

I



TRAINING
SMARTER



METERS

I've
climbed...



BPM

My maximum
heart rate reached...



My recovery
score was...



#hearttraining

TomTom 



Don't forget to enter our Twitter #HeartTraining Competition
for a chance to win a TomTom Runner Cardio (Turquoise/Red).

T&Cs Apply.

For more information and to enter the competition, please visit www.twitter.com/UKTomTom

We also have a Facebook #HeartTraining Competition
where we give you the opportunity to win a trip to Olympic athlete
Lornah Kiplagat's High Altitude Training Centre in Kenya.

T&Cs Apply.

For more information and to enter the competition, please visit www.facebook.com/UKTomTom



I



TRAINING
SMARTER



METERS

I've
climbed...



BPM

My maximum
heart rate reached...



My recovery
score was...



#hearttraining

TomTom 