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The latest incarnation of Nike's running app is Nike + running the Club, which offers a powerful, community and training focused experience – available on the Apple Watch and Set OS for free. Nike's running app gave a huge return back in 2016, and it's now one of the best running apps on the Apple Watch. Thanks to Nike's close relationship with Apple, the Apple Watch experience, coupled with the features on your smartphone app, are among the most user-friendly and best designed you'll find – and it's not too deep on Android app will look like fossil either. There are new training plans detailed across a range of distances, guided runs and audio trainers for people working towards less race-specific goals and the much motivation and intelligent social you'd expect from Nike.And the massive improvements to Apple's Watch as a dedicated, correct and rich companion feature, the Nike Rub Club app is now more than able to replace your GPS run watch. Here's everything you need to know about getting the most out of the app. How do I find Nike + Running Clubs? For those who don't mind running with a smartphone, Nike + Run Club app is available for iPhone and Android devices. If you prefer to run unencumbered, and you want to bung Apple a fiscal of \$100 notes, you can also find the app on the Apple Watch. If you're a really big fan of Nike, you can also buy the Nike + flavour version of Apple's time. This Apple Watch not only comes with Nike custom chain, but also lets you add Nike + Run Club Hassle and Watch faces, making it easy to launch a Nike session running straight from the screen to your home. Unfortunately, Android Putting smartwatch fans are not currently service by a watch-specific app now. Does Nike fuel still exist? It's been seven years since Nike launched its original ability to meteable the Nike Fuelband and it the Nike fuel system that converts all your activities into one single capacity currency. By translating all movements into one centered note, the idea was that this would make it possible to compare the efforts of different sports and reward a wider range of efforts. While the fuel is dead, Nike Fuel lives on at the Nike + Chase Club and The Nike + Training Club app but in fact it now feels a bit lost. 16 ways to use Nike + Run ClubWe've been using the latest version of Nike + Run Clubs for a while now and have pulled out the features we feel we can make the biggest difference in your performance, motivation and run enjoyment. Build your running knowledge: Going for a running guide is often seen as an easy sport to start. You just need a pair of shoes a bit of right time? While this is true, getting out there for the first time and building yourself in a better run requires a little more than just fade up and putting one foot in front of the other. That's where Nike's guide comes in. At this time of writing there were eight different running guides available in the Nike + Run Club app, largely on supporting new runs or those rediscovered capabilities. Each exercise comes with comprehensive writing instructions for a session and an audio downloadable guide so you can train as you intently. Intransmiss are designed to help run improved strength, speed and endurance and have fun doing it. In addition, the automatically marked intervals on the way for all you need to do is press Start and Go. First run: A beginner level introductory 23-minute audio guided run designed by a Nike Chase Club Head Coach to help you with that early challenge of just moving forward. First speed run: 8 x 1 minute interval of 5k pass created as an introductory running interval for those new to speed work. Lader up, lader down: A more interval session interval where you take on repeated longer intervals at a more relaxed speed with the running end and shorter intervals to pass faster. Get some in-run support: Switching on CheersIn-run support from your friends, family and running math is something apps like Endomondo that have been offered for years now and Nike + Run Club has it on offer too. To change it on simply hitting the Kog Settings on the running screen, click Audio Feedback (this is also where you can set your preferences for the style and frequency of voice feedback on your run) and and flip Nike + Run Club Cheers and Facebook Cheers on or off as desired. When these are both on, Nike posts in your feed and Facebook let people know you're heading out and can simply like or comment on the post to give you a boost to the over-ear as you run. Get Race Ready: Creating a My Coaches in Training PlanWhile Guide Runs lays a foundation for your individual runs, My Coach moves things up a tooth. There's a get started four-week training plan for the couch-to-5km level, an eight-week training plan that targets building more athletic ability and ultimately you can create detailed training plans for racing distances including: 5km, 10km, 15km, half and full marathons. Set-up is simple, but detailed enough to ensure your plans are tailored to your current capabilities. For example, the app will ask