

This is what works for me. I'm sure there are lots of ways to achieve this

Tools needed:

recordMyDesktop

Sound Recorder

VLC media player

Sox

FFMPEG

flvtool2

1. Record your desktop with recordMyDesktop and record audio simultaneously with Sound Recorder (the audio with recordMyDesktop is horrible. I start recording my sound, count to three then start recording my video. For the sound recorder, record from input digital, and record as voice, lossless wav audio)
2. The video is automatically saved to desktop as out.ogg. In VLC Media Player:
 1. Open File... and find the one you created
 2. Under Advanced options, click Stream/Save and edit the settings
 3. In the settings, click file and browse to location to save file. Use .mp4 extension
 4. For encapsulation method select mp4
 5. For Transcoding options select video codec only and choose h264
 6. Click okay, then again. You should see the slider bar in the VLC window moving.
3. To clip the front of the audio track w
4. In Sound Recorder save your wav file wherever you want
5. To edit the extra seconds of counting off the front of the wav file:
sox original.wav new.wav 3 145 (where 3 is the second to start on, 145 is the duration)
6. Combine audio and video into one:
ffmpeg -r 15 -i movie.mp4 -i audio.wav -b 25000 -r 15 -qscale 1 -acodec mp3 -f flv
movie_audio.flv
7. Convert flv to swf
ffmpeg -i movie.flv -b 25000 -qscale 1 movie.swf

If you use the JW FLV player that we have on our website, then you can use .flv files. Skip step 7 and do the following to add the necessary metadata to show buffering status and current position:

8. Add metadata
flvtool2 -U movie.flv

NOTE: movie.swf won't play with mplayer. It will look like there is no video and the audio might be messed up. To check it, put it online or play it with a flash player. If it plays nicely with mplayer, then it probably won't work online!