

User manual — HOMEVELOX

App version: **0.7.0**

HOMEVELOX is a **desktop** application (Windows, macOS, Linux) for indoor cycling. With your smart trainer connected over Bluetooth it shows live metrics, **controls the resistance in ERG mode**, lets you build and ride interval workouts, and keeps track of your history and your fitness.

Everything runs **locally**: your data stays on your computer. The only connections to the outside world are optional and you turn them on yourself (Strava, intervals.icu, Garmin Connect, Whoop, Oura, Claude Desktop, Codex, or the AI chats where you choose to paste your data).

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1. Getting started

Installation

Download the installer for your system from the project's download page and install it. **macOS** (Apple Silicon and Intel), **Windows** and **Linux** are supported.

First launch on macOS or Windows: the builds are not signed with a developer certificate, so the system shows a security warning the first time you open the app (Gatekeeper on macOS, SmartScreen on Windows). This is expected: open the file's properties and choose to run it anyway.

Users

On first launch you create your **user**. Several people can use HOMEVELOX on the same computer: each one has their own profile, activities, workouts, devices, connected accounts and settings (theme, language...). At startup you choose who's riding (**Who's riding today?**); if there's a single user without a password you go straight in.

The **password** is optional: it locks access from the app, but doesn't encrypt the files on disk. In **Settings** → **User** you change your name and password, move to another user with **Switch user** (where you can also create a **New user**) and delete yours with **Delete my user**. You can only delete your own user, and never the last one left.

The first thing to enter: your FTP

Before using the app for real, set your **Functional Threshold Power (FTP)** on the **Profile** page. FTP is the reference used to compute:

- the % **FTP** targets of every step;
- the **7 power zones** (Z1–Z7);
- the **TSS** (Training Stress Score) of every activity;
- **Form** (Fitness, Fatigue, TSB);
- your **W/kg** category.

If you don't know your FTP, the Profile page suggests an estimate from your best 20-minute effort in the last 90 days, once there is enough data.

See [Profile](#) for details.

2. Connecting your devices

All connections are made from the **Dashboard** (the icon at the top left).

The roles

The app handles four independent devices, each with its own badge:

Role	What it is	What it's for
Smart trainer	your trainer (Zwift, Tacx, Wahoo Kickr, Elite...)	controlling the resistance and measuring power
Heart rate strap	heart-rate monitor (HXM, Polar...)	heart rate
Power meter (fallback)	a separate power sensor	power, if the trainer doesn't provide it
Remote (Zwift Click)	the Zwift Click buttons on your handlebar	changing intensity during a workout

Each badge shows its state: **Not connected**, **Connecting...**, **Connected**, or **Reconnecting...** if the signal is unstable. Once connected, it shows the **device name** and you can press **X** to disconnect it.

The *Power meter* badge is a **fallback**: if your trainer already sends power, you don't need an external meter.

Connecting

1. **Turn the device on** and make sure it isn't already connected to another app (close Zwift, TrainingPeaks, your vendor's software, etc.). Many smart trainers accept **only one BLE connection at a time**: it's the most common reason for "my trainer doesn't show up in the list".
2. Press **Search for devices**.
3. The devices found appear in the list. Press **Connect** next to the right one, assigning it to the appropriate role.
4. Data starts flowing into the metrics right away.

The same button starts and stops the search (**Search for devices** / **Stop searching**). The list only shows trainers, heart-rate straps, power meters and remotes; if your device doesn't appear, turn on **Show all Bluetooth devices**.

Saved devices

Every device you connect is remembered (one per role). In the **Saved devices** box on the Dashboard:

- **Connect at startup** reconnects them by itself every time you open the app;
- **Connect saved devices** reconnects them right away;
- **Forget** removes one.

If a device drops while you're using it (out of range, flat battery), the app tries to reconnect it by itself and the badge shows **Reconnecting....**

Zwift Click

Connect the Zwift Click like any other device, with the **Remote** role. During a workout the **right button** raises the intensity by 5% and the **left** one lowers it, like the player's + and – buttons. Outside the player and during FTP tests the buttons do nothing.

The Click's protocol isn't public: support was tested on one Click with firmware 1.1.0.

If the trainer doesn't support ERG

If the trainer is connected but **doesn't support ERG control**, the app tells you and the workout goes on anyway: it reads power and records the activity, but **doesn't control the resistance**. In that case the planned watts are a guide for you, not a command.

3. The Dashboard

It's the home page: it sums up your week and shows live metrics.

Last 7 days

At the top there are four boxes with the totals of the last 7 days, compared with the 7 days before:

- **Rides** — number of activities
- **Time** — total hours and minutes
- **Distance** — total km
- **TSS** — total training load

Next to them, the **See Form** → link takes you to the full analysis.

If your recent efforts point to a higher FTP than the one you set, a notice appears below the boxes with an **Update FTP** button (or **Dismiss**, until a new estimate comes in).

Readiness

If you connect intervals.icu, the Dashboard also shows today's **readiness**: a score that tells you how ready you are to train (see [Form](#)).

Today

If you have an active **training plan** (see [Training plans](#)), the **Today** card sits at the top of the Dashboard: today's sessions with duration and TSS, a **Ride** button for the trainer ones, or "Rest day" / "Race day!", and the **next session**. Once today's activity is recorded, the session turns **Done** ✓.

Live metrics

Four boxes with live data: **Power** (W), **Heart rate** (bpm), **Cadence** (rpm), **Speed** (km/h).

- For **Power** you can choose the averaging window: **3s** (reacts quickly, good for short intervals) or **10s** (steadier and smoother, good for aerobic work).
- **Speed** is **virtual**: it isn't GPS data nor the trainer's flywheel speed, it's computed from power, the weight in your profile and the step's grade, with the inertia of a real bike: it speeds up and slows down gradually, if you stop pedalling you coast, and downhill you pick up speed even without pushing (up to 80 km/h, as if you were braking). It gives you an idea of the speed you'd have on the road.
- Distances in km mostly matter for activities imported from Strava; indoor sessions count virtual km.

4. Creating a workout

Go to **Workouts** → **+ New workout** (or **Create a new workout** from the Dashboard).

Structure of a workout

A workout is a sequence of **steps**. Each step has:

- **Name** (optional) — if you leave it empty, it shows as "Step 1", "Step 2", ...
- **Duration** in seconds. Below the field you see a preview in `m:ss` format.
- **Power target** — see below.
- **ERG / Simulation** — how the trainer is controlled during that step (see below).
- **Route grade** % (optional, -15 to 20; negative = descent) — in **ERG** steps it's only used for virtual speed, distance and elevation; in **Simulation** steps it's the climb (or descent) the trainer simulates.

ERG steps and Simulation steps

- **ERG** (default): the trainer adjusts the resistance by itself to keep you on the target watts, whatever gear you're in.
- **Simulation**: the trainer simulates the given climb and you decide the watts, with gear and cadence, like on the road. The target becomes the **expected power**: it's used to estimate the load (TSS) and in ERG if the trainer doesn't support simulation.

