Mode' to switch between the real-time, average training and maximum training menus.

- Alternatively you can create an interval by pressing the 'Set' button, a blinking stop watch will appear on the left hand side of the screen. Press 'Set' again to stop
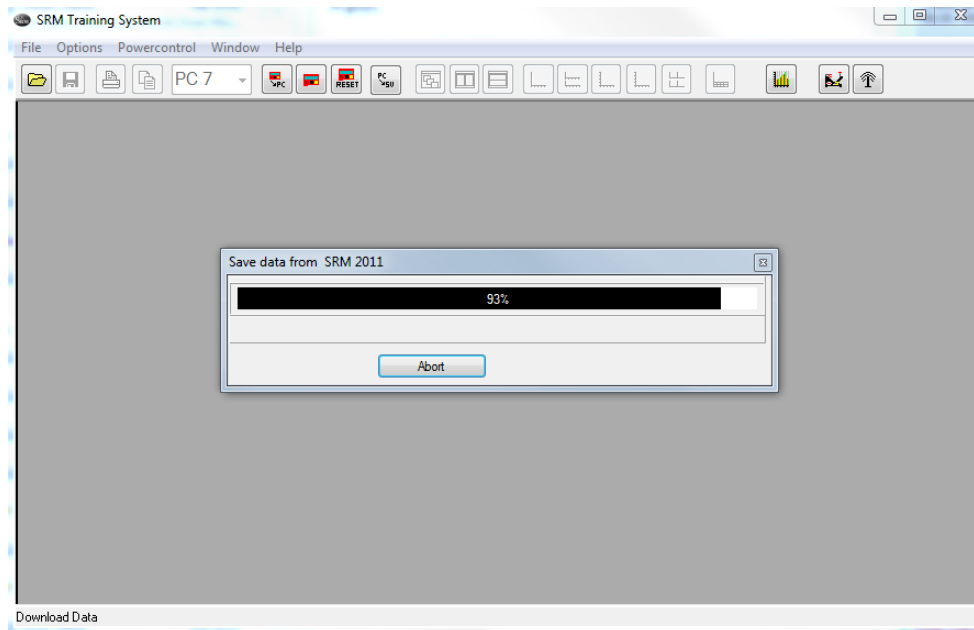
Downloading Data

