

Guide til at uploade data til Baseline Driver Training programmet

Velkommen til guiden til at uploade data til Baseline Driver Training programmet. Følg venligst disse trin nøje for at sikre en succesfuld upload af dine data:

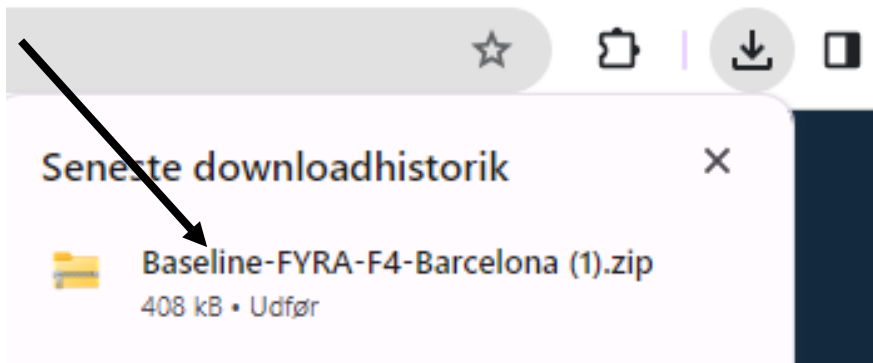
Åben dette link.

<https://baselinedrivertraining.com/gratis-traeningsdata-fra-de-forste-lob-f4-esports-danish-championship/>

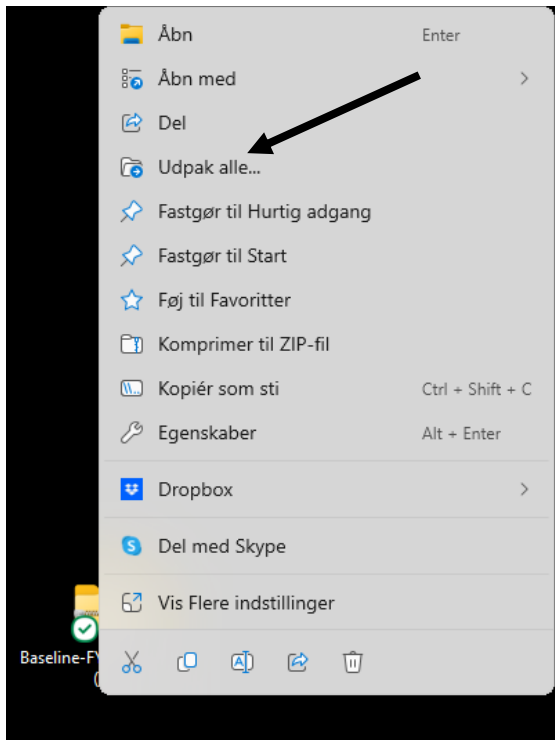
Download træningsdata.



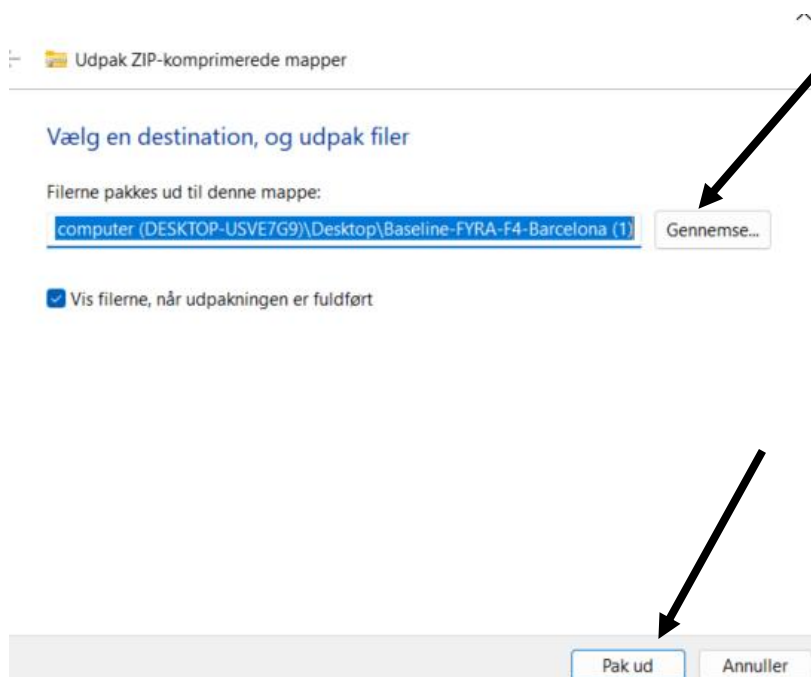
Download zip filen.



