# Using Music to Enhance your Running

Running is one of the favorite pastimes for all ages. While you can use it to get from point A to B, many use it as a type of workout to enhance their personal level of fitness. However, keeping the right rhythm can be hard. While one can use a heart rate monitor to check if the current pace is good for the desired training, the monitor does not really help you to keep the right speed - it just tells you if are training within the correct parameters or not.

Using music with the right beat can help, since it gives you a pace to keep up with – you know if you are running too slow, too fast, or if you have the correct speed. Sadly, this no longer works if you change the parameters of the workout, e.g. if you are already tired or if you are running uphill.

There exists software that changes the beat of your music according to your heart rate, but for our case, that does not really help, since it just enforces you to run in a way that you are already running – and not to the way that you should run.
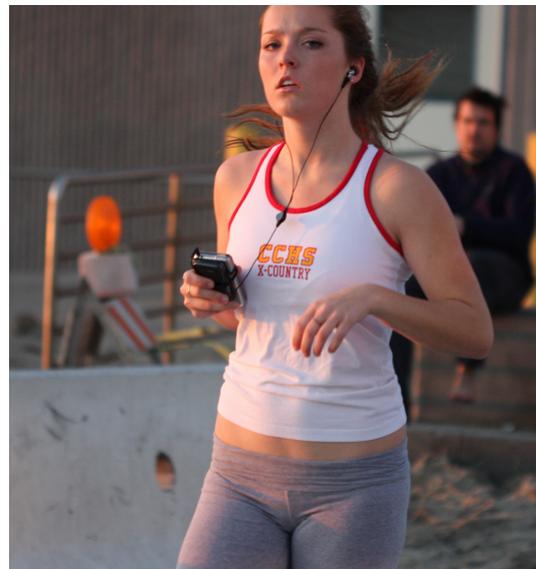
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We envision combining the sensor data of a common smartphone with a heart rate monitor to give the user the music she desires to enhance her running experience. We also have further applications and extensions in mind that expand this project. If you have good ideas for extensions of your own, then these can also be implemented.

Requirements: Good programming skills (preferably in Java) are required. Some creativity and experience in Android programming are advantageous. The student(s) should be able to work independently on this topic.

Interested? Come to our office for coffee and a small chat or contact us by email/phone.

Contact

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