How much the grade "weighs" on your legs depends on the **Trainer difficulty** in Settings (see section 10). In the workout bar, Simulation steps are striped.

How to write the target: absolute watts or % FTP

The **W / % FTP** selector decides how the number you type is read:

- **W** — absolute watts. If you switch to % FTP, the value is converted using the FTP in your profile.
- **% FTP** — a percentage of your FTP. Below the field you always see the approximate conversion to watts (e.g. 75% → ≈ 225 W with an FTP of 300).

Tip: use **% FTP** for your workouts. When your FTP goes up, the steps adapt by themselves and the plan stays valid over time.

Repeat blocks

+ **Add repeat block** creates a group of steps repeated N times, typical of interval sessions: $3 \times [4 \text{ min at } 80\% + 3 \text{ min at } 100\%]$ is built with a 2-step block and 3 repetitions.

Each step's tools

Next to each item there are four buttons:

Button	Action
↑	move the item up
↓	move the item down
📄	duplicate the item (handy to add a repetition)
🗑️	delete the item

Preview and estimated route

Above the list you see the workout **timeline** (one coloured bar per step) and an estimate of **distance**, **average speed** and **climbing**, computed from the planned watts and the weight in your profile. They are estimates: they give you a feel for the plan, they don't replace the road.

Saving

Save workout. These cases are checked, with a red message if something is wrong:

- the name can't be empty;

- there must be at least one step;
- every repeat block must have at least 1 repetition and at least one step;
- every step must have a duration and a target greater than zero.

After saving you go back to the library.

5. Workout library

The **Workouts** page lists all your workouts. For each one you see: number of steps, total duration, **planned TSS** (computed with your current FTP) and, if there is one, **the last time you rode it** (today, yesterday, 3 days ago... with a link to the history).

The buttons for each workout:

- **Start** — opens the player and starts the countdown.
- **Edit** — reopens the editor.
- **Duplicate** — creates a copy and opens it in the editor, so you can change the variant without touching the original.
- **Delete** — asks for confirmation **in the same row** (Yes / No). There's no system dialog: the button turns into the confirmation, to avoid deleting by mistake.

At the top right there's also **Import from intervals.icu** (see [Integrations](#)).

Importing a Zwift file (.zwo)

Import .zwo file turns a Zwift workout file into a workout in your library. Power values are in % FTP, ramps (warm-up, cool-down) become a staircase of roughly one-minute steps and repeated intervals become a repeat block. Free sections (FreeRide, MaxEffort) have no target: they become **Simulation** steps at 0%, where you set the watts with gear and cadence, and the app tells you. Their expected power is 65% FTP (FreeRide) and 120% FTP (MaxEffort); if the trainer has no SIM mode they run in ERG at that power. Elements it doesn't recognise are skipped with a warning.

Training plans (Plan tab)

On the **Workouts** page, next to **Library**, there is the **Plan** tab. A plan organises the weeks up to a **race** or a **goal** (for example "FTP to 240 W" or "hold 4 hours in Z2"):

- **races** with date, type, distance, elevation, priority **A** (the main goal), **B** or **C** and a personal objective;
- **goals** not tied to a race: FTP, W/kg, weight, endurance (the hours of your longest Z2 ride) or free text. The app shows the starting value and today's;
- macrocycle **phases**: base, build, peak, taper, recovery, transition;
- **weekly targets** (microcycle): TSS, hours, recovery week, notes;
- **sessions** day by day (up to three a day): **trainer** (with its steps, like a library workout), **outdoor** ride, **rest**, **other sport** and the **race** itself.

Only **one plan is active** at a time: activating another one archives the previous one, which you can still open at the bottom of the page with its final adherence.

First of all set in the [Profile](#) how much time you have each day: the app and the AI assistant use it to check that the plan is doable.

Creating a plan

- **By hand:** + **New plan**, then name, dates, races, goals and phases. You add the sessions in the calendar with each day's +; a trainer session uses the same editor as the workouts, or you can copy a library workout.
- **With an AI assistant:** Claude Desktop or Codex (see [section 11](#)), or a free chat in **AI** → **Plan**. The assistant reads your form and your time and proposes a **draft**.

Drafts appear at the top of the Plan tab: open them, check them and press **Activate plan** (or **Discard**). Until you activate it, a draft changes nothing.

The overview

At the top you find races and goals with the countdown and the **projected form** on race day (Fitness and Form computed with the planned load), the phase bar with today's line, the **weekly load** (coloured bars: planned; dark bar: done; dashes: target), the number of **sessions done** and the assistant's explanation (**Why this plan**).

Warnings point out what doesn't add up, without blocking anything:

- a day with more minutes than you have, or an outdoor ride on a day you can only ride indoors;
- a week over your maximum hours, or with a TSS more than 20% away from its target;
- rest and training on the same day, or 7 days in a row without rest;
- a hard session (TSS over 90) in the 5 days before an A race;
- available time not set in the Profile.

The weekly calendar

Seven columns (from Monday or Sunday, as you choose in the Profile) with arrows to change week. Above them you find the planned load, what you've **done** and the week's target (**Week targets** to change it). Each session shows its kind, duration and TSS, plus its status:

- ✓ **done**, ● **partly done** (below 70% of the planned TSS, or of the duration when there's no TSS), ✗ **missed**, struck through if you **skipped** it.

To **move** a session, drag it to another day, or open it and change the **Day**.

The session

Click a session to open it: edit it, press **Ride** to do it on the trainer (the recorded activity stays linked to the session), **Mark as skipped**, **Save to library** or **Delete**.

Activities are matched **automatically**: an activity on the same day is linked to the session, preferring rides recorded in HOMEVELOX for trainer sessions and imported ones (Strava, files) for outdoor rides, and the closest duration among several candidates. If the match is wrong, pick the right activity in **Linked activity** (those from 3 days before to 3 days after).

Routes: climbs and rides to ride (Routes menu)

The **Routes** menu collects **famous climbs** and **whole rides** to ride on the trainer in Simulation mode, with the real grades. A route comes from:

- a **GPX, TCX or FIT file** (also `.gpx`): **Import GPX, TCX or FIT...**, several files at once too. Routes exported from Strava (Routes → Export GPX), Komoot, RideWithGPS, Garmin Connect, and your own recorded rides all work. Timestamps are not needed: the track with its altitude is enough;
- a **ride in your History** with GPS and altitude (for example one imported from Strava or from a file): in the activity detail, below the map, **Create a route to ride**.

On import the track is resampled every 10 m and the altitude is **smoothed** over about 80 m: GPS and map altitudes are noisy and, without smoothing, the grade would jump by a few points every few metres.