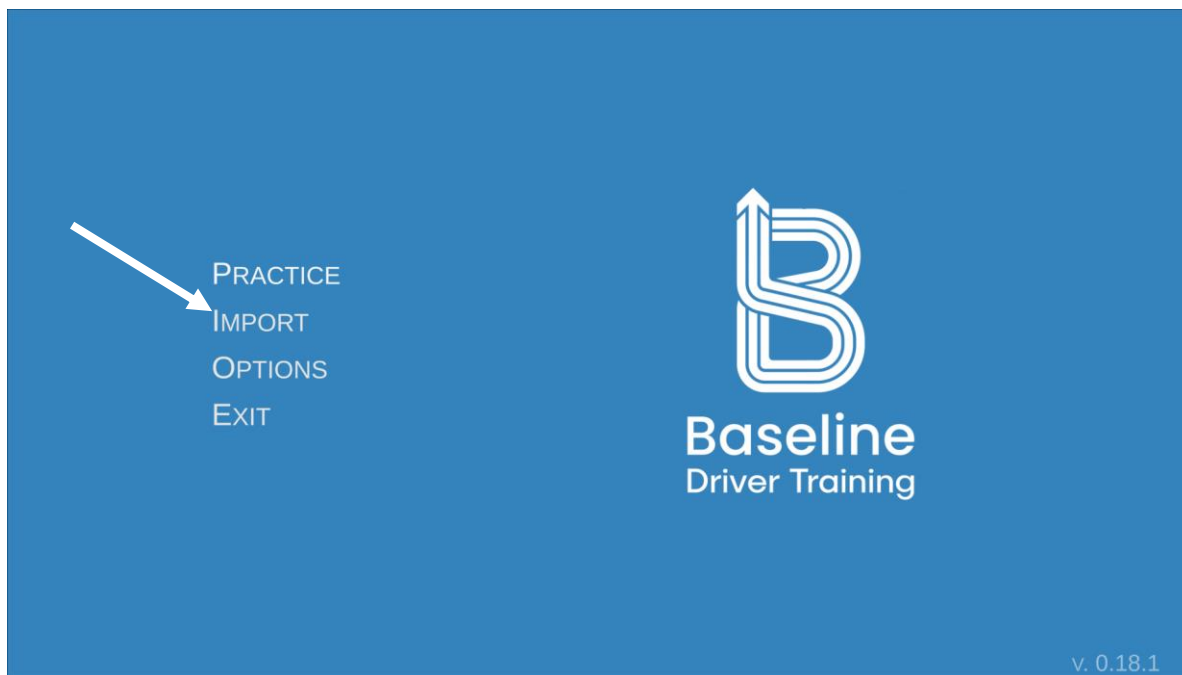
Højreklik på filen og klik på udpak alle.



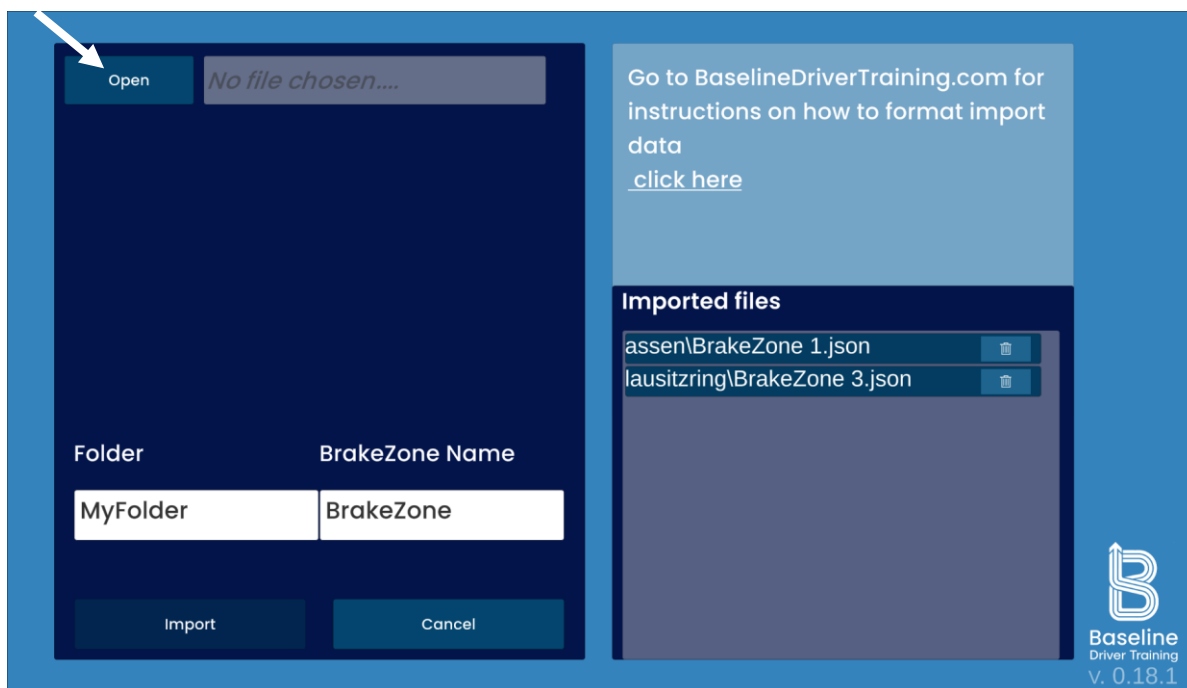
Gem filen i en mappe på din computer, ved at klikke på gennemse. Derefter klik på pak ud.



