



BUILDR MANUAL



BUILDR is a world class spreadsheet-based Wahoo Fitness cycling workout editor. The spreadsheet dynamically creates the .Plan file code so you can load your custom workouts onto your Wahoo Cycling Computer (Elemnt, Elemnt Roam or Bolt) via your desktop computer or Android phone.

Please reach out to theBidon.com@gmail.com if you have any questions or issues with BUILDR. Discover a bug? Let me know and I will send you a corrected version.

If you have gotten hold of this manual prior to purchasing be sure to try out BUILDR with the test file (CAT 6 BUILDR) located here on www.theBidon.com/BUILDR.

DISCLAIMERS

BUILDR is for personal use only, please do not distribute or re-sell this digital product.

theBidon.com is not associated with Wahoo Fitness.

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In the Box

1. Excel File or Google Sheets URL
2. Windows Notepad File
3. Manual

Items not included but needed:

1. USB Data Transfer Cable *some USB cords only charge
2. Desktop or Android Phone
3. Imagination

MacOS users see directions [here](#) on Wahoo Support to learn how to transfer files to your Wahoo computer using the [Android File Transfer by Google](#) client.

Wahoo Planned Workouts FAQs

Elemnt Roam & Bolt: support.wahoofitness.com/Roam-Bolt-Planned-Workouts-FAQs

Original Elemnt & Bolt: support.wahoofitness.com/Original-Bolt-Planned-Workouts-FAQs

BUILDR File Overview

BUILDR is split into two worksheets. The first worksheet being the workout editor and the second worksheet containing the workout code you generated on the first worksheet. This code is then copied over to the provided Notepad file, which has been defaulted to the **UNIX (LF)** line break type. This line break type is needed so your Wahoo computer can read the file correctly. UNIX is used in systems like Linux, macOS X and Android. Your Wahoo computer has an Android backbone. Microsoft Notepad will default to Windows (CRLF). CRLF is not supported by Wahoo computers.

BUILDR Worksheet

Below are brief summaries of the different sections on this worksheet.

Name/Description/Schedule

These fields if populated will load to your Wahoo computer attached to your workout. The schedule field allows you to set the date so the workouts get sorted to the schedule list. Wahoo only lists the next five days and the previous day on the schedule list. The date if it falls outside of the range will show up as a field just below the workout name on the A-Z list and Duration list.

Interval Cycles

These fields allow you to repeat the listed efforts in that interval. Blank or 1 will only go through the efforts 1 time. 2 or more, the efforts are repeated based on the value. There is no limit to the number interval cycles you can have. Do not enter 0. Entering 0 will throw an error in the workout code.

Workout Summary

Formulas drive the values in these fields. The Total Time and Interval Count should always match what you see when you load the workout on your Wahoo computer.

Workout Table (Name, Select Zones, Select Metric, Duration)

Where the magic happens. The Name column allows you to name each effort. This will flash up on your Wahoo computer approximately 10 seconds before the effort starts. The Select Zones and Select Metric columns allow you to select which metric(s) you want to compare to while you perform your workout. The Duration column sets the length of time (in seconds) for each effort. Please enter number of seconds to define your effort durations. Duration is the only column that is needed to be filled out for your workout to run on your Wahoo computer.

Workout Profile

The Workout Profile is an Excel chart to provide quick view of what your workout profile will look like on your Wahoo computer. Working within the limits of my Excel knowledge, the profile chart is limited to only showing two interval cycles and may not show short durations (<60 seconds).

The Google Sheets version includes a limited version of the Profile chart

Workout Zones

The Workout Zones on the **AMATEUR BUILDR** are for informational purposes only. They are there so you can reference your zones as you build your custom workout. The fields are editable so you can adjust the names of the zones and values.

The Workout Zones on the **PRO BUILDR** set the HI/LO range that will be displayed on your Wahoo computer. The name and value fields can be edited. The zone names will be displayed as a drop-down in the workout table. The drop-down list updates dynamically based on the zone metric selected. If you wish to only see the HI or LO values during your workout for a certain, then clear the respective values for that zone.

Copy Worksheet

There are multiple formulas tied to each cell of the workout table. The formulas build the code based on your selections and inputs. Just select column A and copy the code over to your Notepad file or chosen text editor.

User Guides

Depending on your setup, there are a few different ways you can edit and save your custom workout to your Wahoo computer. And no matter if you purchased the Excel or Google Sheets version, both file types can be converted to each other without any issues.

General Directions:

1. Create custom workout using BUILDR.
2. Copy code and paste into Notepad file (or similar text application).
3. Move Notepad file to Wahoo Plan folder and change file type from .txt to .plan.
4. Press sync on Wahoo computer and enjoy your workout!