A route's page shows:

- **distance, elevation** (gain and loss), **average grade, max grade** (over 100 m) and minimum and maximum altitude;
- the **elevation profile**, coloured by grade (descent, 0–3%, 3–6%, 6–9%, 9–12%, above 12%). Hovering shows the kilometre, altitude and grade of that point, and the marker also moves on the **map** (if the file has GPS). Above the map you can pick **Road** (light or dark, following the theme) or **Topographic** (with contour lines and relief); the choice applies to every map in the app;
- the **estimated time** at three intensities (65%, 80% and 95% of your FTP), computed with the same physics as the virtual bike and the weight from your Profile;
- **Crop a section**: pick start and end with the two sliders (the section is highlighted on the profile and the map) and save it as a **new route**. This way you get just the climb out of a long ride;
- the editable name, and **Delete**.

Riding a route

Ride the route opens the player in route mode. It no longer goes by time but by distance: the virtual bike moves according to your watts and weight, and the trainer simulates the grade of the point you are on, scaled by the **trainer difficulty** in Settings (as in Simulation steps). The grade updates as you move on, and the session ends by itself when you reach the end.

During the session you see:

- the **profile** with your position (the part already ridden is dimmed);
- the current **grade** (and the one sent to the trainer) and the average of the **next 500 m**;
- the **kilometres and metres of climbing to go**, with the kilometres to the finish in big;
- power, average, speed, kilometres ridden, cadence and heart rate;
- the **map** following your position (if the route has GPS).

Pause, auto-pause, the start countdown and the session that stays alive when you change page work as in workouts; while paused you don't move. If the trainer does **not** simulate grade, it runs in ERG at 75% of your FTP (change it with **Intensity**), while speed and position still follow the grade; with no controllable trainer you choose the resistance.

The saved activity has the route's **real altitude** (also in FIT/TCX files exported or uploaded to Strava), the map in the detail and a link to the route. The FIT file (manual upload, Strava upload, intervals.icu) also carries the GPS track,

marked as a **virtual activity**: Strava shows the map and classifies it as a *Virtual Ride*, so it never lands on real-world segments. The TCX export has no way to mark a ride as virtual and stays without GPS.

6. Riding a workout

Press **Start** on a workout. Before you begin, connect the trainer from the **Dashboard**: it's not too late to connect it once the session has started, but it saves time.

Before the start, the player shows today's **readiness**, if available. If the workout is worth more TSS than it recommends, you can lower the intensity with one click (**Set intensity to ...%**).

While HOMEVELOX is open the **screen stays on**: no screensaver or display sleep while you ride.

The preparation countdown

The first **Start** (from a standstill, not when resuming) shows a **15-second countdown** with the text "*Get ready, hop on the bike...*". It's the time to get in the saddle and clip in: workout, recording and ERG control don't start until it ends. To cancel, press **Cancel**.

In the last 3 seconds of the countdown a warning **beep** plays, different from the one at step changes, and the start is marked by a **long, high beep**, like the start of a race.

During the workout

The screen shows:

- **The current step's name** and its **countdown** (it turns red in the last 3 seconds, with beeps).
- **The next step**, with watts (or grade, for a Simulation step) and duration, so you know what's coming.
- **Overall progress**: elapsed and remaining time for the whole workout.
- **Three power boxes**: **Target** (the requested watts), **Actual** (what you're producing) and **Session average**.
- **Deviation from target**: within $\pm 10\%$ it stays neutral, above 10% it turns amber, above 20% red. The first 5 seconds after a step change aren't counted, because the trainer is still adjusting the resistance.
- **Cadence, Heart rate, Speed** live.
- **ERG badge** at the top: it tells you whether the trainer supports ERG control and is actively applying it. If the trainer is connected but isn't ERG-capable, the workout carries on in "recording only" mode: the planned watts are a guide, not a command. In Simulation steps the badge becomes **SIM on** and instead of the Target you see the step's grade and the grade sent to the trainer; the deviation from target and the gear tip don't appear, because there you choose the watts.

Leaving the player without losing the session

A started session **doesn't end** when you leave the player: for example, while paused you can go to the **Dashboard** to reconnect your heart-rate strap. At the top of every page a **Workout in progress** (or **FTP test in progress**) banner appears with **Back to the session**, and you find it exactly where you left it. The session ends only with **End**. While a session is open you can't start another one.

Intensity: the button that saves the session

The – and + buttons (or the ↑ ↓ arrows, or the Zwift Click buttons) change the **intensity** in **5%** steps, and apply to **the whole workout in progress**. Useful to finish a session that's too hard without stopping.

When intensity isn't at 100% you'll see the **plan** (the original watts) in grey next to the actual target, so you don't lose the reference. The **reset** link takes you back to 100%.

Controls

Button	What it does
Start / Resume	starts (or resumes after a pause)
Pause	pauses the workout
Skip step	jumps straight to the next step
End	ends the session and saves the activity

The **"Auto-pause when you stop pedalling" checkbox** pauses by itself when it detects you're not pedalling, and resumes when you start again. You can turn it off.

Sounds and voice announcements

- **End of step:** three beeps in the last 3 seconds, then a "go" tone at the step change.
- **End of workout:** a short rising arpeggio.
- **Voice announcements:** a voice tells you how long is left in the step ("*5 minutes to go*", "*one minute to go*", "*30 seconds to go*") and announces the end of the workout. Announcements come at 10, 5 and 2 minutes, 1 minute and 30 seconds, but only in steps at least twice as long: in a 3-minute step you only hear "one minute" and "30 seconds", in a 30-second interval no announcement at all.

The voice is your operating system's, in the app language. The **"Voice announcements of the time left" checkbox** turns them off (the choice is remembered); if the system offers no speech synthesis the checkbox doesn't appear and you only get beeps.

The gear tip

If your actual power stays **above the target** by more than 10% for a few seconds, the app shows a notice: **try an easier gear**. In ERG a gear that's too "big" doesn't let the trainer go down to the requested watts, because the flywheel doesn't slow down enough. A lighter gear almost always fixes it.

At the end

When the workout is over you see **"Workout complete"** and right below:

- the **Journal**, where you can set an **RPE** (rate of perceived exertion, Borg 1–10 scale) and write **notes** about the session — you can save and edit them later;
- the buttons to **export as FIT or TCX** and **upload to Strava or intervals.icu** (see [History](#));
- the **Back to the library** link.

After an FTP test you also see the **test result**, with the button to apply the new FTP to your profile.

Keyboard shortcuts are disabled while you type in the journal notes, so you don't hit the space bar by mistake while typing.

7. Activity history

The **History** page collects everything you've done: indoor sessions recorded by the app and outdoor activities imported from Strava, from Garmin Connect or from files (FIT, TCX, GPX).

At the top you choose the view: **Calendar** (default) or **List**. The app remembers your last choice.

The calendar

One month at a time, with weeks from Monday to Sunday. Move with the ◀ ▶ arrows next to the month name, or with the ← and → keys; **Today** brings you back to the current month. Today's date is shown in orange.

