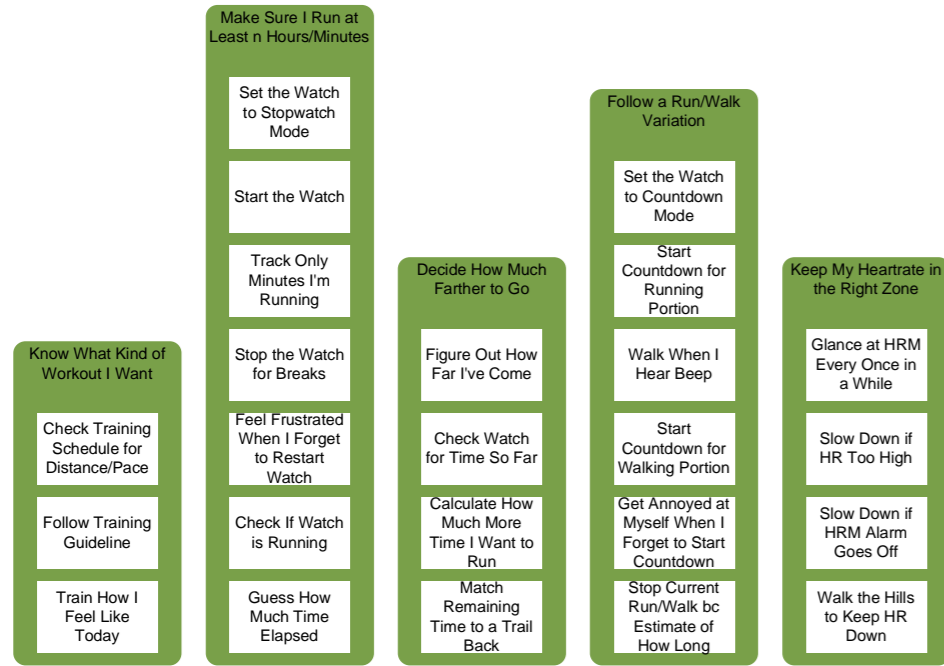


Get the Right Workout for this Training Run



Stopwatch

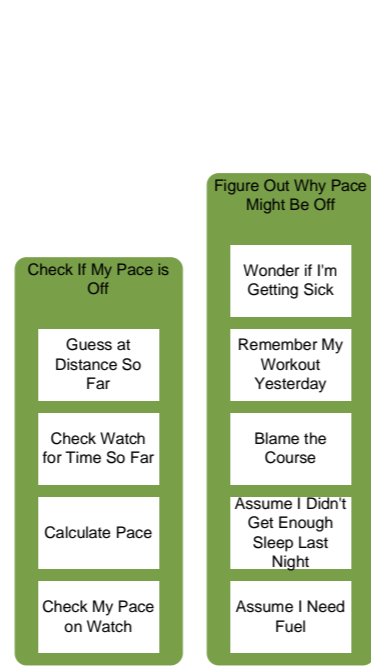
Stopwatch

Countdown

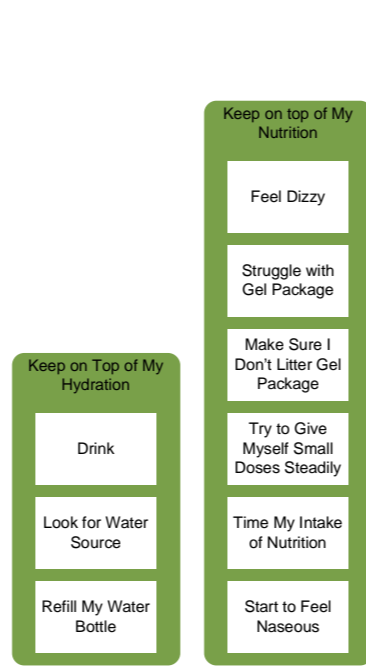
HRM

HR Alarm

Monitor How I'm Feeling



Keep Myself Fueled



Interval Alarm

Record My Run

