

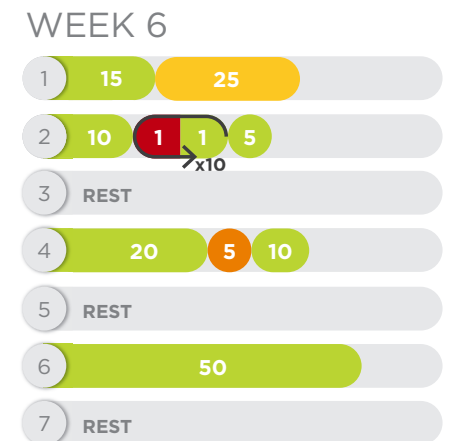
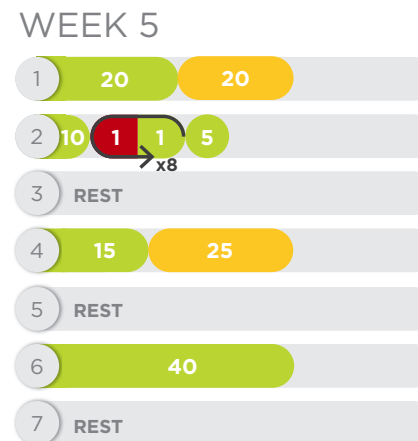
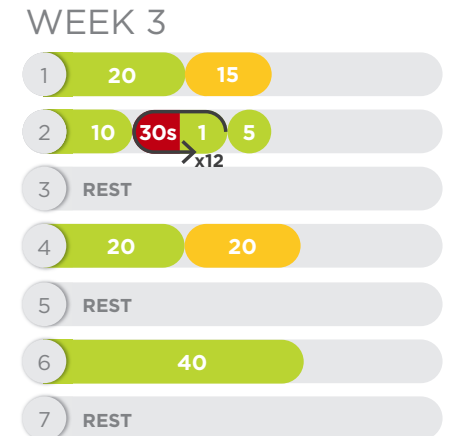
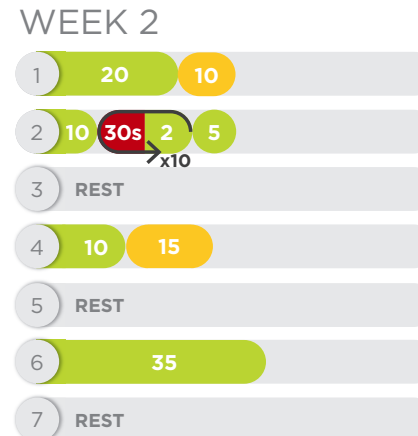
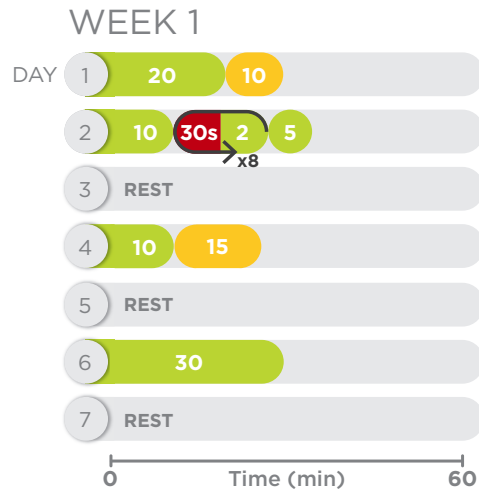
Your heart rate zones



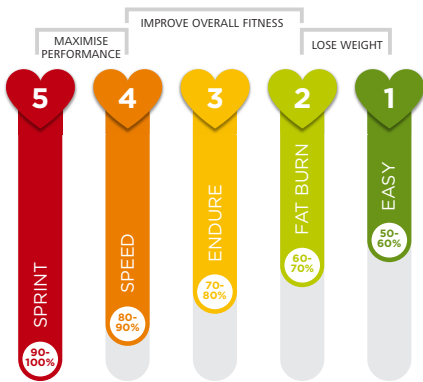
Your personal training programme



	If your current running level is:		START WITH:	You will be able to run:
Beginner	2 - 4 times a month	for 20+ min	day 2 & 6	12 km after 12 weeks of training
Intermediate	1 - 2 times a week	for 30+ min	day 2, 4 & 6	14 km after 12 weeks of training
Advanced	3 - 4 times a week	for 30+ min	complete schedule	16 km after 12 weeks of training