- Each ride is a **pill** with name, duration and TSS: a click opens the details. A blue border marks an indoor session, an orange one an imported activity (from Strava or a file); **FTP tests** have a filled pill.
- The last column, **Week**, adds up that week's hours, km and TSS.
- At the top right you find the month's total (rides, hours, km, TSS).
- Coming back from an activity's details, the calendar reopens the same month.
- With a narrow window the calendar becomes an agenda: for each week only the days with rides, and the weekly total below.

The list

Activities are **grouped by month**, with a total for each month (rides, hours, km, TSS). You can also delete an activity from here.

Filters

They apply to both views.

- **Search by name** — text search across activities.
- **All / Indoor / Imported** — separates sessions recorded by the app from imported ones (from Strava or from files).

Each row

Name, date and time, duration, average power, average heart rate, **TSS** and RPE if set. The label next to the TSS tells you how it was computed: if you see **hrTSS**, it's an estimate from heart rate (it happens with Strava activities that have no power data). You'll also see *uploaded to Strava*, *imported from Strava* or *imported from file*.

Buttons: **Details** and **Delete** (with inline confirmation).

Activity details

Pressing **Details** you find:

- the **power**, **heart rate** and **cadence** curves;
- the comparison **planned target vs actual power**, when the activity was ridden from a workout in the library;
- the **accuracy against the target**: average gap in watts and percentage of seconds within 5% of the target;
- the **time-in-zone distribution**, both for the 7 power zones and for the heart-rate zones;
- the **power curve** (best power) for the standard windows;
- the **journal** with RPE and notes;
- the **Export FIT**, **Export TCX**, **Upload to Strava** and **Upload to intervals.icu** buttons.

Zone and TSS values of a past activity use **the FTP you had on that day**, not today's. If your FTP has changed, the numbers stay consistent with the time of the session.

Export FIT or TCX

Export FIT (Garmin Connect) saves a `.fit` file, Garmin's native format, wherever you choose and shows you the path with a **show in folder** link. It's the recommended format for Garmin Connect (Import Data, from the website), TrainingPeaks, Golden Cheetah and the like: it carries power, heart rate, cadence, distance, virtual elevation and the ride's summaries, and it's recognised as **indoor cycling**.

Export TCX saves the same workout as a `.tcx` file, for software that only reads that.

Upload to Strava

Upload to Strava requires the Strava connection (see [Integrations](#)). If your bikes have been read from Strava, you can choose **which bike** to assign to the activity; the default is set in Integrations. Once uploaded, the activity shows a link to open it on Strava.

If Strava isn't connected (since 2026 the Strava API requires a subscription) you get **Upload to Strava (manual)** instead: the app saves the FIT file where you choose and opens the strava.com upload page in your browser, where you just drag the file. Manual uploads on strava.com are free for everyone.

Upload to intervals.icu

Upload to intervals.icu appears if you've saved your intervals.icu API key (see [Integrations](#)). It sends the activity as a FIT file, with the name and the journal notes; once uploaded it shows a link to open it on intervals.icu. Rides imported from Strava don't have this button: if you've connected Strava to intervals.icu, it already gets them from there.

If intervals.icu already receives your activities from Strava, uploading the same session to both Strava and intervals.icu can create a duplicate on intervals.icu: in that case use only one of the two buttons.

Importing from Strava

The **Import from Strava** button at the top opens the import panel. You can import:

- **Single activities**, searching by name;
- **All bike rides** of one year or two consecutive years.

The bulk import shows how many activities will be imported, skips the ones already there and estimates how long it will take. If there are more than 90, the app warns you that it will pause and resume by itself when Strava allows it — you can keep using the app in the meantime.

This panel uses the Strava API, so it needs the connection (and, since 2026, a Strava subscription). Without one, use **Import from file** or **Import from Garmin**.

Importing from Garmin Connect

The **Import from Garmin** button at the top imports your bike rides straight from your Garmin Connect account, with the original file recorded by the device (power, HR, cadence, GPS track). It needs the connection with your personal key (see [Garmin Connect](#) in Integrations); Strava isn't needed.

Choose the period (**Last 7 days**, **Last 30 days**, **Last year** or **All history**) and press **Show rides**: the list of your bike rides appears, indoor and Zwift included (running, swimming and other activities don't show up), with date, duration and distance. Then you choose what to import:

- **Import the latest**: the most recent ride not yet in your history;
- **Import selected**: tick the rides you want (or **Select all new**);
- **Import all new**: every ride in the list not yet in your history.

Rides already in your history are marked in the list and can't be ticked: those already imported from Garmin, those that came from Strava or from files and the HOMEVELOX sessions uploaded to Garmin Connect (recognized by their start time). Like the file import, it keeps going if you change page; if Garmin limits the requests, the import stops and you can resume it later: rides already imported will be skipped.

Importing from files (no Strava subscription)

The **Import from file** button at the top opens the panel to import **FIT**, **TCX** or **GPX** files (also **.gz** compressed) from Strava, Garmin Connect, Wahoo, Zwift and the like. Press **Choose files...** and select one or more.

- **A single Strava ride**: on strava.com open the activity, menu → **Export Original** (or **Export GPX**).
- **Your whole Strava history**: on strava.com go to **Settings** → **My Account** → **Download or Delete Your Account** → **Request Your Archive**. Strava emails you a zip: choose it in the panel as it is, without extracting it. The app reads the activity list with names and types and imports only the **bike rides**.

Activities already in your history are skipped: those already imported from Strava, and also the sessions recorded by HOMEVELOX and uploaded to Strava (recognized by their start time). The import continues even if you close the panel or change page; at the end you see how many activities were imported, skipped or failed. Rides with GPS get the route map in the detail.

8. Form

The **Form** page shows your fitness state, computed from your activities' TSS with the **Performance Management Chart** model.

The three numbers

Indicator	Meaning
Fitness (CTL)	how trained you are, 42-day moving average
Fatigue (ATL)	how tired you are, 7-day moving average
Form (TSB)	the difference between the two: your remaining "battery"

The **state** is read from the TSB:

TSB	State	Meaning
> +25	Very rested	long taper, fitness is dropping
+5 ... +25	Fresh	a good time for a race or a test
-10 ... +5	Neutral	load and recovery in balance
-30 ... -10	Productive load	you're building fitness
< -30	Overreaching	watch out for the risk of overtraining

The chart and the ranges

Above the numbers there's the chart with the three curves. The buttons at the top right change the visible range: **6 weeks, 3 months, 6 months, 1 year, All**.

The series is **always computed from the start of your history** and only then cut to the chosen range: moving averages need the past to be correct.

Period summary

The box for the chosen period shows the total TSS, the hours and the number of activities. The main numbers at the top are **today's** instead, and don't change with the range.

If you see nothing, it's because **there are no activities with power data yet**: record a session or import one from Strava.

