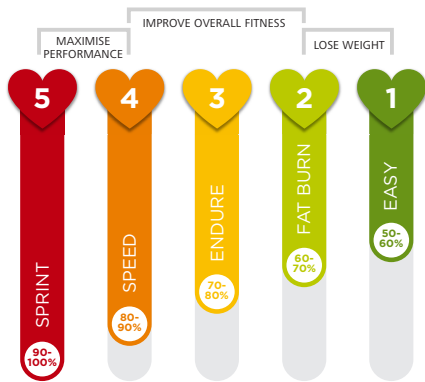


Your heart rate zones

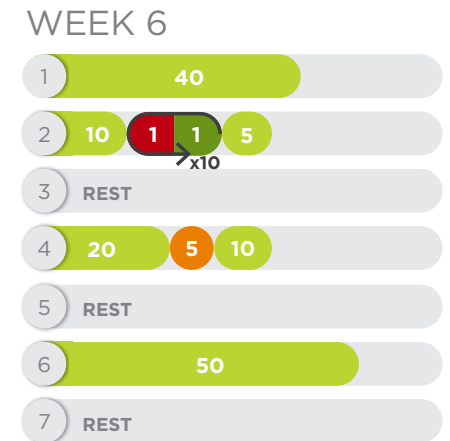
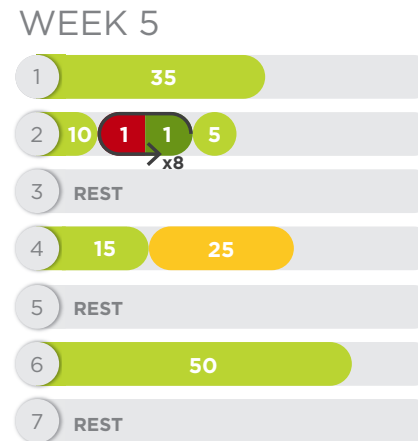
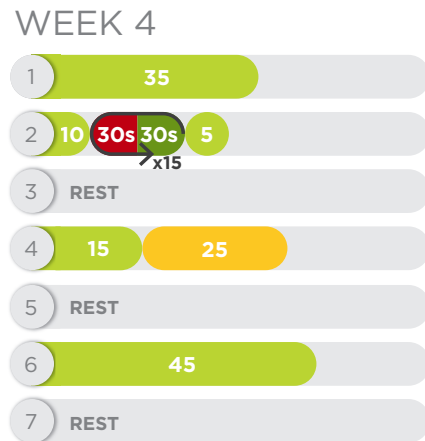
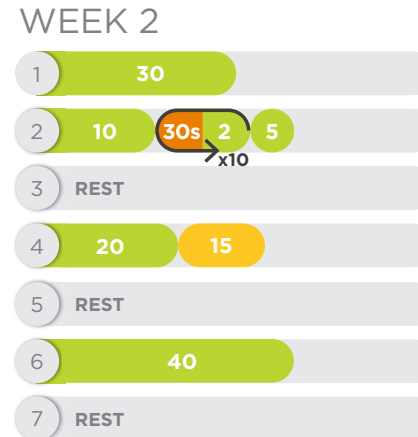


Your personal training programme

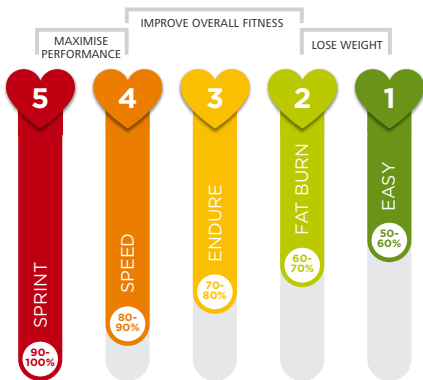


If your current running level is:

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



Your heart rate zones



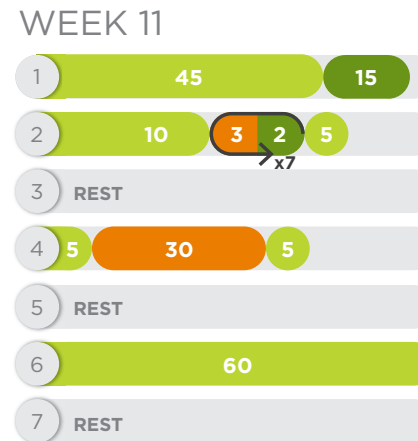
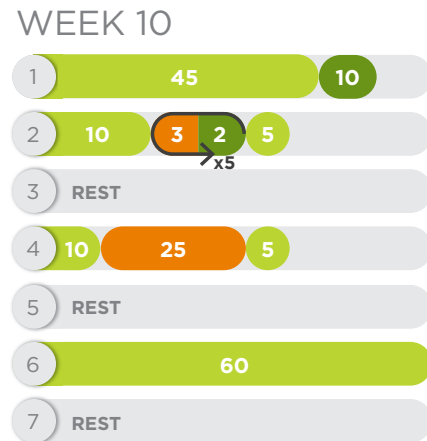
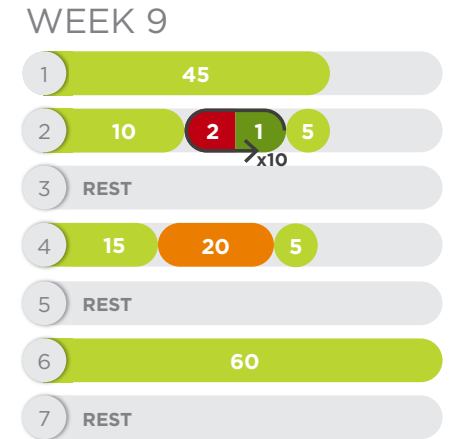
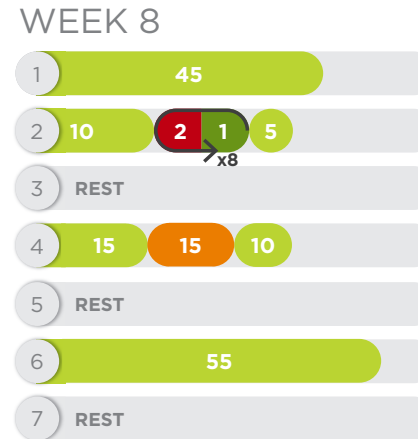
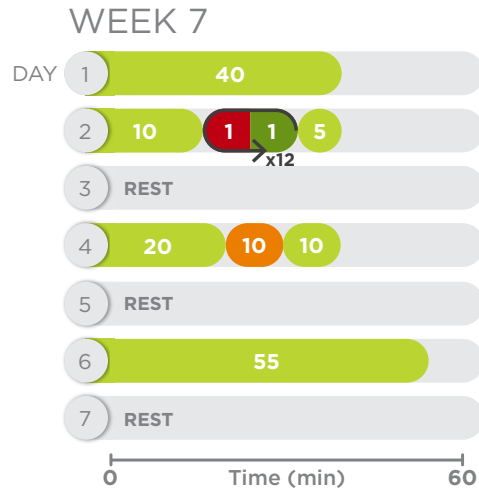
Your personal training programme



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day 2 & 6
day 2, 4 & 6
complete schedule



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