

Powerpod stuck is turbo trainer mode

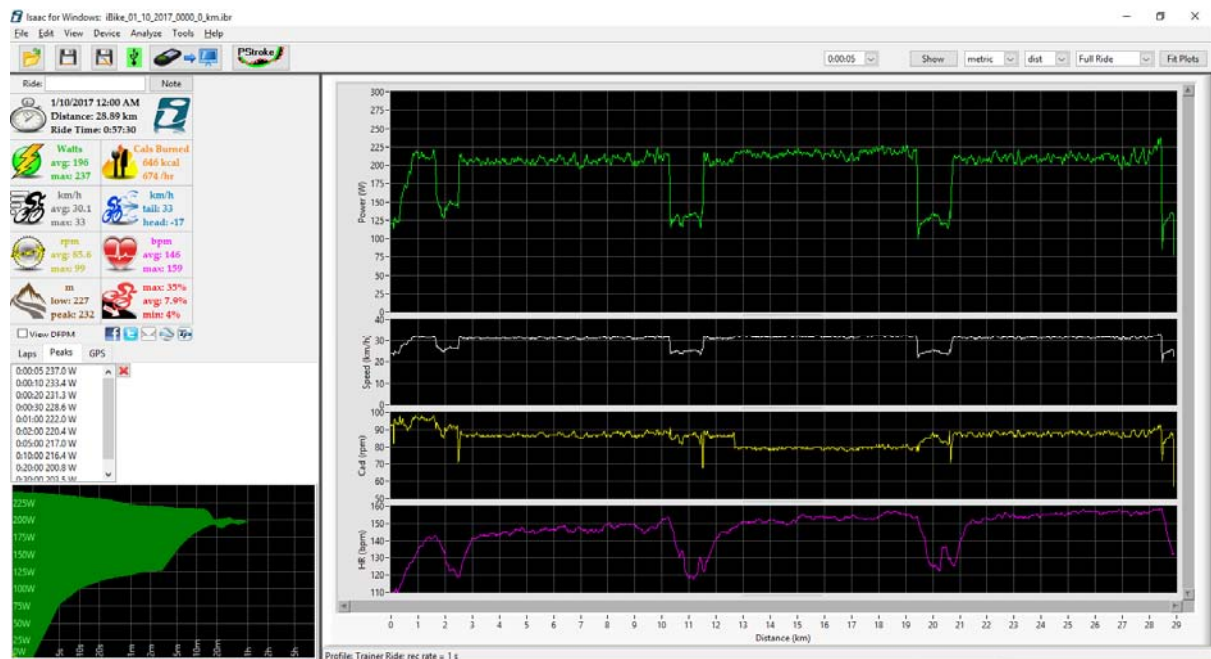
Protocol

- Switch from Trainer ride to road ride
- Run a O&B calibration
- Configure new Trainer curve from DFPM (In-ride on Kurt Kinetic trainer)
- Run Outdoor test

Downloaded last Trainer Ride from PowerPod to Isaac.

I'm using the PowerPod with a Polar V650 to upload my rides to the Polar Flow echo system which I use as the repository for all my data.

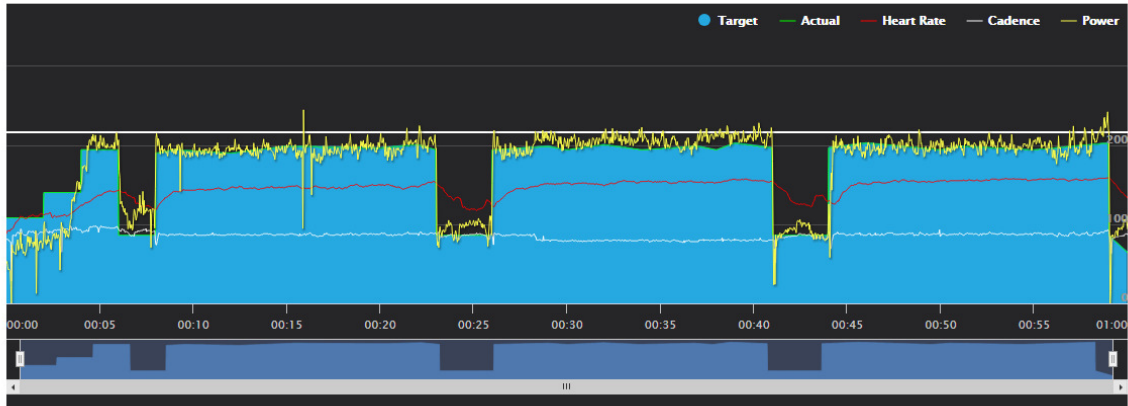
Below is a screen capture of the last Trainer Session I did.



