



BSB Interval

User Manual

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1. About the App

BSB Interval is a fully customizable interval timer for archery and shooting sport training, developed for BogenSport Bietigheim e.V. The app offers two fundamentally different modes, each suited to different kinds of training.

- Classic Mode – the classic load/rest timer with sets and rounds, like a traditional interval timer.
- Builder Mode – a free-form kit that lets you assemble any number of blocks (phases) in any order, duration, color, and with their own repetitions.

Both modes guide you through the session with sound, voice announcements, haptics, and visuals, and log every completed session to the history automatically.

This manual describes the app's current feature set. It's always available via the book icon on the Settings page.

2. Getting Started

On first launch, the app opens in Builder Mode. An icon button in the main menu header always shows which mode is currently active, and switches between Classic and Builder with a tap.

A small heading right below it, "Classic Mode" or "Builder Mode", names the active mode. Each mode remembers its own last-used settings independently — nothing is lost when switching.

It's worth checking the Builder folder in the timer library right away: it contains 20 fully configured example timers for common archery and shooting sport training forms (see the "Timer Library" chapter).

3. Classic Mode

The Classic Mode main menu is organized into two cards: "Timing" and "Rounds & Sets". Every value is saved as soon as you change it. Above the start buttons, the app also shows a live-calculated, estimated total session duration (e.g. "approx. 34 min").

Timing

- Preparation time – countdown in seconds before the first load phase begins (once, at the start of the session).
- Load – duration of the load phase in seconds (round 1), optionally increasing or decreasing per round (e.g. for pyramid training).
- Rest – duration of the rest phase in seconds (round 1), also optionally adjustable per round.
- Last rest in set – when set to "No" (default), the rest right before a set change or before "Finished" is skipped.

Rounds & Sets

- Rounds per set and Sets – the basic structure of the session.
- Set-change rest – a fixed number of seconds, or "Manual": the app then waits at the set change for a tap on "Continue" instead of counting down automatically (handy when, say, the target needs changing between sets).
- Set-change label – "No change", "Side switch" (also alternates left/right), or your own custom text (max. 25 characters).

Start, Test Run, and the Library

Two buttons sit side by side: "Start" begins a real training session (logged to the history). "Test Run" runs through every phase at high speed (duration from the test-run settings), shows a "Test" badge, and is deliberately not logged — handy for quickly checking a configuration.

Below that are "Save Timer" and "Load Timer", which share the same library as Builder Mode (see the "Timer Library" chapter).

Running a Session

After starting, the app runs through Preparation, Load, Rest, an optional Set change, and finally "Finished" — each with its own customizable background color. The run screen shows the remaining time, set/round, a progress bar for the current phase, the "Next Phase", and an overall "Total" progress readout at the bottom.

When paused, "Paused" appears in red text (automatically switching to black on a reddish phase background so it stays legible) — the reserved space stays constant either way, so nothing shifts. "Pause"/"Resume" stops and continues the session, "Stop" ends it immediately. Double-tapping the screen also pauses/resumes. The screen stays awake for the whole session.

4. Builder Mode

Builder Mode replaces the fixed set/round scheme with a free, linear sequence of blocks. Each block has its own name, duration, color, and icon.

Creating and Editing Blocks

"New Block" creates a block. Tapping an existing block opens the editor with a name, duration, color (8 built-in colors), repetitions (the block runs back-to-back that many times at full duration), and "Second tick" (plays a short tick sound every whole second instead of only the last 3 seconds — useful for hold exercises).

The block-type picker offers ready-made presets (Warm-up, Preparation, Load, Rest, Recovery, Set change, Cooldown) with a matching icon, or a custom, freely named type with an icon of your choice from an extensive icon library.

Block Groups

Several consecutive blocks can be grouped together and repeated as a whole (e.g. "Load + Rest" ten times in a row) — the basis for most interval sequences in Builder Mode. Blocks can be dragged and dropped between groups and the top level to reorder them.

Start, Test Run, and Preview

As in Classic Mode, "Start" (a real run, logged) and "Test Run" (an accelerated run for checking things over, not logged) are both available. The step duration used for test runs, and whether they play sound, can be adjusted in Settings.

Two Run-Screen Styles

Under "Builder View" in Settings, you can choose between two fundamentally different styles. "Timeline" shows the sequence as a horizontal filmstrip: a large, colored focus card for the current block, with a strip below showing every block in the sequence. "Classic" is visually modeled on Classic Mode: one large, dominant countdown takes center stage, with a compact strip below showing the previous, current, and next block.