Excel/Notepad

1. Open your BUILDR Excel file on your computer and open the “1-BUILDR” worksheet.

PRO BUILDR
by theBidon.com

NAME: _____
DESCRIPTION: _____
SCHEDULE: _____

INTERVAL CYCLES		WORKOUT SUMMARY	
INTERVAL 1		TOTAL TIME	0:00
INTERVAL 2		INTERVAL COUNT	0
INTERVAL 3		AVG. HEART RATE	
INTERVAL 4			
INTERVAL 5			

	NAME	HEART RATE	CADENCE	SELECT METRIC	DURATION (SEC)
WARM UP					
COOL DOWN					
EFFORT 1					
EFFORT 2					
EFFORT 3					
EFFORT 4					
EFFORT 5					
EFFORT 6					

WORKOUT PROFILE
Chart only displays up to 2 cycles per interval
Short durations sometimes do not display

1
0.9
0.8
0.7
0.6
0.5
0.4
0.3
0.2
0.1
0

WORKOUT ZONES				
	POWER (#)		HEART RATE (# / %)	
	LO	HI	LO	HI
Sprint	601	1000	Peak	163 185
Climbing	223	600	Hard	143 162
Steady State	201	222	Cardio	130 142
Tempo	191	200	Fat Burn	112 129

2. Optional: Enter a name, description and/or a date you schedule your workout. If all information is blank, Wahoo will use the filename as the workout name.
3. Build workout by selecting which metric you want to compare to while working out and filling out the efforts you want to complete. Enter Interval Cycles if you wish to repeat any interval efforts and update your Workout Zones if needed.

PRO BUILDR
by theBidon.com

NAME: theBidon.com Workout
DESCRIPTION: _____
SCHEDULE: _____

INTERVAL CYCLES		WORKOUT SUMMARY	
INTERVAL 1	2	TOTAL TIME	0:32
INTERVAL 2		INTERVAL COUNT	8
INTERVAL 3		AVG. HEART RATE	121.44
INTERVAL 4			
INTERVAL 5			

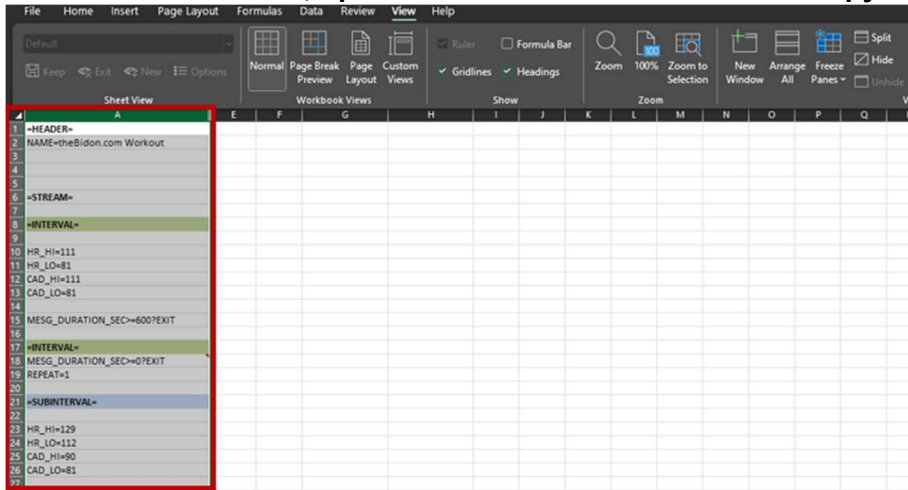
	NAME	HEART RATE	CADENCE	SELECT METRIC	DURATION (SEC)
WARM UP		Easy	Easy		600
COOL DOWN		Easy	Easy		600
EFFORT 1		Fat Burn	Fat Burn		180
EFFORT 2		Cardio	Cardio		120
EFFORT 3		Hard	Hard		60
EFFORT 4					
EFFORT 5					
EFFORT 6					

WORKOUT PROFILE
Chart only displays up to 2 cycles per interval
Short durations sometimes do not display

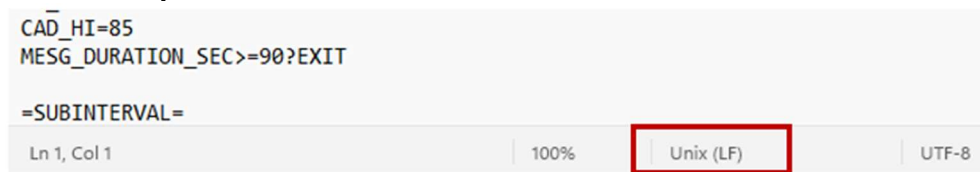
180
160
140
120
100
80
60
40
20
0

WORKOUT ZONES				
	POWER (#)		HEART RATE (# / %)	
	LO	HI	LO	HI
Sprint	601	1000	Peak	163 185
Climbing	223	600	Hard	143 162
Steady State	201	222	Cardio	130 142
Tempo	191	200	Fat Burn	112 129