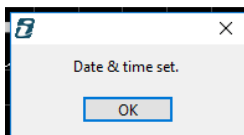
The PowerPod ride and matches the ride data from Trainer Road although the Watts are slightly different (the power curve data for the Kurt Kinetic trainer doesn't match the Watts from the Kinetic inRide)

01:00:00 76 / 74 0.87 / 0.86 635 / 631 188 176 144 86 216
DURATION TSS[®] IF[®] kJ (CAL) NP[®] POWER HR CADENCE FTP

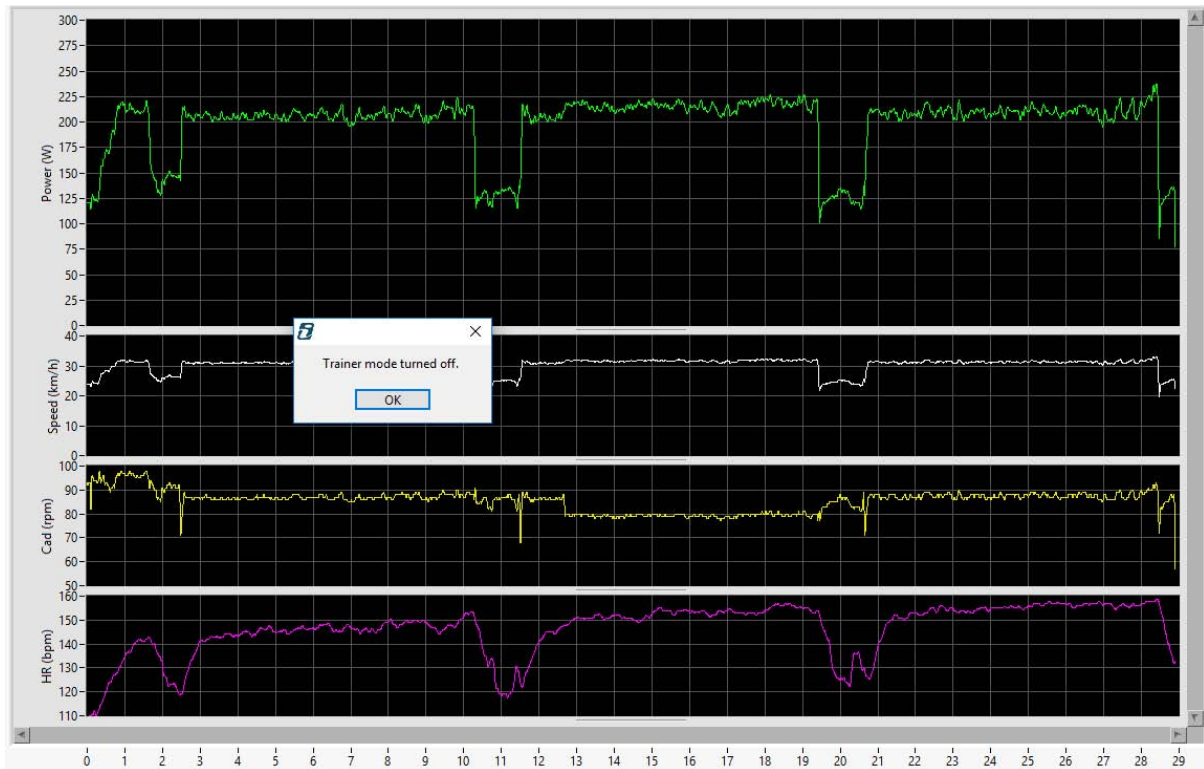
Power Source: InRide by Wahoo



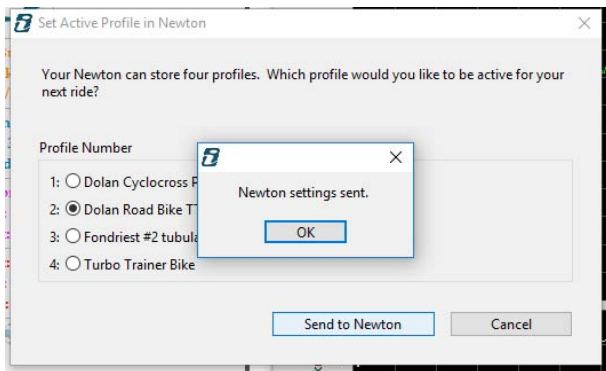
I noticed a problem with the date of the ride file so I reset date and time on PowerPod via Isaac