Readiness

Readiness is a 0 to 100 score computed every day. It compares today's data with **your own** normal:

- **HRV**, **resting HR** and **sleep**, which come from intervals.icu (see below);
- your **training load** (Form and Fatigue);
- the morning **check-in**, if you fill it in.

Score	Level	Advice
75–100	Ready	a good day for hard work or a test

Score	Level	Advice
55–74	OK	train as planned
35–54	Caution	ease off a little: –5% intensity or a shorter workout
0–34	Recovery	only active recovery in Z1-Z2, or rest

Along with the score you see today's **recommended load** (up to ~N TSS) and the suggested intensity. Readiness appears on the Dashboard, here in Form (with its trend over the period) and in the player before you start.

The **check-in (How do you feel today?)** asks about your **legs** (Fresh, Normal, Heavy, Wrecked) and your **motivation** (High, Good, Low, None). It stays on your computer.

At first the score is **calibrating**: it takes a few days of HRV or resting HR to learn your normal, and with fewer than 14 days of HRV it's marked as provisional. It's an estimate based on your data, not medical advice.

Wellness

The **Wellness** panel shows weight, resting HR, HRV, sleep (duration, score and quality), steps, VO2max, how you felt that day and, from Whoop, Oura and Garmin, also SpO2, respiration and strain, with the 7-day average. The data comes in two ways:

- **intervals.icu**, which collects it from your watch or ring (Garmin, Polar, Apple Watch through third-party apps, Whoop, Oura...);
- **straight from Garmin Connect, Whoop or Oura Ring**, if you connect them in **Integrations**. If the same value for the same day comes both ways, **the device's wins**: there are no duplicates, each day has a single value for each metric. That's the typical case of a Garmin linked both to intervals.icu and to HOMEVELOX.

The data updates by itself every time HOMEVELOX starts and then **every hour** while the app is open (intervals.icu first, then the devices), or right away with **Update from intervals.icu** and **Update from Garmin/Whoop/Oura**. If your recent weight or resting HR differ from your Profile, the panel offers **Update profile**.

9. Profile

The **Profile** page holds your athlete data. It's the basis of almost every calculation in the app, so fill it in carefully.

Basic data

- **FTP** — threshold power in watts. The most important number in the app.
- **Weight, Height, Age, Sex** — used for W/kg, max HR estimates and distances.
- **Max heart rate, Resting heart rate, FTHR** (threshold heart rate) — for the HR zones.

Press **Save profile** to confirm.

Time to train

The **Time to train** card tells the [training plans](#) and the AI assistant how much time you have:

- **The week starts on** Monday or Sunday (used by the plan calendar);
- the **minutes** for each weekday (0 = no training) and the **outdoors too** tick for the days you can ride outside;
- the **maximum hours per week** (optional);
- **notes for planning**, for example "Saturday mornings only".

FTP history

Every time your FTP changes, **add it to the history** with its date. This does two things:

- zones and TSS of **past** activities are recomputed with the FTP you had on that day;
- the form curve stays historically correct.

There's also an **FTP suggested by your data**, which compares several estimates:

- **FTP test** — the result of your latest guided test (see below), if it's from the last 42 days: it takes precedence over everything else;
- **Best 20'** — your best 20-minute effort in the last 90 days $\times 0.95$;
- **Best 60'** — your best one-hour effort, taken as is;
- **Critical Power** — computed from your best 5' and 20': it serves as a cross-check.

The recommended estimate is highlighted and you can accept it with one click. When it's at least 3% above your current FTP, a notice also appears on the Dashboard.

The FTP test

From the **FTP test** page (linked from Profile and Workouts) you can choose between three tests.

Ramp test (20-30 minutes):

1. 5 minutes of warm-up;
2. the ramp: power goes up every minute (about +6% of your current FTP), in ERG;
3. when you can no longer hold the target press **I'm done**. If your cadence drops below 50 rpm for a few seconds the test stops by itself;
4. 5 minutes of cool-down (you can skip them or press End).

The result is **75% of your best 1-minute power** during the ramp.

20-minute test (about 1 hour): 10' of warm-up, three 1' openers, a 5' "blow-out" at threshold pace with recoveries, then **20' of free effort** and 10' of cool-down. FTP = **95% of the 20' average**. If you stop (or skip the step) before 19 minutes the test isn't valid. Tip: start at the reference shown and only push harder in the last 5'.

During a test's **effort** the **Skip step** button is disabled (skipping would make the test invalid): to get out use **I'm done** (ramp test) or **End**. Warm-up, openers and recoveries can be skipped as usual.

8-minute test (about 45 minutes, Carmichael protocol): 10' of warm-up, **two free 8' efforts** separated by 10' of recovery, 10' of cool-down. FTP = **90% of the better of the two**; an effort counts if it lasts at least 7'30".

In **free efforts** the trainer simulates a flat road and you decide the watts with gear and cadence: instead of the target you see the **average of the current effort** and a reference power. That's why the 20' and 8' tests need a trainer that

supports **grade simulation**; if yours doesn't, the page tells you and won't start them. The **I'm done** button and the automatic stop on low cadence only exist in the ramp test. Every test needs power data for at least 90% of the effort.

At the end of the test you see the estimated FTP, the comparison with your current one and the **Update FTP** button, which adds the entry to the history. During the test auto-pause and intensity are disabled. Tests stay in History with their result: you can also apply it later from the activity's details (it takes effect from the day of the test).

Power zones (7 zones, Coggan model)

Zone	Name	% FTP	What it's for
Z1	Active Recovery	0–55%	easy spinning, recovery
Z2	Endurance	56–75%	aerobic base, long rides
Z3	Tempo	76–90%	sustained effort, hard aerobic
Z4	Lactate Threshold	91–105%	maximum sustainable for ~60 min
Z5	VO ₂ max	106–120%	high-intensity intervals
Z6	Anaerobic Capacity	121–150%	long sprints
Z7	Neuromuscular Power	>151%	all-out sprints, explosiveness

For each zone you see the **watts** that match your FTP and how much time you spent in it in your recent sessions.

Heart-rate zones

There are **two methods**, and you can switch between them:

- **% FTHR** (5 zones) — Coggan's method, it needs your FTHR. It's the most common one in cycling.
- **% HRR / Karvonen** (5 zones) — it needs **max HR** and **resting HR**; the calculation takes your resting heart rate into account, so it's more personal.

The two methods can be compared in the same table.

W/kg and goal

The app computes your **watts/kg** and places you in a category (from "Untrained" to "Pro"). If you're short of the next level, it tells you **how many watts you need** at the same weight to reach it.

Calculators

The page also includes some quick calculators (FTP estimate from a test, max HR estimate, etc.) for those who want to work the estimates out by hand.

10. Integrations and settings

The connections with external services (**Strava**, **intervals.icu**, **Garmin Connect**, **Whoop**, **Oura Ring**) live in the **Integrations** tab of the menu. **Settings** keeps users, appearance and language, the trainer options, backup and updates; your athlete data lives in **Profile**.