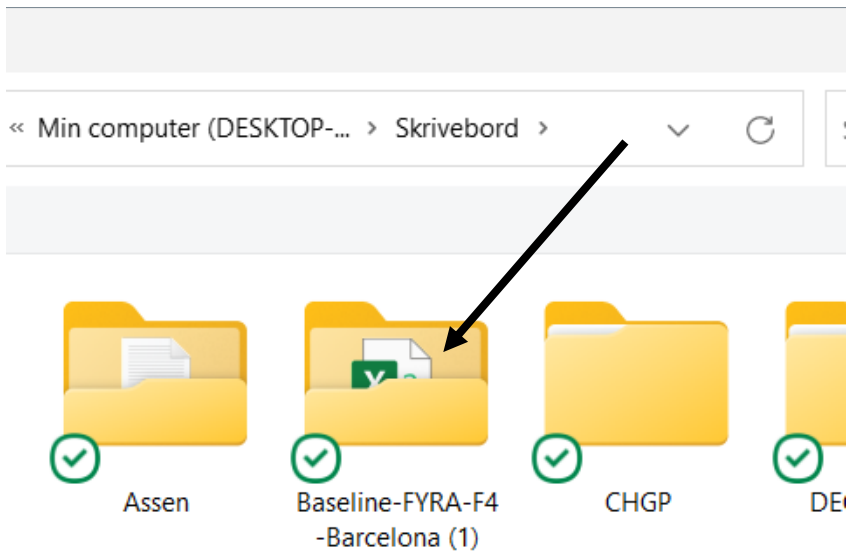
Åbenprogrammet og klik på import.



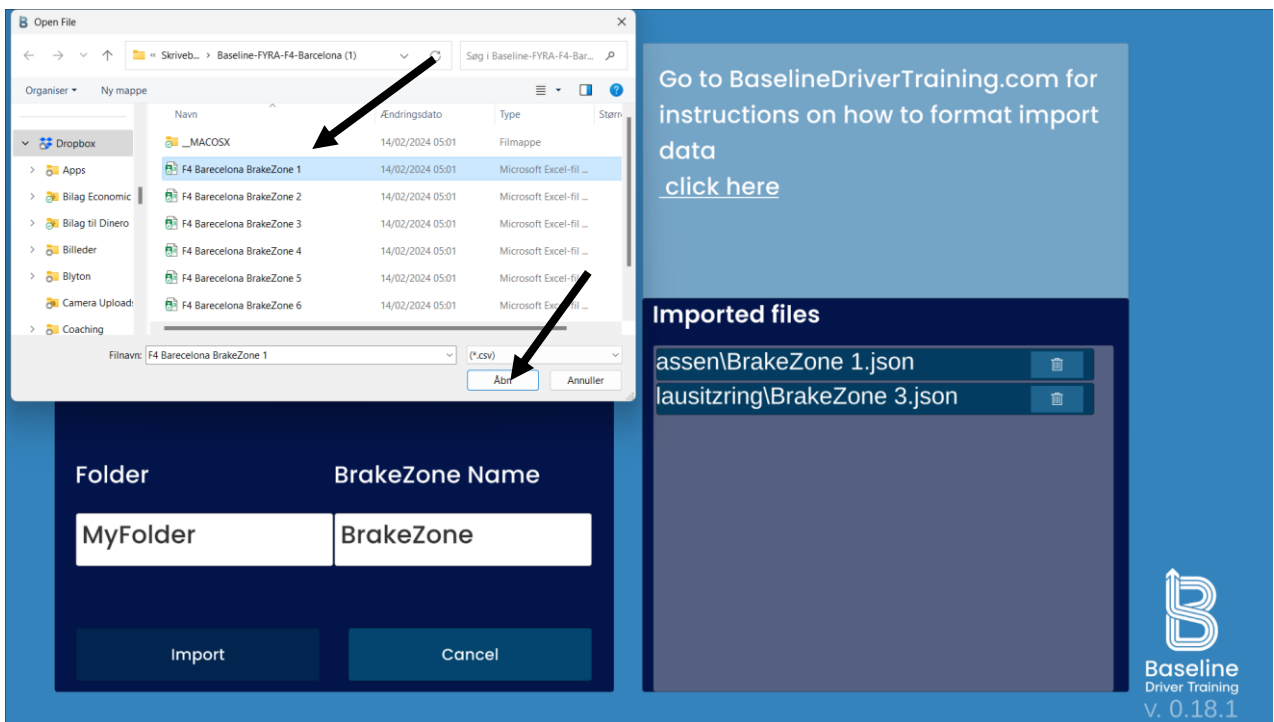
Derefter klikkes der på Open.



