

Activity Tracking Resources:

Personal Vehicle:

Information: Sometimes the easiest way to get an idea on how far you ran is to drive the course. It can be done before you run or after you complete your run. To do this, reset your vehicle's trip odometer and drive the completed or proposed course.

To add an additional training tool, get the distances between multiple landmarks and use that distance to do interval runs by using a stopwatch and track the time it takes to complete multiple repeats of your set interval distance. This allows for you to measure your improvement over time.

Map My Run: <https://www.mapmyrun.com/>

Information: MapMyRun is a simple logging, run tracking and route creating smartphone application with desktop capabilities that allows its users to either upload completed workouts from their GPS devices (Garmin, Zwift, etc.) or input their activities manually through the app or website.

Cost: \$0 basic | \$29.99/year (or \$5.99/month) for "MVP Membership"

Guide: <https://blog.mapmyrun.com/essential-guide-to-mapmyrun/>

App (iOS): <https://apps.apple.com/us/app/map-my-run-gps-running-workout/id291890420>

App (An): <https://play.google.com/store/apps/details?id=com.mapmyrun.android2&hl=en>

Strava: <https://www.strava.com/>

Information: Strava, a social-fitness network, primarily tracks cycling and running exercises, using GPS data - although alternative types are available. Strava offers a free service with no advertising in its mobile application, and a monthly subscription plan called Strava Summit.

Cost: \$0 basic | \$5/month (billed annually) for "Summit Membership"

Features: <https://www.strava.com/features>

Guide: <https://www.runnersworld.com/beginner/g25619156/what-is-strava/>

App (iOS): <https://apps.apple.com/us/app/strava-running-and-cycling-gps/id426826309>

App (An): <https://play.google.com/store/apps/details?id=com.strava&hl=en>

Nike Run Club: https://www.nike.com/us/en_us/c/running/nike-run-club

Information: Nike Run Club has the tools you need to run better, including GPS run tracking; audio guided runs; weekly, monthly and custom distance challenges; customized coaching plans for your goals; and nonstop motivation from your friends. Reach your goals and have fun along the way with Nike Run Club.

Cost: \$0

Features: <https://www.nike.com/nrc-app>

Guide: <https://www.runnersworld.com/beginner/g25619156/what-is-strava/>

App (iOS): <https://apps.apple.com/us/app/nike-gps/id387771637>

App (An): <https://play.google.com/store/apps/details?id=com.nike.plusgps>