Trainer: difficulty

The **Trainer difficulty** (0 to 100%, 50% by default, like in Zwift) decides how much of a Simulation step's gradient the trainer makes you feel: at 50% an 8% climb rides like a 4% one. Virtual speed and elevation always use the real grade. With the trainer connected, the section also tells you whether it supports grade simulation.

Strava

To upload activities to Strava you need **your own personal OAuth app**:

1. Register an app at strava.com/settings/api.
2. Set **Authorization Callback Domain** to `localhost`.
3. Paste the **Client ID** and **Client Secret** here and press **Save credentials**.
4. Press **Connect to Strava**: the browser opens for the authorization.
5. When it's done you're back in the app, which shows as connected.

Subscription: since 2026 Strava grants API access only to subscribers (even for your own personal app). Without a subscription you can still upload activities with **Upload to Strava (manual)** and import them with **Import from file** in History (see [Activity history](#)).

To **read your bikes** the app also needs permission to access your profile. If you don't see them, press **Disconnect** and then **Connect to Strava** again, leaving profile access enabled in the browser.

In the **Bikes** section you see your bikes with their total km, the main one is marked as **primary**, and you can choose the **default bike** assigned to activities uploaded from HOMEVELOX (you can also change it for a single activity).

intervals.icu

To import your workouts from intervals.icu and upload your sessions there:

1. Generate a **personal API key** at intervals.icu/settings.
2. Paste it here and press **Save API key**.

The **Remove** button deletes it.

With the same key HOMEVELOX also reads your **wellness data** (see [Form](#)).

Garmin Connect

With the Garmin Connect **personal key** (Personal API, free) HOMEVELOX reads **directly** from your Garmin account:

- **wellness**: overnight HRV, resting HR, sleep and sleep score, overnight SpO2 and respiration, weight, steps. It feeds **Form**, **readiness** and the **AI analyses**;

- your **bike rides**, to import in **History** with **Import from Garmin** (see [Importing from Garmin Connect](#)).

To connect it:

1. Open connect.garmin.com → **Settings** → **Personal API Token** and create a key, choosing its expiry (30, 90, 180 days or one year).
2. **Copy it right away**: Garmin shows it only once.
3. In **Integrations** paste it and press **Connect Garmin**: HOMEVELOX checks it and imports the last year of wellness.

Then wellness updates by itself at every start and every hour, or with **Sync now**. When the key expires (Garmin emails you a week before) create a new one and paste it again; **Disconnect** forgets the key, the data already imported stays.

No duplicates with intervals.icu: if your Garmin is also linked to intervals.icu, the same data arrives two ways. HOMEVELOX keeps a single record per day and, for each value read from Garmin, uses that one: the intervals.icu value for the same day is replaced, never added or duplicated. Data Garmin doesn't provide (feelings, VO2max...) keeps coming from intervals.icu.

The key is **read-only**: Garmin doesn't allow uploading activities or workouts with it, so HOMEVELOX sessions still go to Garmin Connect by hand with the FIT file (**Export FIT** in the activity detail). The key stays on your computer and never goes into backups.

Whoop and Oura Ring

HOMEVELOX reads your recovery data **directly** from your Whoop or Oura ring: HRV, resting HR, sleep, recovery/readiness score, SpO2, respiratory rate, skin temperature and strain (Whoop), steps (Oura). It feeds the **Form** page, **readiness** and the **AI analyses**.

As with Strava you need **your own personal app**, which is free:

1. Create an app on developer-dashboards.whoop.com (scopes `read:recovery` , `read:sleep` , `read:cycles` , `read:profile` , `offline`) or on cloud.ouraring.com/oauth/applications (scopes `personal` , `daily` , `heartrate` , `spo2Daily`).
2. As **Redirect URI** enter `http://127.0.0.1:47811/` .
3. In **Integrations** paste the **Client ID** and **Client Secret**, press **Save app** and then **Connect Whoop** (or **Connect Oura**): the browser opens for the login.

The first time HOMEVELOX imports the last year; then it updates by itself at every start and every hour, or with **Sync now**. If the same value also comes from intervals.icu, the device's wins for that day. **Disconnect** forgets the access; the data already imported stays.

Importing workouts from intervals.icu

On the **Workouts** page, press **Import from intervals.icu**. You see the list of your workouts on intervals.icu, you can search them by name, and by pressing the one you want you get a **preview** before confirming the import.

If some line can't be interpreted, the app tells you and skips it: the remaining steps are imported anyway. The primary source is the workout's JSON structure; for workouts that don't have one, the app tries to interpret the text description.

Once imported, the workout opens straight away in the editor so you can rename or edit it.

11. AI assistants (free chats, Claude, Codex)

The **AI** tab gives you two ways to use an AI assistant with your data.

Free AI chats (nothing to install)

It works with **any chat**, free plans included: Claude, ChatGPT, Gemini, Copilot, Le Chat (Mistral), DeepSeek. No API keys, nothing to install.

Analysis and questions

1. Choose the data to share: the **history** (4 weeks, 12 weeks or 6 months), a **ride to analyse in detail** and whether to include **wellness**. **See the data** shows exactly what gets shared.
2. Pick one of the ready-made questions or write your own and press **Copy for the AI**: the coaching instructions, your data and the question go to the clipboard.
3. Press **Open Claude** (or another chat), paste into a new conversation and carry on there.

Create a workout

1. Describe the workout (e.g. "One hour of sweet spot with 3 × 12-minute intervals") and press **Copy the request**.
2. Paste it into a new chat: the answer is a JSON block.
3. Copy the answer, paste it into HOMEVELOX and press **Import into the library**. If the chat got the format wrong, HOMEVELOX tells you and prepares a **correction request** to paste into the same chat.

Plan

1. If you already have an active plan, choose whether to create a **new** one or **change** the active one. Describe the goal (e.g. "granfondo on 20 December, 120 km and 2000 m") or the change (e.g. "I'm away on Thursday, rearrange the next two weeks") and press **Copy the request**. The text also includes the time you have each day and, for a change, the plan with its sessions.
2. Paste it into a new chat and paste the answer back here: **Create the draft** (or **Update the draft** for a change, which becomes a proposal to apply).
3. A long plan comes **in parts**: the chat sends the structure and the first 4 weeks. Write "continue" and paste each following answer: the sessions are added to the same draft.
4. If there are **warnings** (for example a session longer than the time you have), **Copy the warnings for the chat** sends them back; the correction it answers with applies to the draft.

Open the draft from the link and activate it when you're happy with it.

Pasting your data into a chat shares it with that service, under its terms.

Direct connection with Claude Desktop and Codex

HOMEVELOX can connect to **Claude Desktop** (Anthropic) and **Codex** (OpenAI), so you can talk to the assistant about your training: have it **summarise your latest rides**, **see what's in your library** and **create a new workout** that you describe in words.