- Load the SRMWin software from the desktop

- Connect the Powercontrol 7 using the usb cable. This plugs into the back of the unit behind a rubber cover
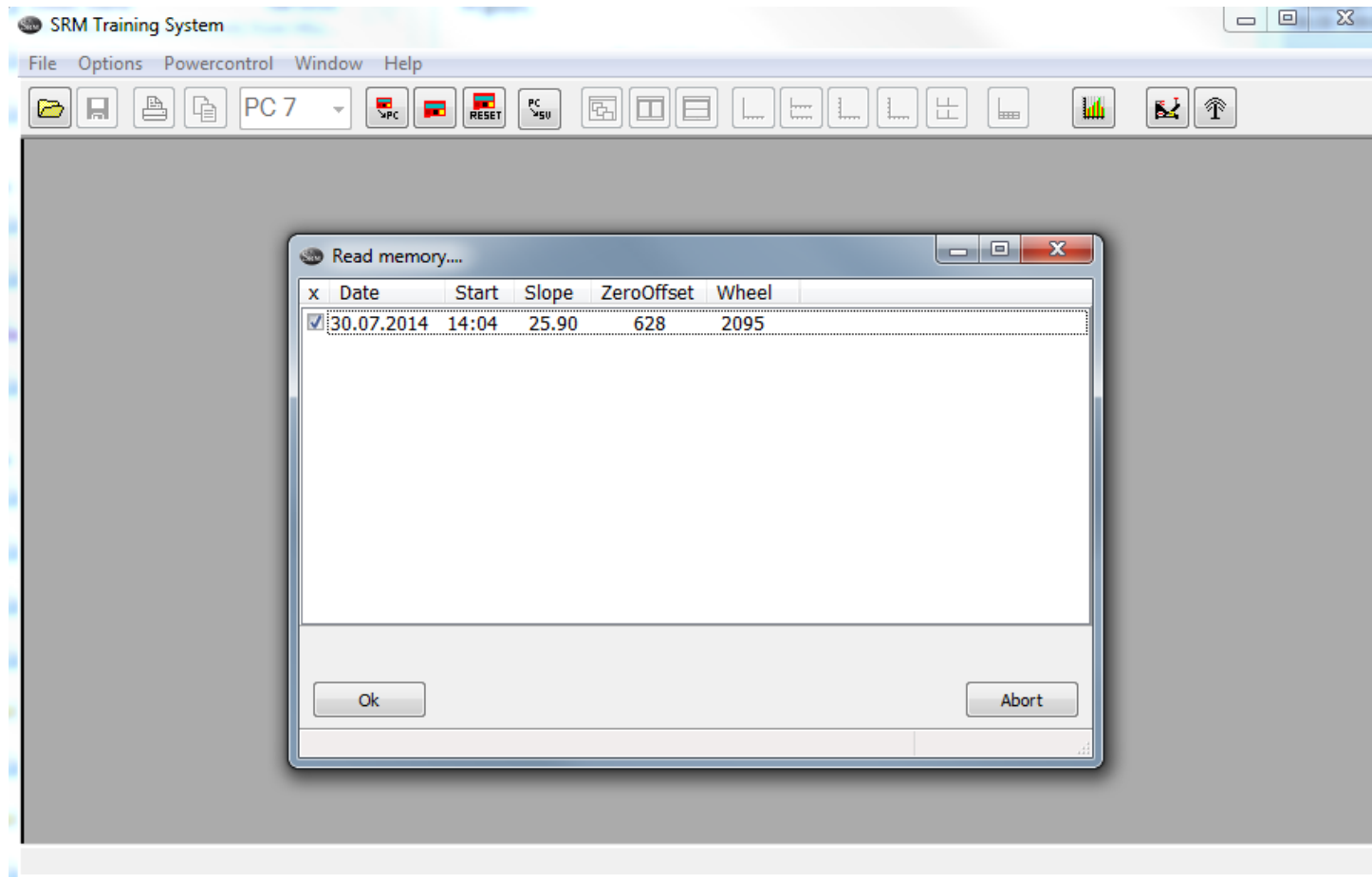
- Ensure that it says PC 7
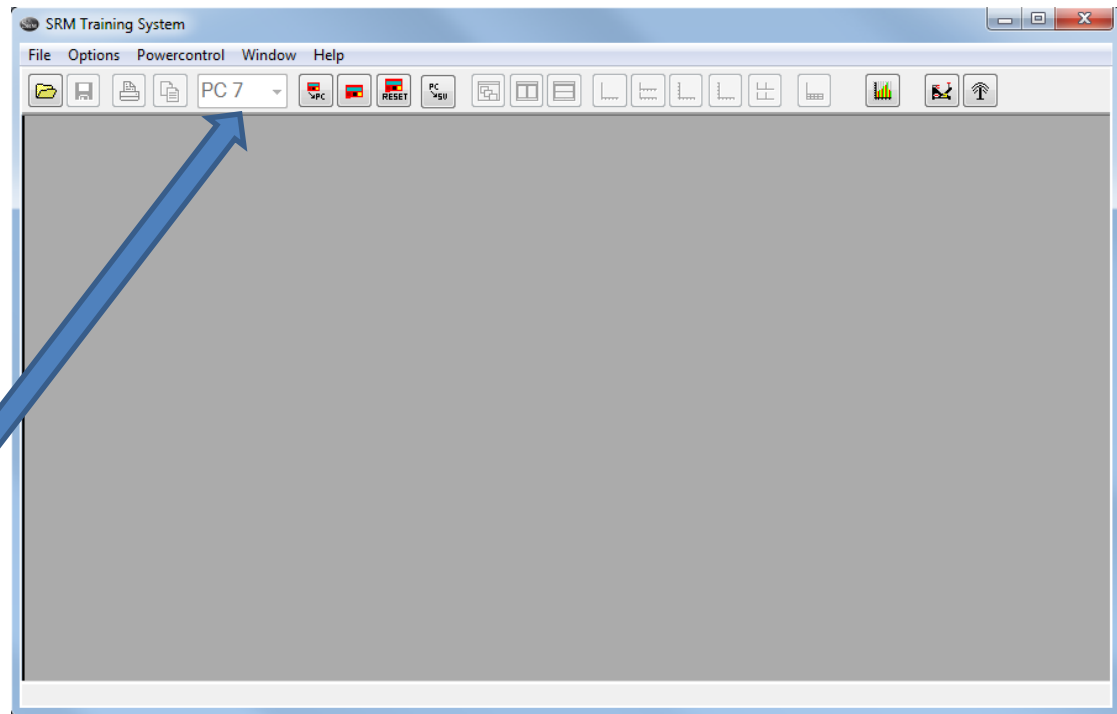
Downloading Data