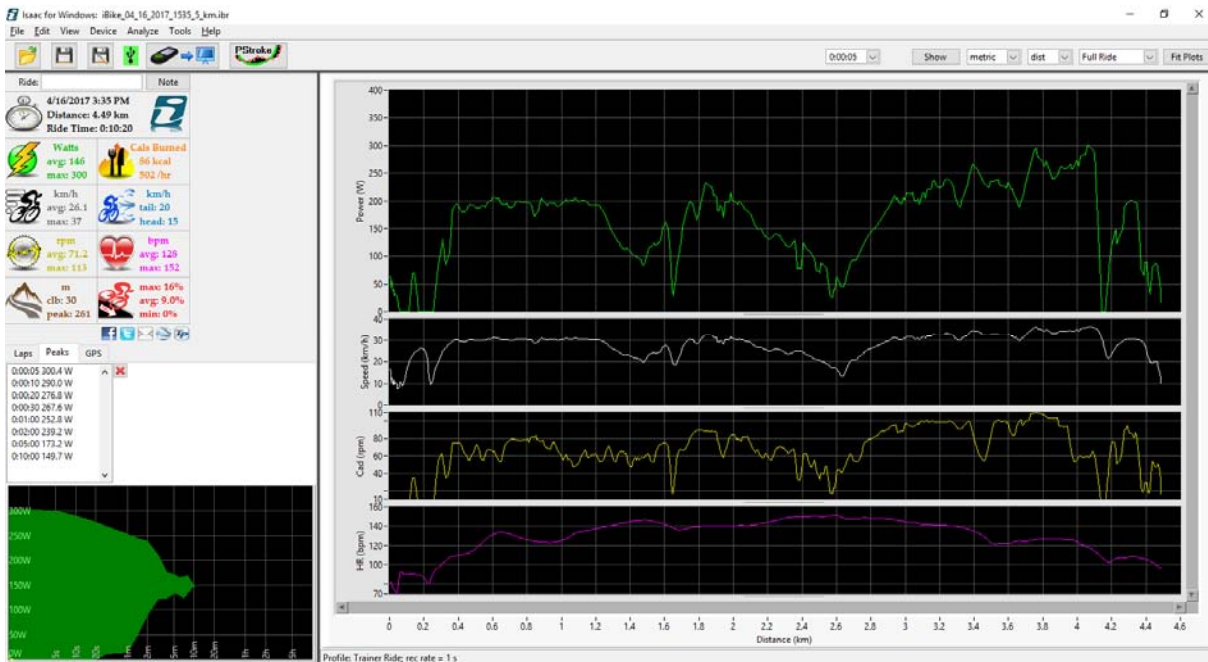
Turned off trainer mode



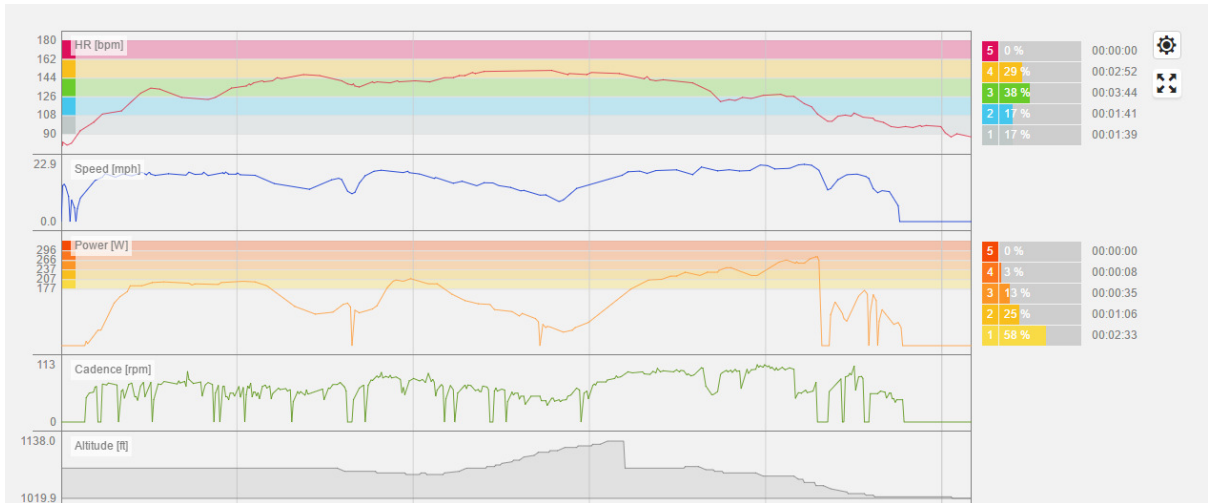
Set active profile to other bike in PowerPod