Vælg Mappen Baseline -FYRA-F4-Barcelona.



Nu skal du importere hver enkelt bremsezone ind i programmet. Start med F4 Barcelona BrakeZone 1 ved at klikke på den og derefter klik på Åbn.



Nu vises grafen, her skal du gemme den i Folder.

Open C:\Users\Tommy\Dropbox

Go to BaselineDriverTraining.com for instructions on how to format import data [click here](#)

Imported files

- assen\BrakeZone 1.json
- lausitzring\BrakeZone 3.json

Folder BrakeZone Name

MyFolder BrakeZone

Import Cancel

Baseline Driver Training v. 0.18.1

I Myfolder skrives F4 Barcelona.

Open C:\Users\Tommy\Dropbox

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Imported files

- assen\BrakeZone 1.json
- lausitzring\BrakeZone 3.json

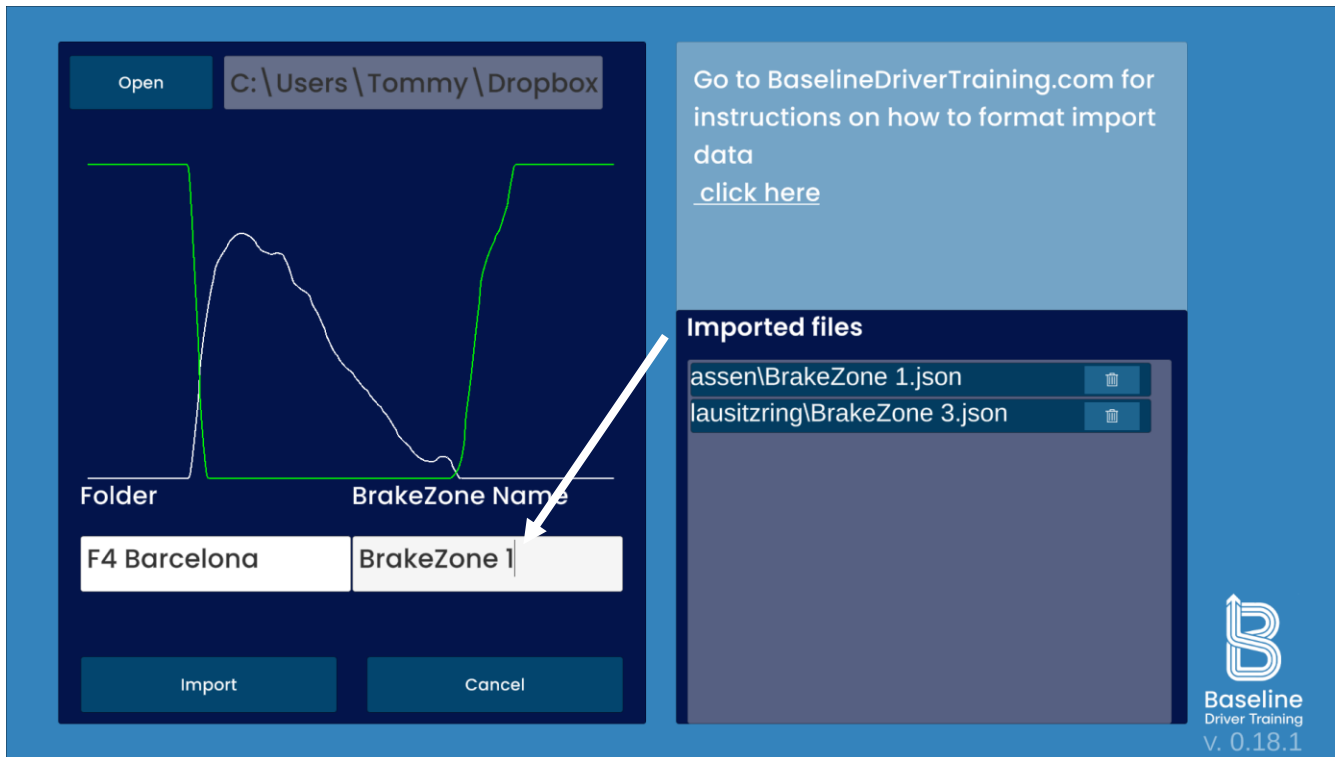
Folder BrakeZone Name

F4 Barcelona BrakeZone

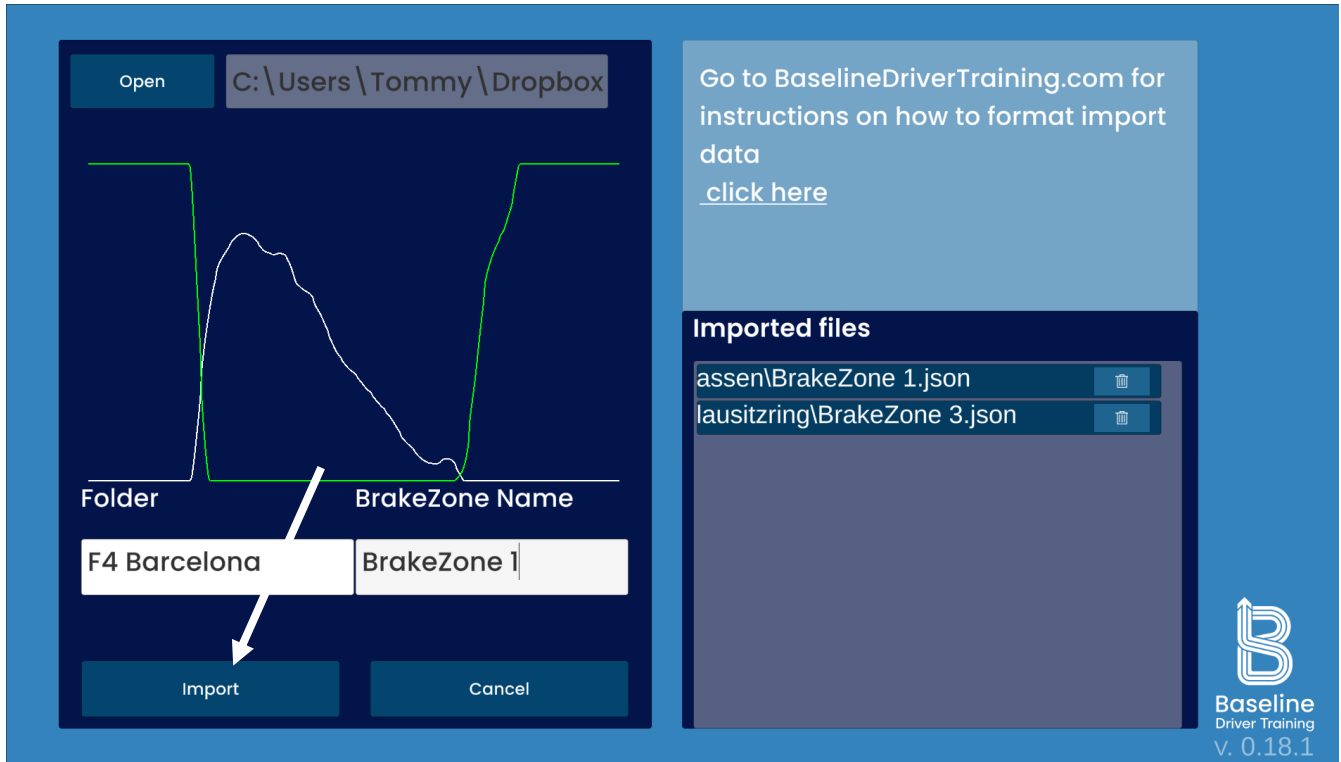
Import Cancel

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Ved BrakeZone Name skriver du BrakeZone 1.



Klik på import.




Gentag denne proces indtil alle Bremszoner er importeret. Derefter er du klar til at træne. Når du kommer til Throttle Lift, skrives der Throttle Lift ved BrakeZone Name.



Nu er du klar til at træne. Klik på Practice.



Klik på Practice og vælg F4 Barcelona.