The connection is called an **MCP server** and it's an **optional** feature. It starts by itself together with the app, but it can be reached **only from this computer** and is protected by a **token** (a password generated by the app). Everything is managed from the **AI** tab in the app's menu.

What the assistant can do

The assistant has thirteen tools: ten read your data, three create workouts and propose plans.

Tool	What it does
listActivity	Reads your activities, most recent first: average and normalized power, heart rate, cadence, distance, duration, best efforts, RPE, notes and TSS/IF computed with that day's FTP. It can be limited to a period (for example "since Monday"), to indoor or Strava rides only, or search by name.
getActivity	Analyses a single activity: time in power and heart-rate zones, best efforts, step-by-step plan adherence, FTP-test result and the session's shape as one-minute averages. It never reads the raw second-by-second data.
getProfile	Reads your profile: current FTP and its history, weight and W/kg, threshold/max/resting heart rate, power and heart-rate zones, the time you have to train, the first day of your week, connected services.
getFitness	Reads your Form : today's Fitness (CTL), Fatigue (ATL) and Form (TSB), day by day, and weekly totals (rides, hours, km, TSS). The same numbers as the Form page.
getPowerCurve	Reads your power curve (best 5", 30", 1', 5', 10', 20', 60') over a period and the FTP estimates: recent FTP test, $20' \times 0.95$, 60', Critical Power.
getReadiness	Reads the day's Readiness (the same as the card): score, level, advice, maximum TSS and suggested intensity, with the contribution of HRV, resting HR, sleep, load and check-in. It can also give the trend over the last days.
getWellness	Reads the wellness data synced from intervals.icu (HRV, resting HR, sleep, weight, steps, feelings) and your daily check-ins.
listWorkout	Reads the workouts in your library, with steps, repeats, total duration, targets, planned TSS/IF and how many times you rode them. It can search them by name.
listPlan	Lists your training plans: active, drafts and archived, with races and goals.
getPlan	Reads a plan (usually the active one): goals with today's value, races with the projected form, phases, weeks planned vs done, sessions with their status (done, partly, missed, skipped) and the warnings.
createPlanDraft	Proposes a new plan as a draft : you see it in the Plan tab and activate it yourself.
revisePlan	Proposes a change to the active plan (or completes a draft): it touches only the sessions it names and never past ones. The change is a draft you compare week by week with the active plan and apply or discard.
createWorkout	Creates a new workout in your library, including Simulation steps (simulated climbs or free efforts at 0%). It appears right away on the Workouts page, ready to ride.

The assistant **cannot** delete or modify existing activities or workouts, it doesn't change the active plan without your **Apply changes**, it doesn't change your profile and it never sees your Strava or intervals.icu credentials. It always works on the data of the **user who is signed in** to HOMEVELOX, and only while the app is open.

Claude Desktop

You need **Claude Desktop** installed (from claude.ai/download). Nothing else to install: the HOMEVELOX extension uses the Node.js bundled with Claude Desktop.

1. Open the **AI** tab and check that **Start the MCP server together with the app** is on and that **Server running at <http://127.0.0.1:47831/mcp>** appears.
2. Press **Install in Claude Desktop**: Claude Desktop opens and asks to install the HOMEVELOX extension.
3. Confirm with **Install**. Claude Desktop may warn that the extension isn't verified: that's normal for extensions installed from a file.
4. In a new chat ask for example *"show me my latest rides"*.

If Claude Desktop doesn't open, press **Show the file** and open `HOMEVELOX.mcpb` with Claude Desktop, or drag it into Claude Desktop's **Settings** → **Extensions**.

The first time, Claude Desktop may ask for your **permission** for each tool: read the request and confirm it only if it's what you wanted.

Codex

1. With the server running, press **Connect Codex** in the **AI** tab. HOMEVELOX adds a `homeve\lox` entry to Codex's configuration file (`~/ .codex/config.toml`), leaving the rest of your configuration untouched.
2. Close and reopen Codex.

Example requests

- *"Look at my last 10 activities in HOMEVELOX and tell me how my consistency is going."*
- *"How many workouts do I have in my library? Which are the longest?"*
- *"Create a 60-minute sweet spot workout in HOMEVELOX: 10 minutes of warm-up, 2 blocks of 20 minutes at 90% of FTP with 5 minutes of recovery, and a final cool-down."*
- *"Look at what I did this week and prepare a recovery workout for tomorrow."*
- *"Get me ready for the granfondo on 20 December, 120 km and 2000 m of climbing: I want to finish in the top 100. Use the time in my profile."*
- *"I skipped two sessions this week: revise my plan for the next two weeks."*

When the assistant proposes a **plan** or a **change**, you find the draft in **Workouts** → **Plan**. For a change, the **What changes compared with the active plan** box shows, week by week, the sessions added (+), removed (–) and changed (~) and the TSS before and after; then press **Apply changes** or **Discard**. Activities already linked to the plan stay linked.

When the assistant creates a workout you'll find it in **Workouts**: open it in the editor to double-check it, because the assistant chooses the durations and targets. It usually sets them in **% FTP**, so the workout adapts by itself when your FTP changes. To avoid gross mistakes, HOMEVELOX rejects out-of-range workouts (for example more than 12 hours in total, steps longer than 4 hours or power above 2000 W) and the assistant gets the reason so it can correct itself.

The options in the AI tab

- **Start the MCP server together with the app:** if you turn it off, the connection stops working until you turn it back on.
- **Port:** you usually don't need to touch it. If it's taken by another program, choose another one (1024 to 65535) and press **Apply**.
- **Regenerate token:** creates a new token and **immediately invalidates** the one in use. Do it if you think it ended up in the wrong hands.
- **Manual configuration (advanced):** for other MCP clients, or if you'd rather not use the extension. **Copy configuration for Claude Desktop** copies a block to paste into `claude_desktop_config.json` (in Claude Desktop: Settings → Developer → Edit Config). It needs Node.js installed on the computer.

After changing the port or the token, **install the extension again** in Claude Desktop (it replaces the old one) and press **Connect Codex** again.

Warning: the extension, the Codex configuration and the manual configuration **contain the token**: don't share them and don't publish them (for example in a screenshot).

Privacy: the server stays on your computer, but what the assistant reads with the tools **enters your conversation** with Claude or OpenAI, as if you had pasted it yourself. If you don't want the assistant to see your data, leave the server off.

If something doesn't work, see [Troubleshooting](#).

12. Backup and migration

At the bottom of Settings you find the **Backup and migration** section.

A backup contains your **profile** (with FTP history), **workouts**, **activities**, **routes**, **training plans**, **wellness** and **check-ins**. Strava and intervals.icu credentials can only be included in a manual backup, **encrypted with a password** (see below); without them, after a restore on another computer you'll need to reconnect the integrations.

Manual backup

Create backup now opens a window to choose where to save the `.zip` file (it suggests the Downloads folder with the name `homevelox-backup-YYYY-MM-DD.zip`). When it's done you see a summary of the contents and size, and a **show in folder** link.