- Click on the logo at the top of the screen
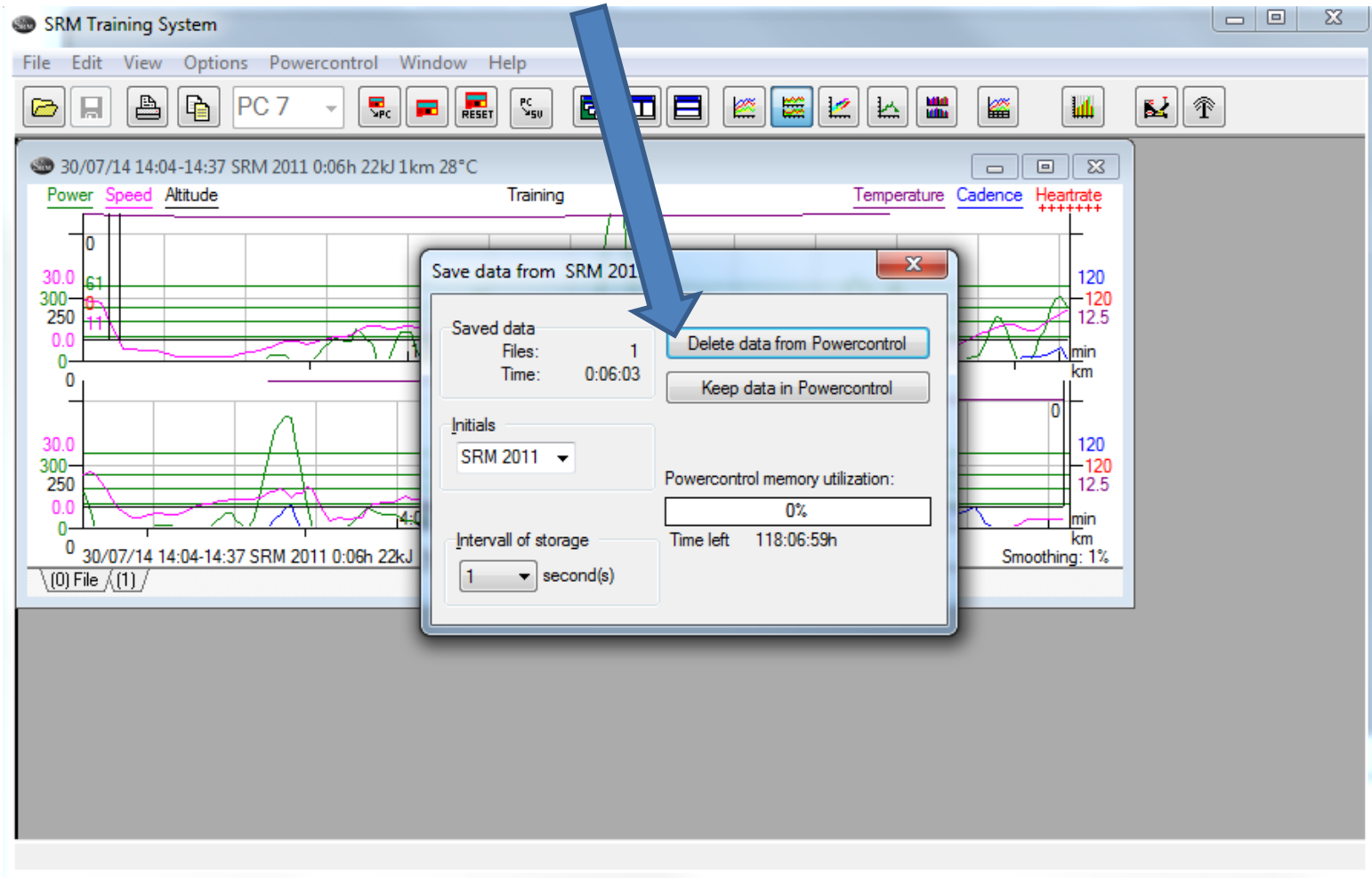- The download will begin to start

