

- 1. Download WKO+ from TrainingPeaks.com
 - 1.1. home.trainingpeaks.com—download.aspx
 - I have had success with WKO+ version 2 build 102 but not with builds 103 or 106.
 - ... reports are that other builds (other than 102) will work with one additional process noted below (I have not tested and have received various reports of success).
- 2. Install CrossOver Mac
 - 2.1. Download CrossOver Mac (not CrossOver Games) from CodeWeavers site
 - www.codeweavers.com—cxmac
 - 2.2. Run CrossOver Mac (v. 7) installer, then launch application
 - 2.3. [Configure > Install Software...](#)
 - 2.4. Click [Install Unsupported Software...](#) then [Continue](#)
 - 2.5. Select [Choose Installer File...](#) then [Install](#)
 - 2.6. If you are prompted to choose a "bottle" for the installation, choose to install into a new bottle —[winxp](#) is the recommended type.
 - 2.7. Select the WKO+ setup file from your computer, click [Use this installer](#)
 - 2.8. Follow the steps for installation, leaving the default installation location the way that it is (and say yes to allowing the setup program to create that location, if prompted)
 - 2.9. Installation should complete—click [Finish](#) in CrossOver
- 3. Install native Microsoft [msvcrt.dll](#) file

Without it data and graphs in WKO+ won't display correctly (numbers in charts and summary data will appear in scientific notation)

 - 3.1. Obtain [msvcrt.dll](#) file from a Windows install disc or installed version of Windows
 - The [msvcrt.dll](#) file is found in the system files if you have an installed version of Windows—do a search for the file setting the search to check for all files, in all locations, but excluding file contents.
 - Some users have said this file can be found at the Microsoft website, but I couldn't find it there. You may find it elsewhere, but my quick web search led me to results that made me think "malware" so use those sources with great caution.
 - 3.2. On your Mac, copy the [msvcrt.dll](#) file to the CyclingPeaks WKO+ folder located at [~/Library/Application Support/CrossOver/Bottles/winxp/drive_c/Program Files/CyclingPeaks WKO+](#)
 - 3.3. Set CrossOver to use this new file as native
 - 3.3.1. In CrossOver, [Configure > Manage Bottles...](#)
 - 3.3.2. Select [Control Panel](#) tab
 - 3.3.3. Select [winecfg](#), and click [Launch selected item](#)
 - 3.3.4. Once the [Wine configuration](#) window appears (a Windows window), select the [Libraries](#) tab
 - 3.3.5. In the [Existing overrides:](#) box scroll through to look for [msvcrt](#)
 - 3.3.6. Select [msvcrt](#), click [Edit](#)
 - 3.3.7. In [Edit Overrides](#) window, select [Native \(Windows\)](#) and click [OK](#).
 - 3.3.8. If the [Existing overrides:](#) box now shows [msvcrt \(native\)](#), you're set
- 4. If using a build other than build 102, WKO+ may not launch: install a few additional native Microsoft .dll files

If you are using build 102, skip all of step 4
If you are not using build 102, try the following steps

 - 4.1. Obtain [msvcp60.dll](#), [msvcrt40.dll](#), [msvcirt.dll](#) file from a Windows install disc or installed version of Windows (the first file noted here was initially reported as [msvcrt60.dll](#) but few people have been able to locate that file and these other three have been reported with success).
 - 4.1.1. These files should be found in the system files if you have an installed version of Windows—do a search for the file setting the search to check for all files, in all locations, but excluding file contents.
 - 4.1.2. You may be able to find the file at the Microsoft website, but be very cautious about other sources (think viruses).
 - 4.2. On your Mac, copy these three .dll files to the CyclingPeaks WKO+ folder located at [~/Library/Application Support/CrossOver/Bottles/winxp/drive_c/Program Files/CyclingPeaks WKO+](#)

- 4.3. Set CrossOver to use these new files as native
 - 4.3.1. In CrossOver, [Configure](#) > [Manage Bottles...](#)
 - 4.3.2. Select [Control Panel](#) tab
 - 4.3.3. Select [winecfg](#), and click [Launch selected item](#)
 - 4.3.4. Once the [Wine configuration](#) window appears (a Windows window), select the [Libraries](#) tab
 - 4.3.5. In the [Existing overrides:](#) box scroll through to look for [msvcrt60](#)
 - 4.3.6. Select one of the files, click [Edit](#)
 - 4.3.7. In [Edit Overrides](#) window, select [Native \(Windows\)](#) and click [OK](#).
 - 4.3.8. If the [Existing overrides:](#) box now shows [\[filename\] \(native\)](#), you're set
 - 4.3.9. Repeat for the rest of the dll files
- 5. Check that WKO+ is display numbers in charts and summaries correctly
 - a. Set up a user in WKO+
 - b. Import an existing file or two to WKO+
 - c. Review numbers displayed from workout data, and make sure that they show up correctly and not as scientific notation. If they appear normal, you're all set.
- 6. Get to work!
 - 6.1. Import any other data you want in WKO+
 - 6.2. Download new data from device using GoldenCheetah, Garmin Training Center, PowerAgent, or other application—then export to csv file and import to WKO+
- 7. Notes
 - 7.1. Worked for me running...
 - CrossOver Mac 7.1.0
 - TrainingPeaks WKO+ build 102
 - MacBook Pro 15" (2006; 2.16 GHz Intel Core Duo), Mac OS X 10.5.6, 2 GB RAM
 - 7.2. Directions for getting WKO+ to run using builds that came after 102 are based on a commenter's note and discussion on the Wattage forum—success may vary but please share if you have success (or not) with this process.