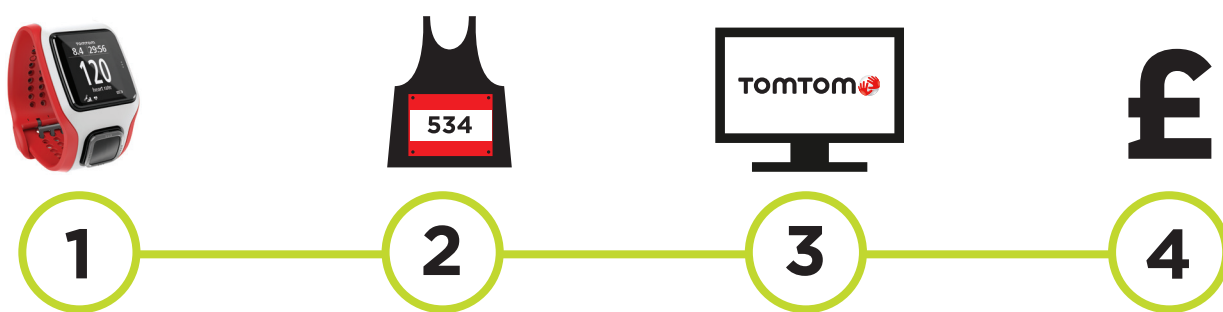




Purchase a TomTom Runner Cardio or Multi-Sport Cardio GPS Watch between 1st May and 30th June 2015 and receive up to **£30 cashback** on your next running race. Redemption via **www.tomtom.com/nextrace**



4 Easy Steps to receive your race cashback:

- 1** Buy a TomTom Runner Cardio or Multi-Sport Cardio GPS Watch between 1st May and 30th June 2015.
- 2** Register for a future running race between purchase date and 31st July 2015.
- 3** Complete the registration form on **www.tomtom.com/nextrace** by 31st July 2015.
- 4** Receive up to £30 into your bank account within 30 days of submitting watch receipt, race receipt and bank information.

* Terms & Conditions apply

Summary Terms & Conditions:

Any running race is valid (for example, but not limited to: 5km, 10km, half marathon, marathon, fun run, triathlon). Only 1 race entry per person. Maximum refund of £30 (if race cost is less than £30, you will receive the exact amount of the race entry; if it's more than the maximum refund, you will only receive £30). Online entries only. Internet connection required. Not in conjunction with any other offer. For full terms and conditions please visit: www.tomtom.com/nextrace

TOMTOM 

THE EASIEST WAY TO IMPROVE™

TomTom RUNNER CARDIO

GPS WATCH



The TomTom Runner Cardio has a built-in Heart Rate Monitor so you get more out of every run

THE EASIEST WAY TO IMPROVE™

TomTom MULTI-SPORT CARDIO

GPS WATCH



The TomTom Multi-Sport Cardio has a built-in Heart Rate Monitor so you get more out of every run, cycle or swim

Heart rate monitoring is the single most accurate means to understand how your body is responding to exercise.



Built-in Heart Rate Monitor

Get accurate heart rate information without the need for a separate chest strap.

Train in your optimal Heart Rate Zone

Select a zone to match your training goal and always know whether you need to speed up or slow down.

See real-time running information

See real-time activity information at a glance. Track your distance, time, pace, speed and calories burnt as you run, cycle or swim

HEART RATE TRAINING

For running and cycling you can train in one of five intensity zones:

5. **Sprint:** mostly used as part of interval training.
4. **Speed:** high tempo training to improve your speed and fitness.
3. **Endure:** moderate to high tempo training to improve your lung and heart capacity.
2. **Fat Burn:** moderate tempo training, great for weight loss.
1. **Easy:** easy tempo training, mostly used for warm-up and cool down.

***Please note:**

Your heart rate cannot be monitored while swimming



Before your run or cycle, choose a specific heart rate zone you wish to train in.



During your run or cycle, easily see your heart rate, and receive alerts to help you stay in the right zone.



A full screen graphic shows you what percentage of your run or cycle you spent in each heart rate zone.