

# THE EASIEST WAY TO IMPROVE™



## 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 running information at a glance. Track your distance, time, pace, speed and calories burnt as you run.

To see it in action visit [TomTom.com/sports](http://TomTom.com/sports)