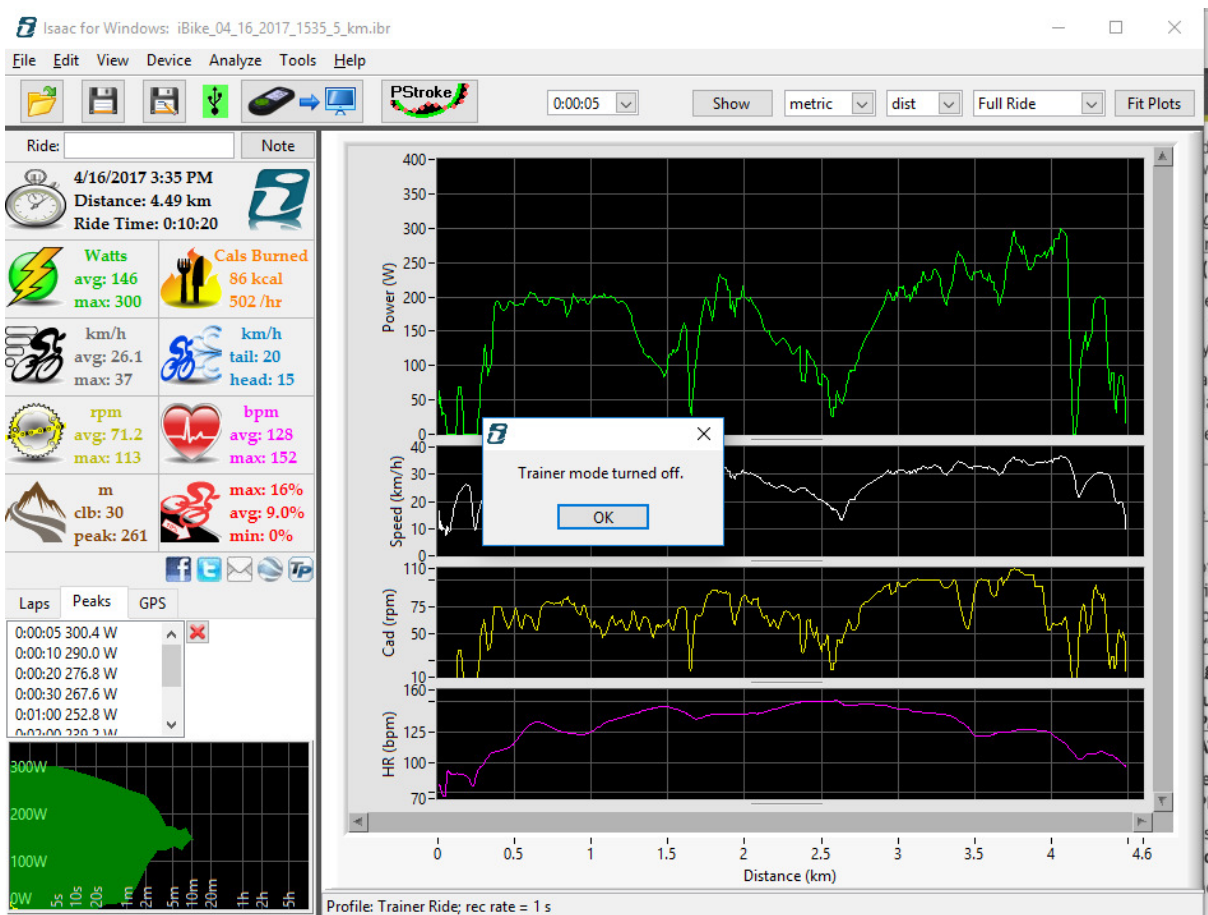
This should now be OK for a Road ride. Apparently not, the road ride below is still in trainer mode.



The Polar screen shot shows this was a road ride and whilst the gradient increases the “Wattage” drops.