Downloading Data

- Select the correct time and date the test began and click ok

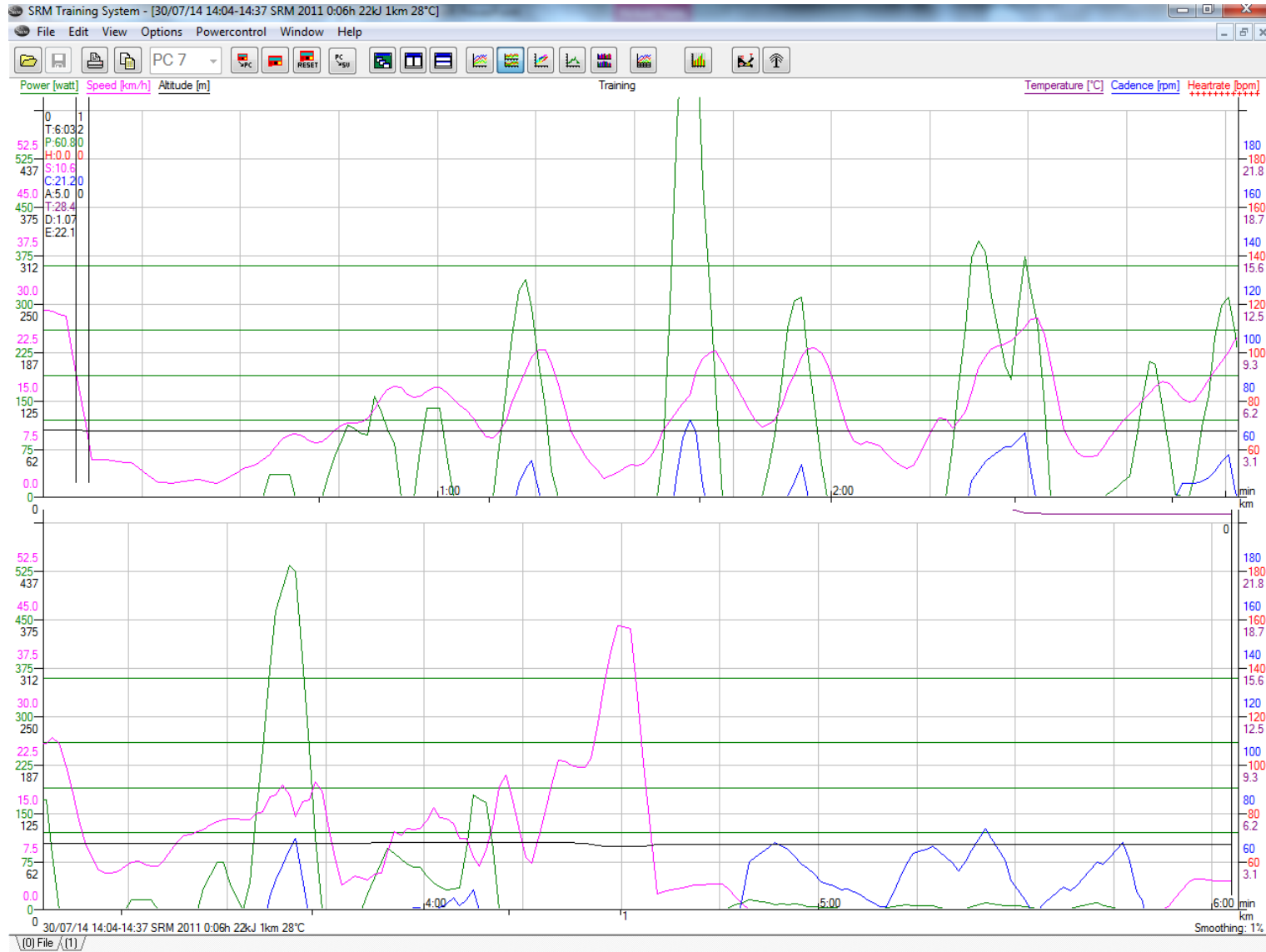# Downloading Data