Practice Left foot combined
Left foot braking
Right foot braking
Left foot combined
Right foot combined
assen
f4 barcelona

Brakezone 1
Brakezone 3
Brakezone 4

Brakezone 1

BRAKE THROTTLE
SPEED REPETITIONS
1 3

Back Start

Start your training

Select one or more stages to practice
Adjust the **speed slider** to make the brake trace move slower or faster

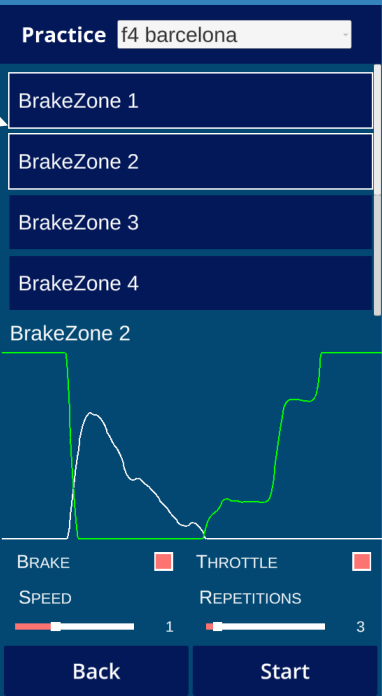
A slow brake trace will practice your muscular precision, while a fast brake trace will practice your reactions.

Pick the amount of **repetitions** you want to do. If you are new to Baseline, start with 3-5 repetitions.

As you improve, increase the number of repetitions until you can do 20-24 almost identical repetitions.
press **start** when you are ready to begin

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Nu kan du vælge om du vil træne en bremsezone ad gangen, eller vil træne alle bremsezone på engang.
Klik på de bremsezone du ønsker at træne og de vil blive fremhævet.



Practice f4 barcelona

BrakeZone 1
BrakeZone 2
BrakeZone 3
BrakeZone 4

BrakeZone 2

BRAKE THROTTLE
SPEED REPETITIONS
1 3

Back Start

Start your training

Select one or more stages to practice
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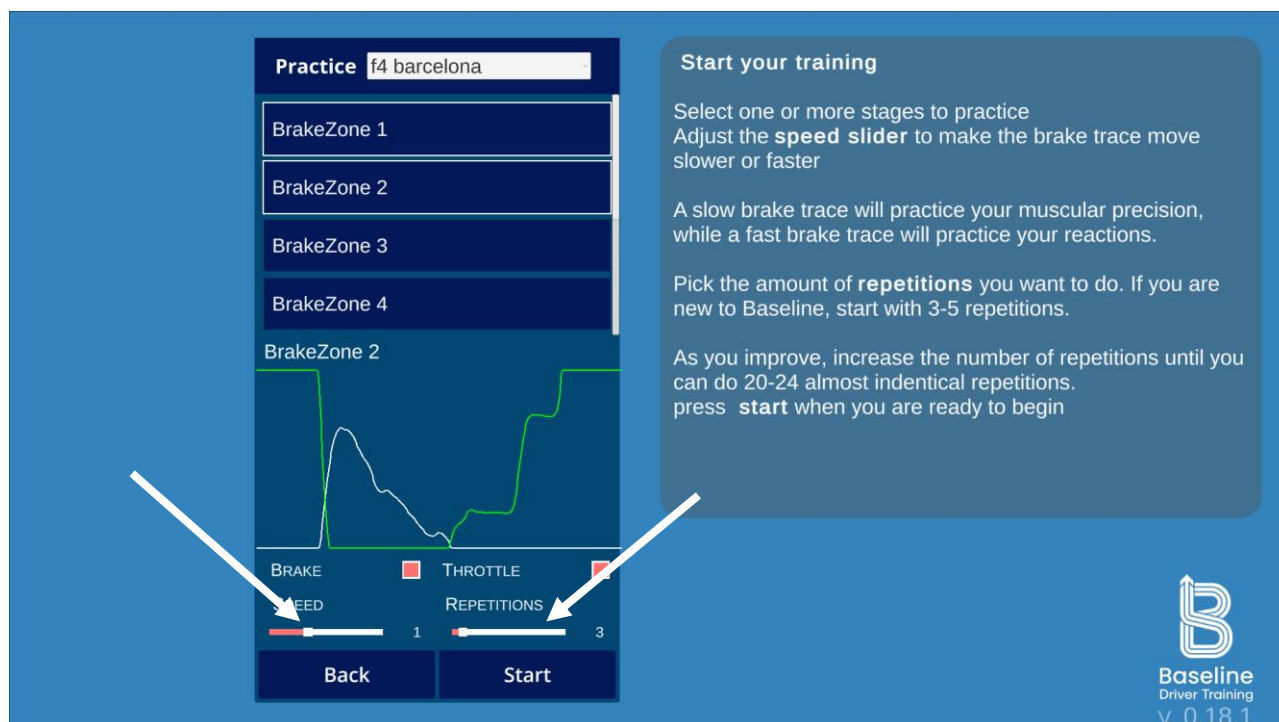
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Er det første gang du træner i Baseline Driver Training skal du vælge Speed og Repetitions. Du kan med fordel vælge en lavere hastighed til at starte med, og derefter øge hastigheden. Du kan også starte med få repetitioner, og derefter øge antallet af repetitioner jo mere du ønsker at træne.