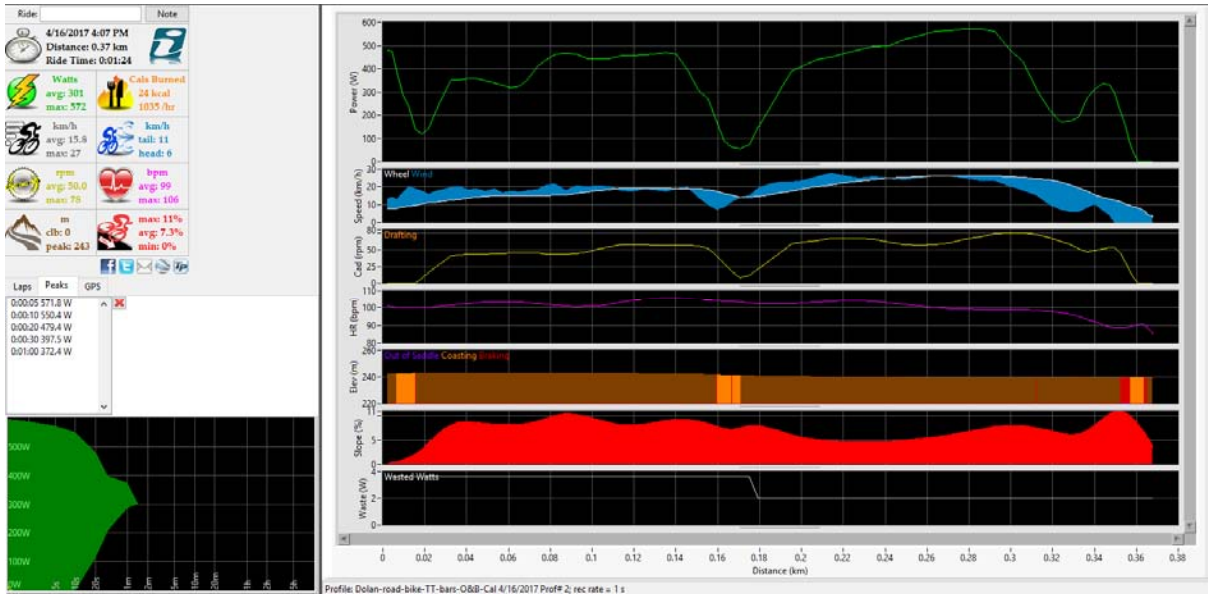


I then turned off the Trainer Mode again in Isaac.



