Complementary blog post: Best Running Apps to Download

Subject: 3 Reasons to Use an App While You Run

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Running may be one of the simplest forms of exercise you can do, but the equipment used by runners has changed dramatically over the years. It’s no longer enough to head out with a decent pair of sneakers.

These days, serious runners couldn’t be without their trusty GPS systems or, smart phones or heart rate monitors. In particular, smartphones come with hundreds of different running apps which can help maximize results. So, how can these running apps help while you run? Below you’ll discover 3 reasons you’ll want to start using them if you don’t already.

1. They help you monitor your progress

Monitoring your progress not only lets you see how far you’ve come, but it also helps you set goals and keeps you motivated to do better. You can also use the apps to share your progress with others.

If you take running seriously, tracking is definitely something you’ll want to incorporate into your workouts.

2. They can create personalized training plans

Another benefit for serious runners, is the ability to create a personalized training plan. So, if you’re looking to run a marathon for example, a running app can help you see just how much training you need to do in order to reach your marathon goals.

3. They provide fun challenges

Some apps, such as Strava, enable you to compete against friends by providing set challenges. It could be the person to do the most miles in 30 days, or who can complete the fastest half marathon. This makes running a lot more fun and you can also have your scores saved to leaderboards.

There’s plenty of reasons running apps are worth investing in, but with such a huge amount of apps available, how do you know which ones are worth downloading? Check out the best running apps to download in the blog on our site.

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Overall, running apps come with lots of great features to help maximize your workouts. Whether you’re looking to keep motivated, you need help with training plans, or you’re simply looking to make new like-minded friends and track your progress, there’s an app to fit your needs.

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