

Your heart rate zones

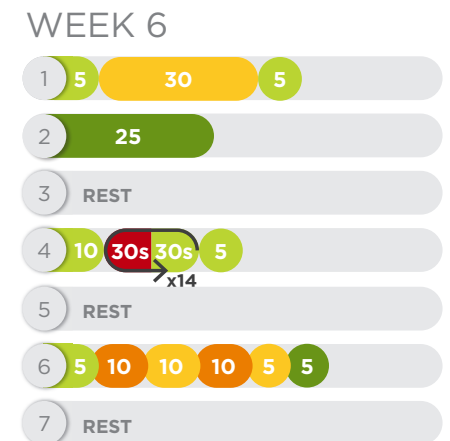
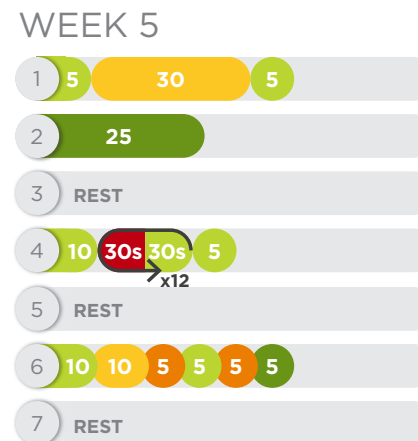
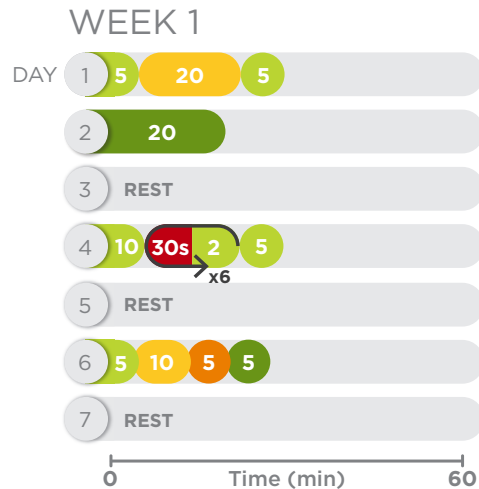


Your personal training programme



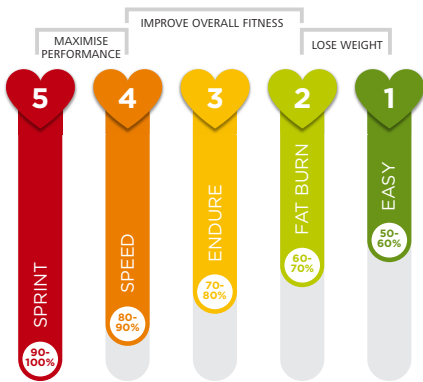
If your current running level is:

	START WITH:		
Beginner	2-4 times a month	for 20+ min	day 1 & 6
Intermediate	1-2 times a week	for 30+ min	day 1, 4 & 6
Advanced	3 - 4 times a week	for 30+ min	complete schedule



Use the TomTom Runner Cardio to ensure you stay in your heart rate zone tomtom.com/sports

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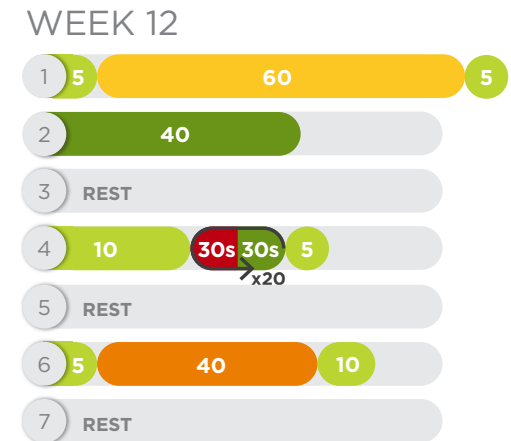
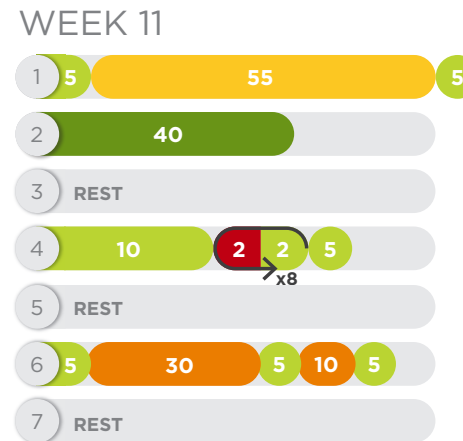
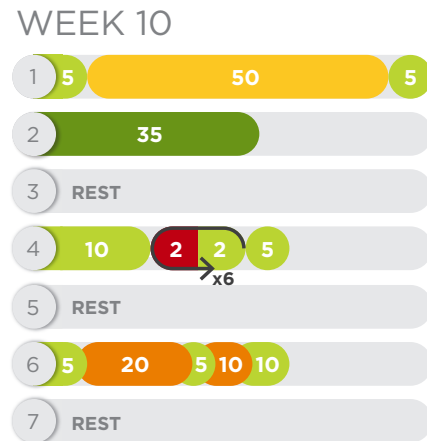
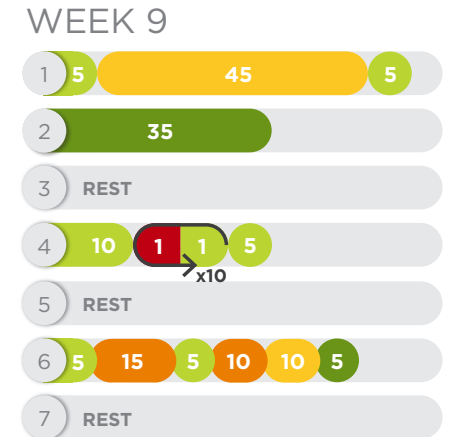
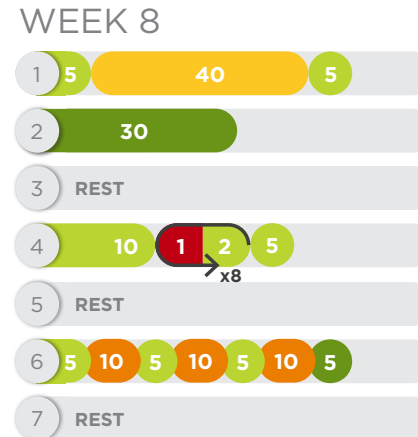
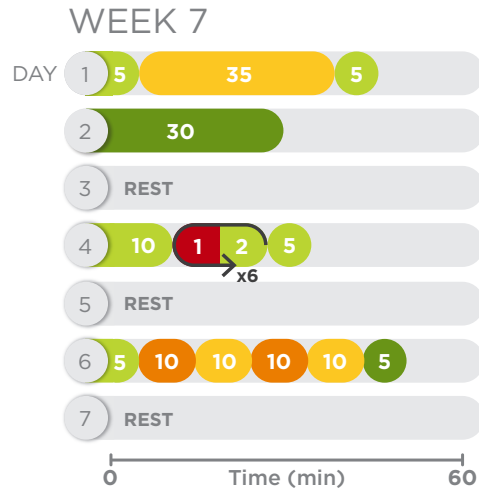


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