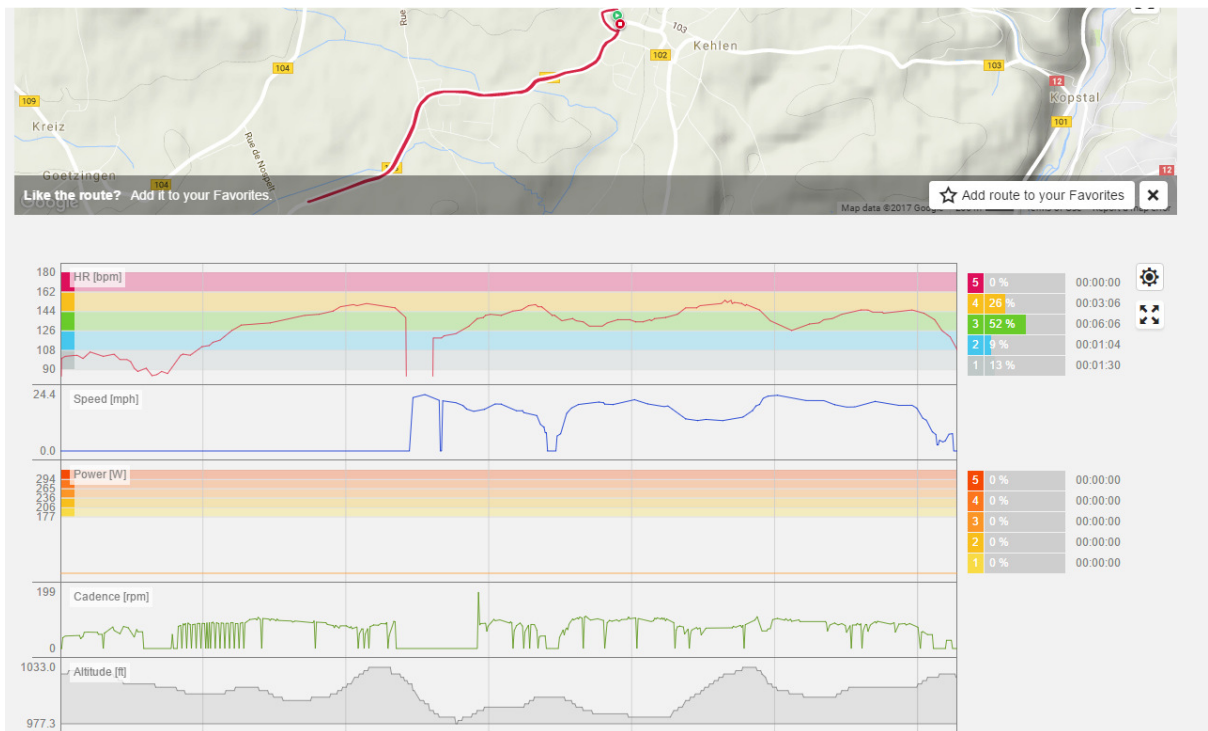
I then completed a Hard Reset on the PowerPod (Held the button for more than 10 Seconds).