Practice f4 barcelona

BrakeZone 1

BrakeZone 2

BrakeZone 3

BrakeZone 4

BrakeZone 2

BRAKE THROTTLE

SPEED REPETITIONS

1 3

Back Start

Start your training

Select one or more stages to practice
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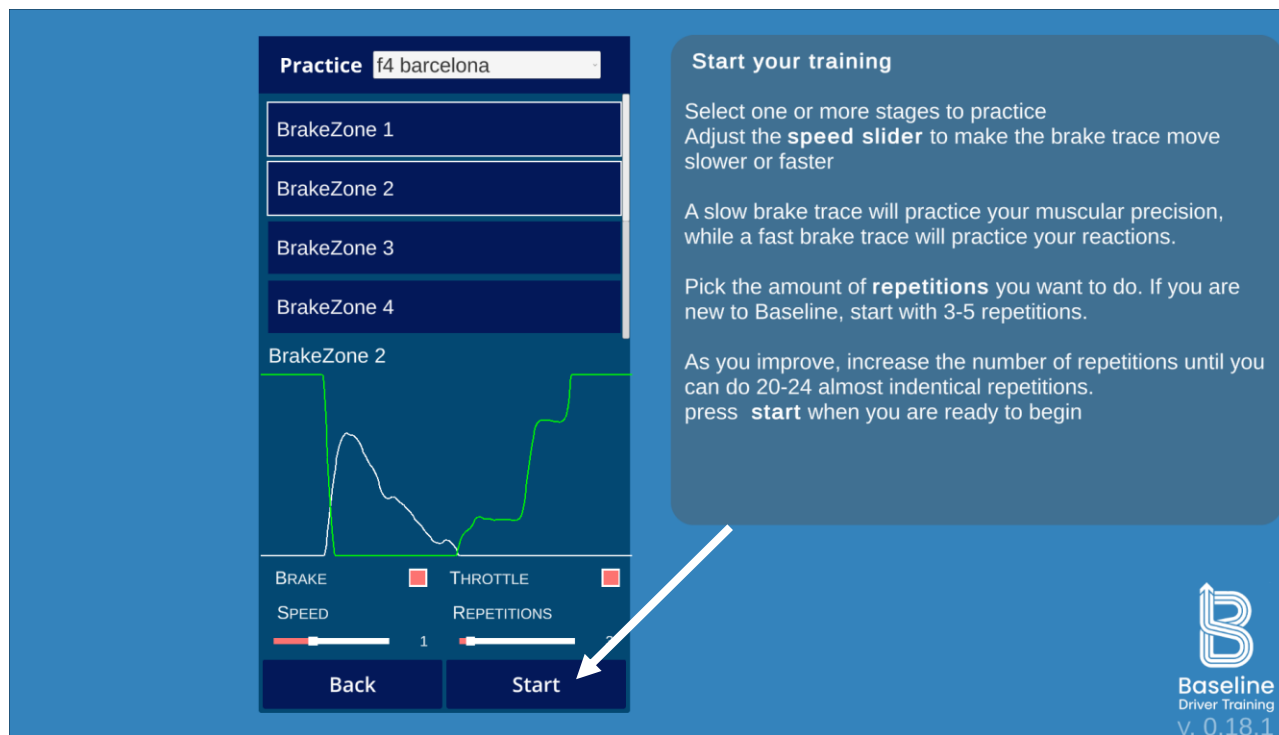
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B
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v. 0.18.1

Derefter trykker du start og du kan træne.