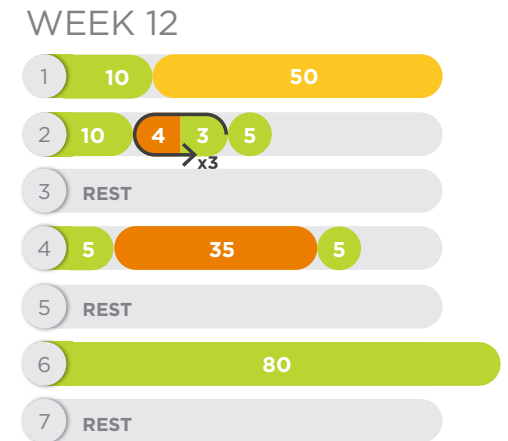
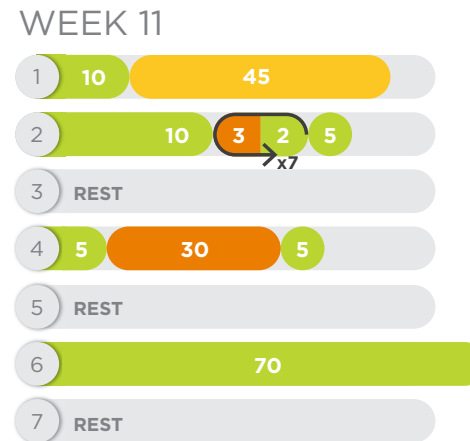
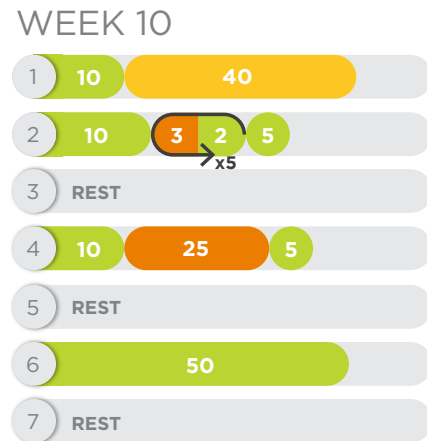
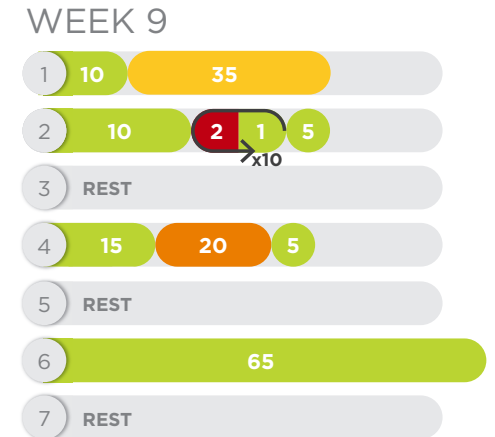
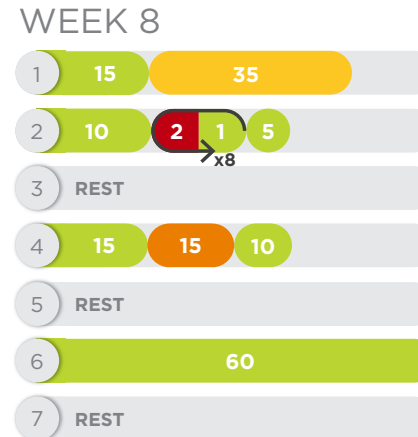
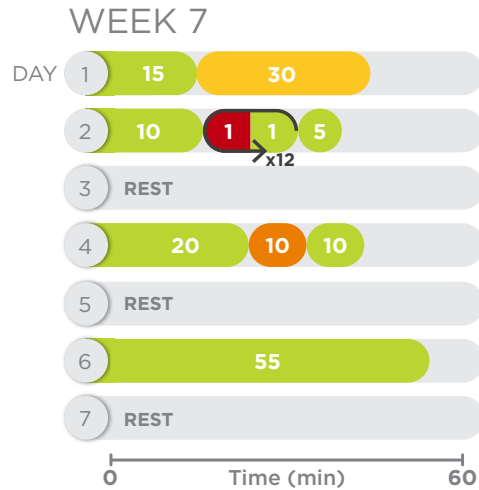
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Use the TomTom Runner Cardio to ensure you stay in your heart rate zone tomtom.com/sports