The then ran the protocol for a Out and Back ride on Profile 2

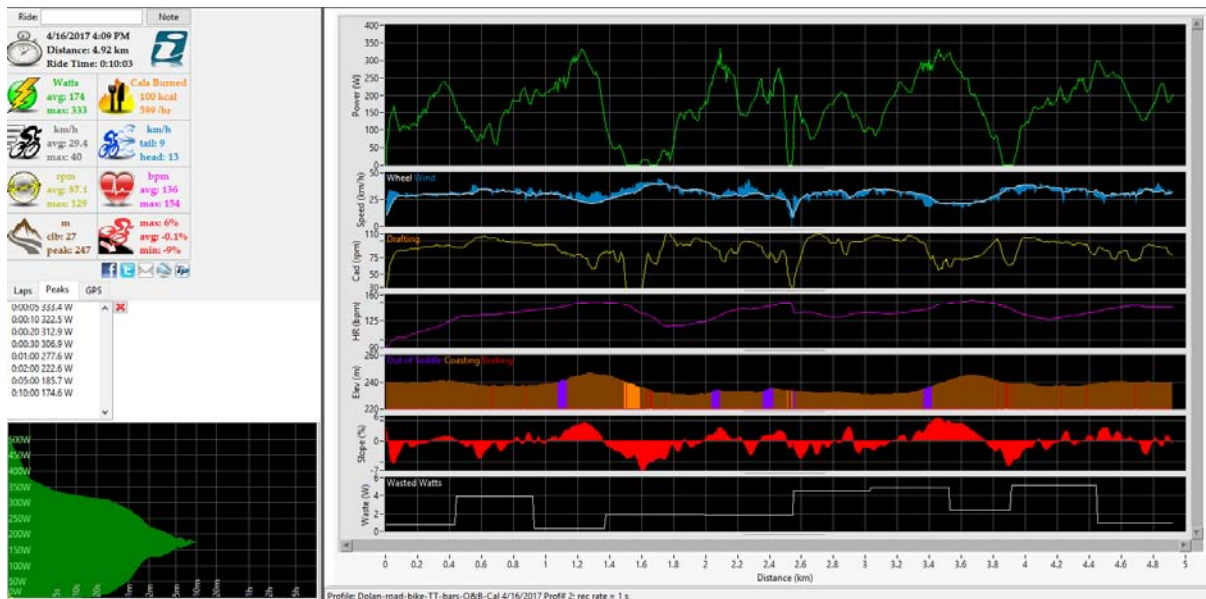


Here is the corresponding Polar file

N.B There was no count up displayed on the Polar V650 or completion of 100



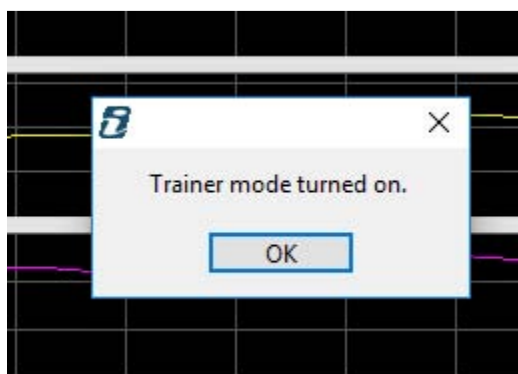
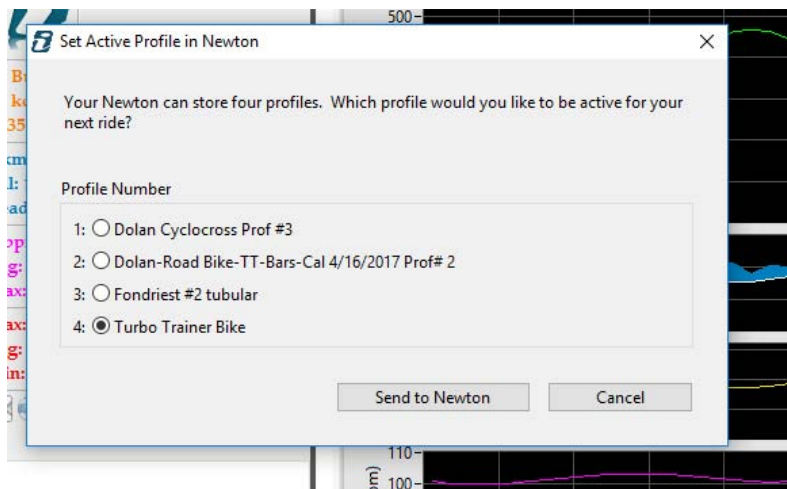
I then completed a Post Calibration Ride which looked good.