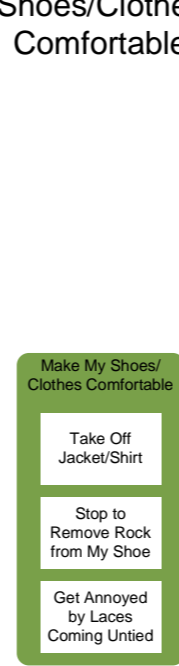


Altitude Recording

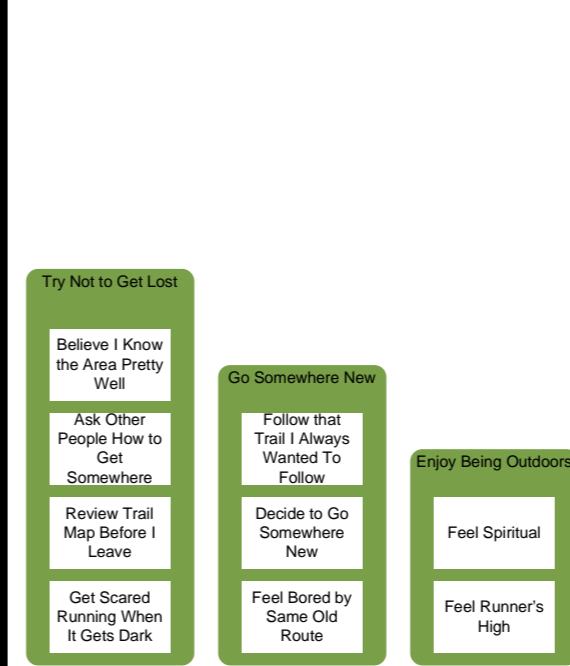
Distance Recording

Elapsed Time Recording

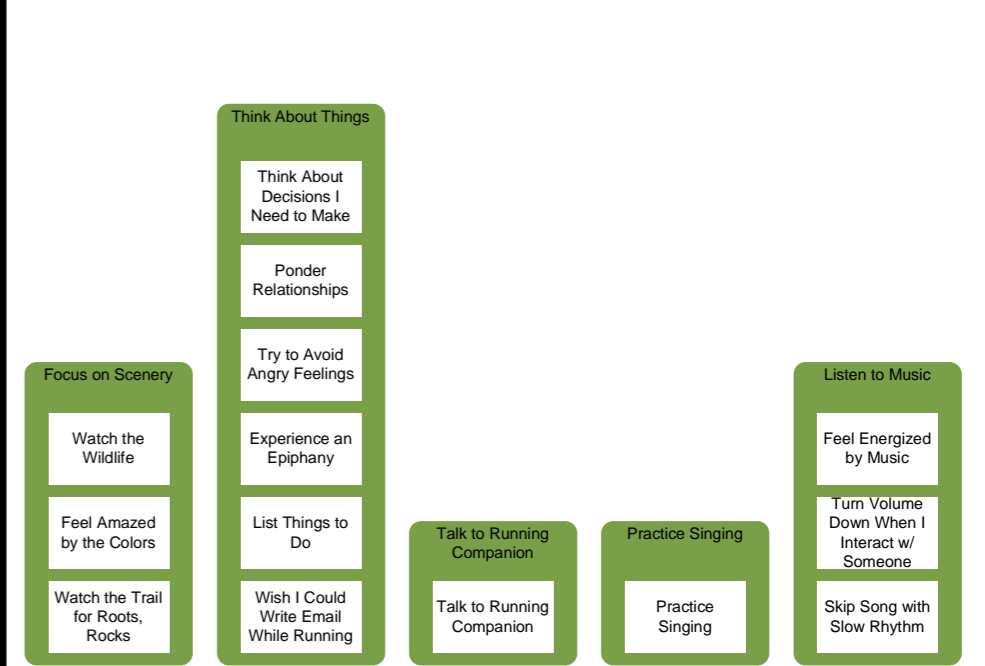
Make My Shoes/Clothes Comfortable



Enjoy the Route



Keep My Brain Occupied



Control My iPod