

07 | SPORTS WATCHES



Sports watches are popular amongst runners as they provide a range of features that can help improve performance and track progress. Here are some benefits of using sports watches for running:

1

GPS TRACKING

Most sports watches come equipped with GPS, which enables runners to track their route, distance, and pace accurately.

5

CONNECTIVITY

Many sports watches can be connected to smartphones and other devices, allowing runners to receive notifications, control music, and access other features.

2

HEART RATE MONITORING

Many sports watches have heart rate monitoring features that help runners track their heart rate during exercise. This information can be used to adjust the intensity of the workout and ensure that the runner stays within their target heart rate zone.

6

LINKING TO RUNNING APPS

Many runners use apps such as Strava that allow you to keep track of your progress as well as seeing the runs of your running friends. Run data can usually be uploaded from the watch into the most popular apps

3

WORKOUT TRACKING

Sports watches allow runners to track their workouts and monitor their progress over time. This can be helpful in setting goals and tracking improvements in running performance.

4

TRAINING PLANS

Some sports watches come with built-in training plans that can help runners improve their performance and achieve their goals.

Overall, sports watches can be an excellent tool for runners looking to improve their performance and track their progress.

As with clothing and running shoes it is easy to spend a substantial amount of money on the latest watch, however you should consider how many of the features you will utilise. A running watch that covers all of the needs of a new or developing runner can be purchased for a reasonable price, it is also worth looking out on our Facebook site for club members who may be upgrading their watch and selling their existing one.