If you've connected Strava or intervals.icu, you can turn on **Include the Strava account and intervals.icu key, encrypted with a password** and choose a password. The password isn't stored: if you forget it the credentials can't be recovered (the rest of the backup can).

Automatic backup

Turn on **"Create one backup a day when the app starts"**. When you choose the folder, a first test backup runs right away. You can choose to keep the last **3, 7, 14 or 30** backups: older copies are deleted automatically.

Tip: point it to a **synced** folder (iCloud Drive, Dropbox, OneDrive, Google Drive). A backup on the same disk as your computer doesn't protect you if the disk fails.

There's also **Run now** to start an automatic backup immediately, without closing and reopening the app. Automatic backups never include credentials.

Restoring a backup

Press **Import backup...** and select a `.zip` file. The app **inspects its contents** and shows you what it contains **before** applying anything, with two modes to choose from:

- **Merge with current data** — adds only what's missing and never deletes or changes anything (existing activities aren't duplicated). Your current profile stays as it is: it's imported only if there isn't one here;
- **Replace everything** — replaces your profile, workouts and activities with the backup's. A copy of the current data is saved automatically first.

If the backup contains encrypted credentials, the app asks for the **credentials password**. Leave it empty to restore everything else without credentials.

Confirm and the app reloads profile, workouts and activities.

Warning: the replace mode **deletes** your current data. Make a backup first if you're unsure.

13. Keyboard shortcuts

They work **only on the workout player screen** (and are disabled while you're typing in the journal notes).

Key	Action
Space	Start / Pause / Resume
→	Skip step
↑	Intensity +5%
↓	Intensity -5%

They're handy because on the bike the mouse is out of reach.

14. Troubleshooting

My smart trainer isn't in the list

- **Close other apps** that may already be connected to it (Zwift, TrainingPeaks, the vendor's software). Many trainers accept only one BLE connection at a time.
- Check that **Bluetooth is on** and that the device is **charged** and **paired** with the computer.
- **Move the trainer** closer to the computer (or vice versa) and search again.

- Some trainers go to sleep if they don't receive data: **pedal** during the search to keep them awake.

The trainer only connects as a power meter (e.g. Tacx)

Some trainers, like **Tacx**, only advertise power: HOMEVELOX already marks them as smart trainers, and if you connect one as a Power Meter it offers **Connect as smart trainer**. Tacx trainers with recent firmware are controlled through the FTMS standard; older ones (Vortex, Flux, Bushido, early Neos) through the Tacx protocol, which HOMEVELOX uses by itself when FTMS is missing: ERG and simulated grade work either way. If connecting as a trainer says "Characteristic attesa non trovata" (expected characteristic not found), the message lists model, firmware and the services found: close the other apps connected to the trainer (Tacx Training, Zwift on the phone, bike computer) and try again. Meanwhile you can use it as a Power Meter (power and cadence, no ERG).

The trainer is connected but the resistance doesn't change

Check the **ERG badge** on the player screen. If the trainer is connected but isn't ERG-capable, the workout goes on in recording-only mode. Some trainers need to be set explicitly to **ERG** mode from their own app or remote.

Power stays above the target

You've seen the gear tip: **shift to an easier gear**. If the flywheel doesn't slow down enough, the trainer can't go down to the requested watts.

ERG doesn't start after a pause

After **any** pause or stop, the trainer has to be reactivated with a Start/Resume command. The app does it automatically; if the trainer is slow to react, wait a few seconds and try **Resume** again.

I can't hear the beeps or the voice

Warning sounds come from the computer, not the trainer. Check the system volume and that the default audio device isn't muted. If the voice reads with the wrong accent, install a voice for the app's language in your system's speech settings (macOS: Accessibility → Spoken Content; Windows: Settings → Time & language → Speech).

"No activities with power data" in Form

Form is computed from TSS, which in turn needs **power data**. Record a session with the trainer connected, or import an activity with power from Strava.

I can't connect to Strava

- Check that your Strava OAuth app has **Authorization Callback Domain** = `localhost` .
- Client ID and Client Secret must **both** be filled in.
- If it used to work and doesn't any more, try **Disconnect** and connect again (it refreshes the permissions, including the one to read your bikes).
- If the browser doesn't open, check that it isn't blocked.

The Strava import pauses

If you import many activities, Strava limits the requests (about 100 every 15 minutes). The app stops and resumes by itself: **don't restart the import**, just wait. You can keep using the app in the meantime.

The app doesn't start on macOS/Windows the first time

The builds aren't signed: Gatekeeper or SmartScreen show a warning. Open the file's properties and choose to run it anyway.

Claude Desktop or Codex don't see HOMEVELOX

Check in this order:

- **Is HOMEVELOX open?** The server only exists while the app is open. The **AI** tab must say **Server running at...** If it says **Server not running**, with a message (usually the port is taken by another program), choose another **Port**, press **Apply** and then install the extension again or press **Connect Codex** again.
- **Did you restart the assistant?** After **Connect Codex**, close and reopen Codex. For Claude Desktop with the manual configuration, quit the application (the **Quit** menu item, closing the window isn't enough) and open it again.
- **Did you change the port or regenerate the token?** The previous connection no longer works: install the extension again in Claude Desktop and press **Connect Codex** again.
- **The extension doesn't show up in Claude Desktop?** Check in Claude Desktop's **Settings** → **Extensions** that HOMEVELOX is enabled, or reinstall it from the **AI** tab.
- **Using the manual configuration?** It needs Node.js (`node --version` in a terminal must answer with a number) and the file must be valid: a missing or extra comma is enough to invalidate it, and the `homevelox` entry goes **inside** `mcpServers` .
- **The assistant answers that no user is signed in.** Go to HOMEVELOX, choose your user and repeat the request.

If that's not enough, Claude Desktop's logs tell you why the connection fails: on macOS in `~/Library/Logs/Claude` , on Windows in `%APPDATA%\Claude\logs` (the `mcp*.log` files).

15. Where your data goes

All data is saved **locally**, in JSON files in HOMEVELOX's data folder on your computer (not in one of your visible folders, but in the application's directory), with a separate folder for each user.

- Nothing is sent to our servers: there's no account and no sync.
- The only network traffic happens **only** if you connect Strava, intervals.icu, Garmin Connect, Whoop or Oura, and only for the operations you trigger or to read your wellness data.
- With the **free AI chats** you copy and paste the data yourself into the chat you choose: from there that service's terms apply.
- If you turn on the AI assistant connection ([section 11](#)), HOMEVELOX's server stays reachable only from your computer. But the data the assistant reads with the tools enters your conversation with Claude or OpenAI, as if you had pasted it yourself: only use it if you're fine with that.
- Workouts and activities remain yours and can be deleted at any time from their pages.

If you change computer, use the **Backup and migration** section to take your profile, workouts and activities with you.