Practice f4 barcelona

BrakeZone 1

BrakeZone 2

BrakeZone 3

BrakeZone 4

BrakeZone 2

BRAKE THROTTLE

SPEED REPETITIONS

1 3

Back Start

Start your training

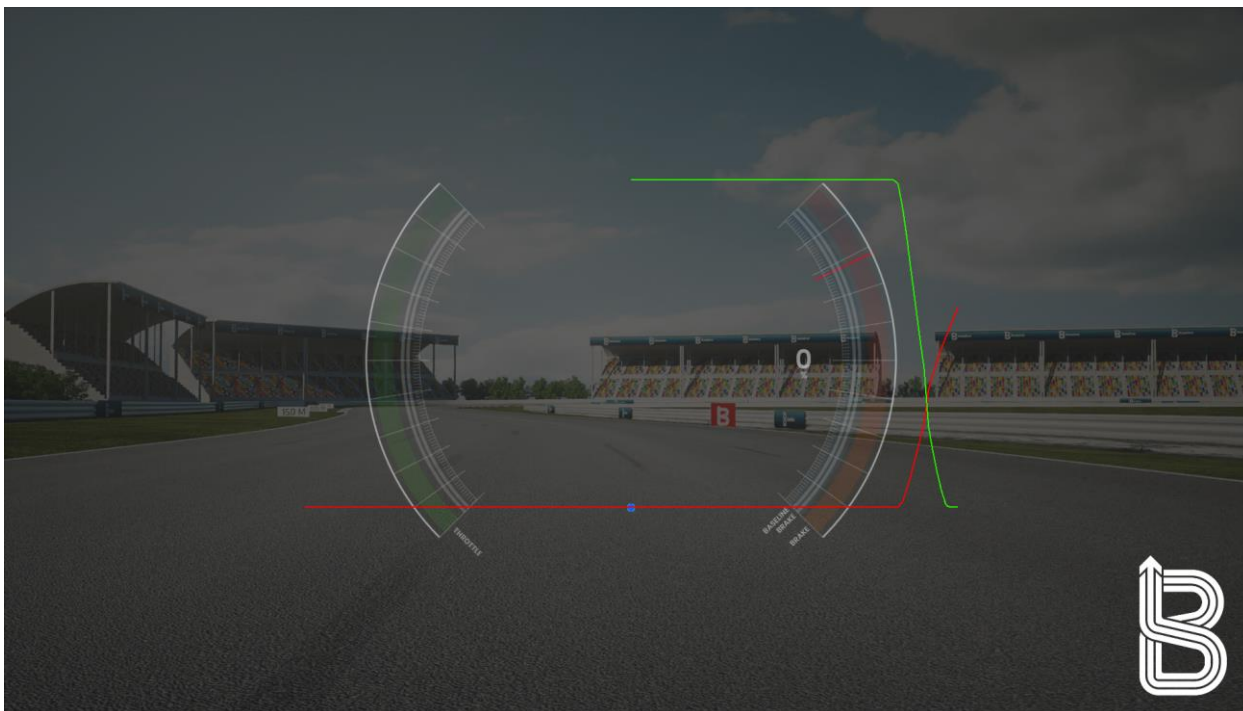
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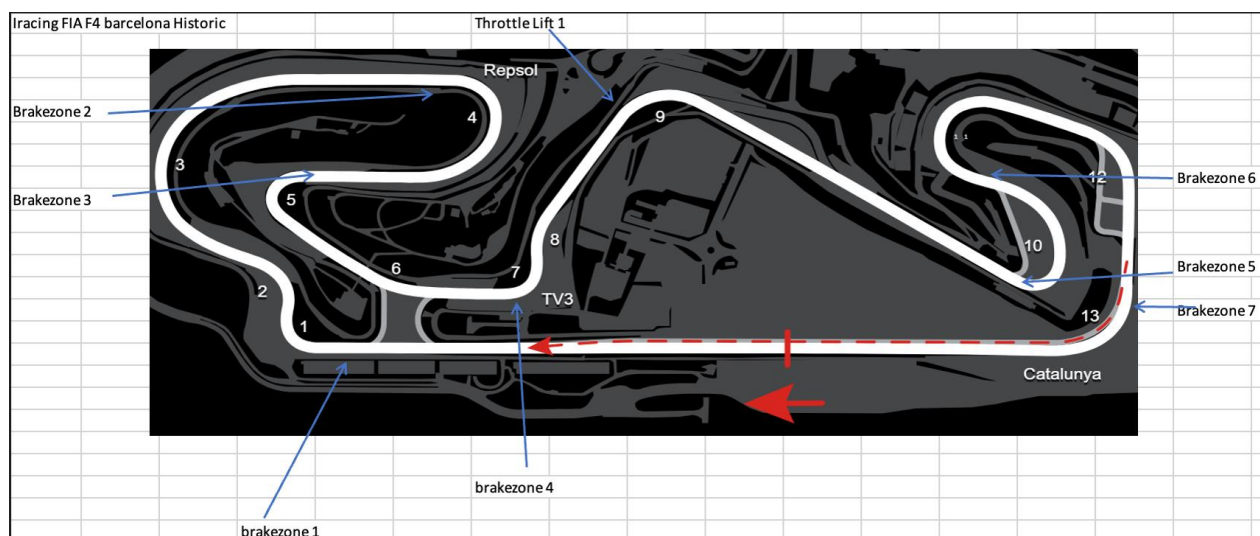
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B
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Driver Training
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Du kan med fordel printe trackmappen ud, hvor bremsezonerne er indsat på.



Fordelen ved at træne på denne måde, er at du træner din visualiseringsevne. Din hjerne arbejder hurtigere når du kan visualisere banen for dit indre øje.

På vores YouTube kanal vil du kunne finde videoer med inspiration til opsætning af programmet og hvordan du kan træne: <https://www.youtube.com/channel/UCL30X5uxYieBGGjUYahsULw>

Held og lykke med din træning.

We are on a mission to change the way, racing drivers practice.