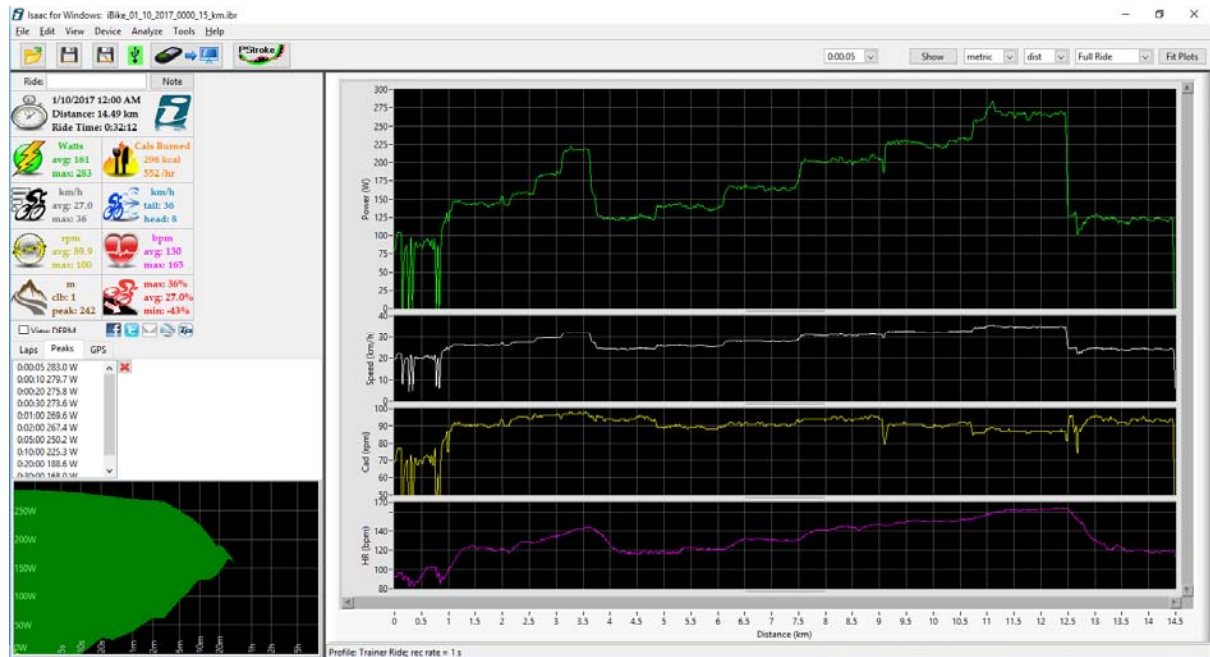
In order to test that this had worked ok, I needed to switch in and out of trainer mode.

I then took the opportunity to configure a new trainer curve based on a DFPM in this case my Kinetic inRide on the Kurt Kinetic trainer

I switched profile to number 4 (Home Trainer)



I then ran some ramps on the home trainer and loaded in the profile via Device/Edit Trainer Settings then under the Coefficients Tab upload the DFPM via the "Fit to DFPM Ride File" button. Job done..



I then turned off Trainer Mode and Switched to profile 2 (Dolan Road Bike TT bars) and completed a outdoor ride which was ok..