- Once it has downloaded graphs will appear and a box will pop up. Click 'delete data from powercontrol'
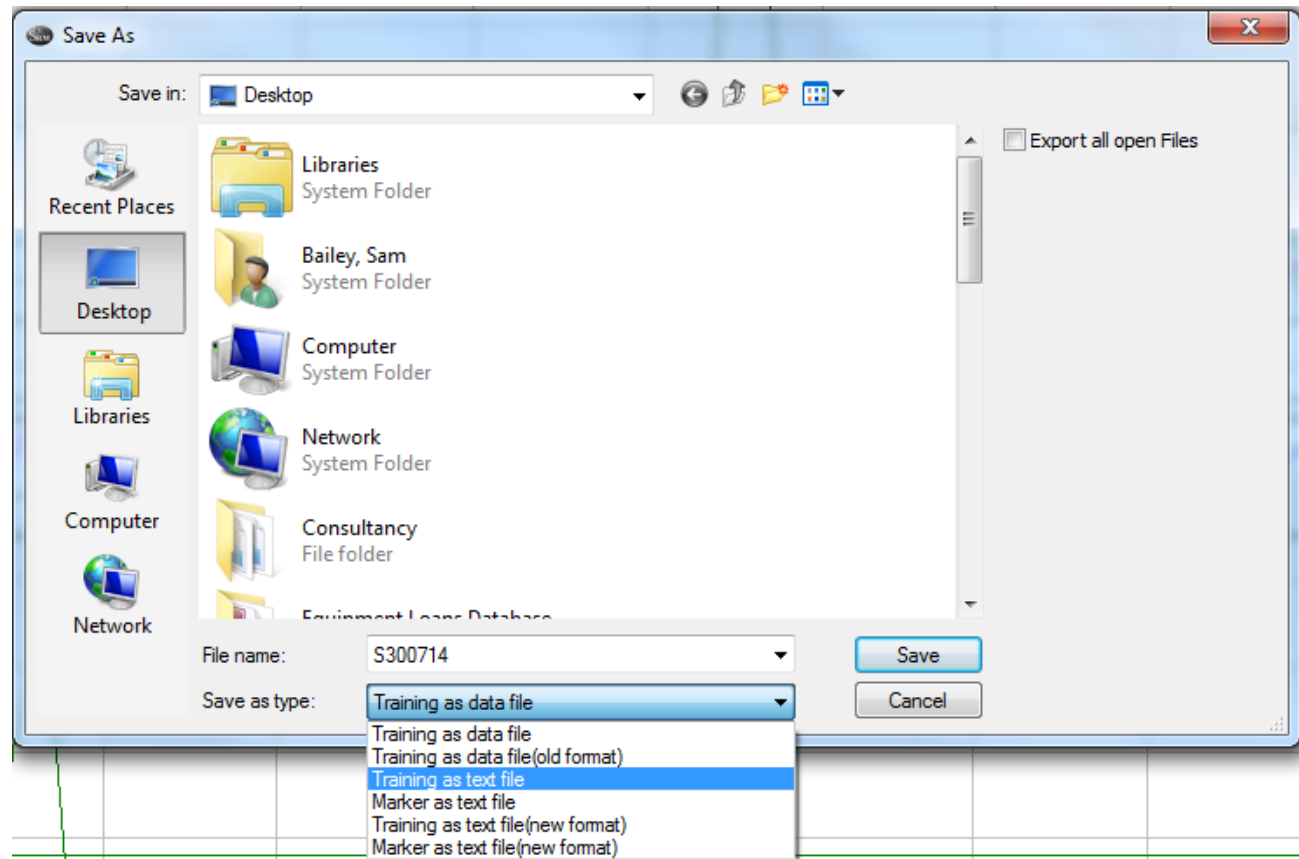
Data Analysis

