

# How to View Impeller Speed/Distance in Link Logbook

The screenshot displays the Link Logbook interface. On the left is a calendar for March 2019, with the 27th highlighted. The main content area shows 'Daily Workouts' for March 27, 2019, with a summary of 0 workouts, 00:00:00 duration, and 0 distance. A message states 'No workouts during this day' with a quote from Aristotle. On the right, a user profile dropdown menu is open, showing options like 'Athlete Basic', 'Teams', 'Rower (Personal)', 'Settings', 'Profile', and 'Sign Out'. A settings panel is also open, showing options for 'Distance', 'Distance/Stroke', 'Speed or Pace' (with 'Speed' selected), and 'Impeller or GPS' (with 'Impeller' selected). The 'Apply' button is highlighted.

1) Click on your profile

2) Click on Settings

3) Change to Impeller

4) Click Apply