In both styles, while the timer is running you can tap any visible block — including ones already completed — and the timer jumps there immediately without pausing. If you scroll the strip away manually, a "Back to Current Block" button appears to jump back.

5. Timer Library

"Load Timer" (in both Classic and Builder Mode) opens the shared timer library.

Folders

Timers can be organized into any number of folders, including nested ones. Two folders exist out of the box: "Classic" and "Builder" — the latter contains 20 ready-to-use example timers for archery and shooting sport.

Saving, Loading, Managing

- Save – stores the current configuration under a name you choose, in any folder.
- Load – tapping a timer loads it immediately into the matching mode.
- Manage – the context menu (long press) renames, moves, duplicates, and deletes; "Reorder" mode lets you drag items into a new order.

Each library entry can be expanded via a document icon and given a freely editable note — saved as soon as you type.

Archery/Shooting Example Timers

The "Builder" folder contains 20 fully configured example timers, including shot-sequence technique, anchor training, hold and strength endurance, 30/30 and 60/30 shooting intervals, 3- and 6-arrow shot series, competition rhythm, competition preparation, interval ladders, and an extensive "Complete Shooting Workout" combining several training sections in sequence.

If one of these example timers is accidentally deleted, "Restore Default Structure" (Settings → Library) re-creates that one specifically, without touching any other timers — including your own.

Sharing a Single Timer

The context menu lets you export a single timer (or an entire folder) as a file and share it, e.g. by email or AirDrop. "Import" reads such a file back in and merges it into your existing library (your existing timers are kept).

Library Backup

Settings also let you back up the entire library at once (one file containing every folder and timer) and restore it later — restoring completely replaces the current library with the backup's contents (with a confirmation, since this cannot be undone).

6. History

Every fully completed "Start" session (Classic or Builder, not "Test Run") is logged automatically: date, summary, and duration. If a library timer was loaded, the entry also shows its name and can be tapped to load that exact timer again (as long as it still exists).

Entries can be deleted individually or cleared entirely; entries older than 13 months are removed automatically.

7. Sound, Voice Announcements, and Haptics

- A short beep right at the start, and in the last 3 seconds of every phase (short at 3 and 2 seconds, longer on the final second).
- A long horn sound at the start of every new phase; three in a row for "Finished".
- Voice announcements (default: on) – announce the phase or block name on every phase change.
- Motivational phrase (default: on) – on "Finished", a random motivational sentence from a freely editable list is spoken instead of the plain announcement.
- Haptics (default: on) – vibration synchronized with the sound cues, handy when the phone is on silent.

8. Settings

Language

German or English, selectable independently of the iOS system language.

Colors

The background color of every Classic phase and the text/icon color can be freely chosen. For "Finished", you can pick an animated rainbow background, a solid color, or your own background image.

Sound

Volume and sound pack (different tonal characters) can both be freely chosen.

Test Run

Step duration (1–30 seconds per phase/block for "Test Run") and whether it plays sound.

Library

- Restore Default Structure – re-creates any missing default folders and any missing example timers individually, leaving your own timers untouched.
- Back Up Library – exports the entire library as a file.
- Restore Library – replaces the entire library with the contents of a previously saved backup file.

Builder View

Choose between the "Classic" and "Timeline" run-screen styles for Builder Mode.

9. Using the App on iPad

The app automatically adapts font sizes and layout to larger iPad screens (in both Classic and Builder views, portrait and landscape), making good use of the available space rather than just showing an enlarged iPhone layout.

10. Privacy & Data Security

BSB Interval stores all data — settings, the timer library, training history, and custom background images — exclusively on the device. No data is transmitted to any server, the developer, or third parties, and no account or login is required.

The app requests no sensitive permissions: no access to location, camera, microphone, contacts, or calendar. Phase-name voice announcements use iOS's own, entirely on-device text-to-speech.

Export, import, and the library backup create or read a single file via iOS's own file-sharing and file-picker system features (share sheet, document picker) — the app itself performs no automatic network transfer; the destination (e.g. Mail, AirDrop, iCloud Drive) is chosen entirely by the user in that system dialog.

If the app is deleted, all locally stored data (library, history, settings) is removed as well — using "Back Up Library" beforehand is recommended if you want to keep that data.

11. Club & Contact

The info icon in the main menu leads to details about BogenSport Bietigheim e.V. (leadership, contact, legal notice).