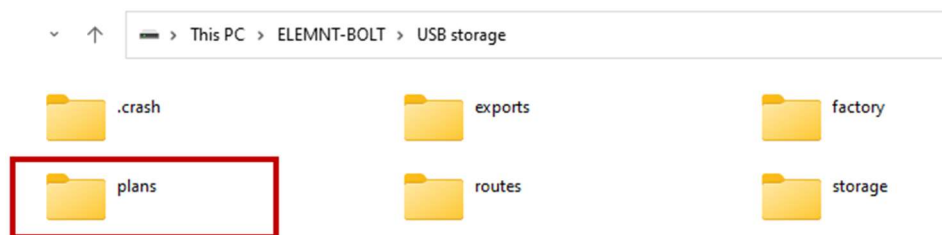
- With workout created, open the “2-COPY” worksheet and copy column A.



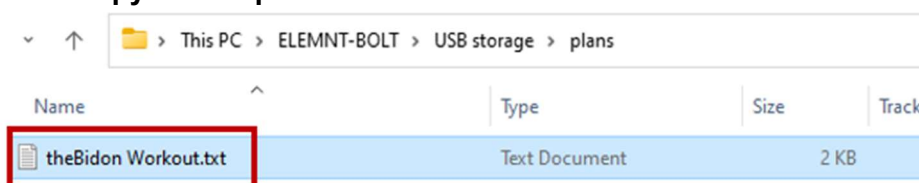
- Open your Notepad file and delete the previous workout code. Paste new workout code and click save. You can confirm correct line breaking type (Unix LF) in the bottom right of the Notepad file.



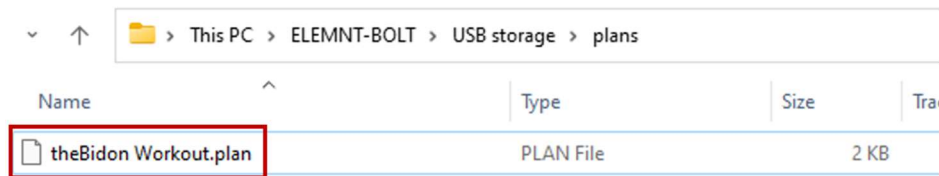
- Copy your Notepad file.
- Connect your Wahoo computer to your computer using a file transfer USB cord and open the “plans” folder on your device.



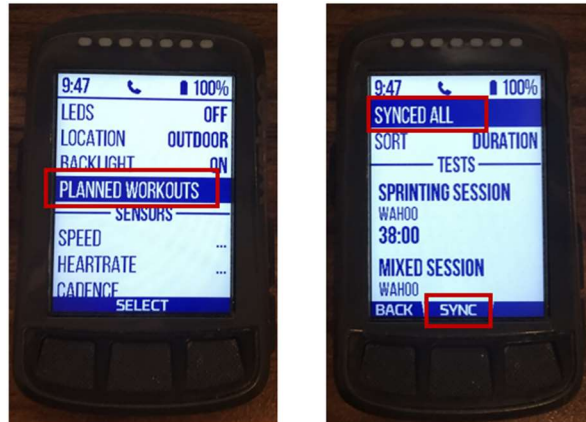
- Paste copy of Notepad file with new workout into the folder.



- Edit the file extension by changing the name from .txt to .plan.



10. On your Wahoo computer, go to Planned Workouts and press SYNC.



11. Unplug your Wahoo computer and enjoy your workout!

don't forget to change the LOCATION to "INDOOR"

END.



BUILDR MANUAL



Excel Online/Notepad OneDrive

Excel App/Koder App

Google Sheets/Text Editor

Google Sheets/Notepad

Google Sheets App/Koder App



BUILDR MANUAL



About theBidon.com

[theBidon.com](https://thebidon.com) is a personal blog and [YouTube](#) channel created in 2018 to document my adventures, DIY projects and an attempt to generate side income through affiliate links. While personal and work life has become more of a priority over the last few years, the man behind theBidon.com is always thinking of new content to share. He just has to find the time and energy to share it. Feel free to follow along by subscribing to the blog and the YouTube channel.

Thank you for checking out this manual and making it to the end. Have fun and enjoy your custom workouts!!