- Graphs show traces of the power, speed, cadence and heart rate

Exporting Data

- Click file, then export
- Choose a location to save your data and then change the save as type to 'Training as text file'
- This can either be opened with excel or notepad

What the data means

Power (watts)

Heart rate (bpm)

Cadence (rpm)

Distance covered

Data point

Time

Speed (mph or kph)

	552	25.90	2095	S280714C	−1
	2014	7	28	SRM 2011	
	125	1.00	0.47km	27°C	
0	0	0	19.2	0:00:00	1
0	0	0	34.3	0:00:01	2
0	0	0	34.8	0:00:02	3
0	0	0	34.3	0:00:03	4
0	0	0	34.3	0:00:04	5
0	0	0	34.3	0:00:05	6
0	82	0	2.4	0:03:22	7
0	92	0	2.4	0:03:23	8
0	93	0	2.4	0:03:24	9
0	93	0	2.5	0:03:25	10
0	93	0	2.5	0:03:26	11
0	93	0	2.5	0:03:27	12
0	81	0	10.6	0:04:13	13
0	71	0	10.6	0:04:14	14
0	72	0	10.6	0:04:15	15
0	72	0	10.6	0:04:16	16
0	73	0	2.6	0:04:43	17
0	72	0	4.1	0:04:44	18
0	72	0	4.1	0:04:45	19
0	73	0	4.1	0:04:46	20
0	73	0	4.1	0:04:47	21
0	74	0	4.1	0:04:48	22
0	76	0	4.1	0:04:49	23
0	77	0	4.1	0:04:50	24
0	77	0	4.1	0:04:51	25
0	77	0	3.4	0:04:52	26
0	78	0	3.4	0:04:53	27
0	79	0	3.4	0:04:54	28
0	81	0	3.0	0:05:00	29
0	84	0	5.1	0:05:01	30
0	87	0	5.1	0:05:02	31
0	87	0	3.7	0:05:03	32
0	88	0	3.7	0:05:04	33
0	88	0	3.7	0:05:05	34
0	86	0	7.6	0:05:16	35
0	86	0	10.6	0:05:17	36
0	86	0	12.2	0:05:18	37
177	87	25	13.6	0:05:19	38
216	87	33	15.5	0:05:20	39
216	87	33	17.6	0:05:21	40

S2.txt - Notepad

File   Edit   Format   View   Help