

WHY A GPS SPORTS WATCH

Using a TomTom GPS Sport Watch is the easiest way to improve your running, cycling or swimming and is an essential part of any kit. With real time information when you need it you can get the most out of every run, cycle or swim.

The built-in GPS receiver provides highly accurate pace, speed and distance data.

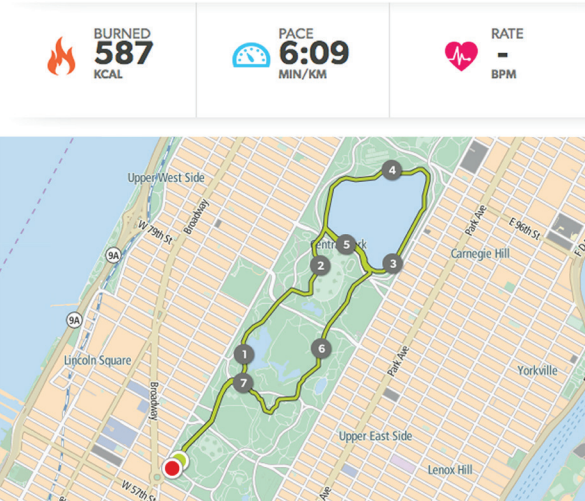


In addition you can challenge yourself with different training modes such as heart rate training, interval training and race yourself to vary your routine and improve your performance.



SYNC, ANALYSE AND SHARE YOUR STATS

After your activity you can view the route and all other key stats on TomTom MySports and other popular sites so that you can continue to monitor your progress.



Upload your run automatically with the TomTom MySports mobile app.



THE EASIEST WAY TO IMPROVE YOUR RUNNING PERFORMANCE



TRAIN WITH FULL SCREEN GRAPHICS

- Stay in your optimal heart rate zone
- Race your past performances
- Achieve your distance, time, pace, and calorie goals
- See laps and interval training on an extra-large display

DESIGNED FOR RUNNERS

- Run with an ultra-slim, lightweight watch
- Navigate menus easily with One-Button Control
- Get out on your run faster with QuickGPSFix.
- Stay focused on your run with vibration alerts
- Train outside or indoors on a treadmill

TRACK PROGRESS VIA YOUR FAVOURITE RUNNING PLATFORM

- Analyse and share your stats on popular running sites or apps
- Sync automatically with the TomTom MySports mobile app



SPECIFICATIONS

- Durable, scratch-resistant, Super-Tough Display
- Bluetooth® Smart Connectivity
- Waterproof up to 50 meters (165 feet) / 5ATM
- Up-10 Hour Battery Life [GPS mode] / Up-to 8 Hour Battery Life [GPS +heart rate mode]
- Desk Dock to charge and sync
- Multiple Comfort Cardio Strap Options to customise your watch

THE EASIEST WAY TO IMPROVE™



TOMTOM RUNNER CARDIO GPS WATCH



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.

TOMTOM.COM/SPORTS

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

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.



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



During your run, 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 you spent in each heart rate zone.

TOMTOM RUNNER RANGE



TomTom Runner Cardio GPS Watch (White or Black) with built-in Heart Rate Monitor



TomTom Runner GPS Watch (Grey) with Heart Rate Monitor accessory strap



TomTom Runner GPS Watch (Grey or Pink)



TOMTOM MULTI-SPORT RANGE



TomTom Multi-Sport GPS Watch (Grey) with Heart Rate Monitor accessory strap



TomTom Multi-Sport GPS Watch (White or Black) with built-in Heart Rate Monitor



TomTom Multi-Sport GPS Watch (Grey) with Heart Rate Monitor accessory strap



TomTom Multi-Sport GPS Watch (Grey or Pink)



TOMTOM RUNNER AND MULTI-SPORT ACCESSORIES

Comfort Strap

Customise your watch to suit your style.



TOMTOM MULTI-SPORT ACCESSORIES

Cadence/Speed Sensor

Monitor your cadence as you ride. Measure your peddle strokes in real-time to help you perform at your best.

Mounts easily to your bike to track your speed and distance, indoors and out.



Heart Rate Monitor

Measure the intensity of your workout. Use the optional Bluetooth® Smart Heart Rate Monitor to understand if you're training within the right zone for weight control, performance or speed. Speed up or slow down to stay in your training zone.

Compatible with: TomTom Runner, TomTom Multi-Sport and Multi-Sport Cardio for cycling if module is placed in bike mount and not on wrist.



THE EASIEST WAY TO IMPROVE™



- See real-time running information
- Train in your optimal heart rate zone
- Race your past performances

TOMTOM GPS SPORT WATCHES

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