you what you would consider a long run now and what a recent run would look like in terms of speed. Once you've answered a series of seven questions you'll find your training schedule based on how many times you'd like to run, with a combination of long, recovery, tempo and run benchmark. It's worth noting that the maximum training period for any race is 6 months, the app won't let you set up a plan for anything beyond the future than that. Monitor Progress: Log the results of your Benchmark RunsAs part of my Coach training plans Nike + your periodic challenges with benchmark entranelly led by in-ear audio. These 15-minute exercises – with 7 minutes warm-up, 3 minutes all out, 5 minutes fresh down – are designed to measure just how hard and fast you can push yourself – and how much you're improving. Nike uses this reworked goal than you to run training remaining but it doesn't do it compare your benchmark tests. Noting these down yourself and comparing things like heart rate and speed during, and amidst recovery rates, is a really useful way to visualize your own gains. Discover new routes and become a boss: Nike + PlacesNike now offers some Strava style features across Nike + Locations. This web tool only allows you to discover new routes using a heat map or tapping into a zip to find popular routes running near you, ideal if you're running a new city on your trip. You can also create new maps running for your own new routes. For the ultra competitive (and in a bid to match the USP Strava), you can also race these routes and attempt to become a Route Boss by waking the fastest time. Pass your run better: Using the feature I heat nifty in the Nike + Run Club app is that it tracks how fast you are running in different parts of a course and mark this data on a GPS card. Your fastest length is represented with green, moderate and yellow, and slower you and red. This is largely useful data that will help you put a better pass throughout your run, highlighting areas where you need an extra push, and others where you can possibly turn the dial down a tad. Keeping a record of your way and your road performance for comparison will help improve your game. Get a competitive edge: Joining a challenGelf you are a run that has ever been on Facebook or Instagram has a good chance you'll see one of these motivation posts that says something like It's not about you accounts and it's you accounts. While we greet this spirit, there's nothing like a bit of friendly competition to make you work hard when you just want to lie on the sofa and eat chips. That's where Nike + Challenges can help. Another significant change happened with Nike + Run Club, you now use hashtags to get involved in a whole range of existing global challenges or to create your own. To create a new #hashtag ideaboard, just come with your unique meme, and share it with your friends. It then up to you to spread the word by including the hashtag of your posts – run posts to Nike + The Feed. It's worth noting though, that there are limits. The only metric you can use for your challenge is Most Miles and whereas the old Nike + Run app you could create challenges just for your own chosen group to run, and this new hashtag approach anyone can join your challenge. And that can be a #annoying. Capturing the feel: Doing post-running Nike notes + Running app lets you add notes to your registered run, and it's never a bad idea to do so. Yes, you can choose a smiley face that best represents your post-run attitude, but adding your own score gives you better pictures of your progress so that, over time, you can discover the types of intrantors that are most effective for you. Compare your runs: Firefighters up the Nike + web browser tools the web in Nike + each run comes with some extra insights that you don't get on the smartphone or app. This includes how you compare with average Nike+ runs in your age group for things like speed and distance overall. Who don't like a positive little feedback knowing they're faster than their peers or all good welcome something they aim at if they're not quite there yet. Tracks and other technologies run you: Connect your running view to Nike + If you don't own an Apple Watch or Android Set smartwatch but you make a Garmin, polar or alternative GPS run view you can still connect these Nike + Run Clubs and sync runs you to the app. Each run carries a logo making it easy to see which device was used to track the run. Be honest with yourself: Killing Nike + Auto PauseAuto pauses is a liar. If your auto mouse says you run 10km sub-40 but during that run you stop every 5 minutes for a 2 minute crossing route, then your 10km PB is not currently 39:99. It's 39: 99% more whatever your time than standing still in the traffic lights. For a true reflection of what you're capable of it is essential to find a place you can run relatively uninterrupted, closer to race conditions. Cast some personal best: Check out Nike's Accomplishments is going to comb our shorts and vest at the mast here and say that running should be on more than just how far or how fast you can move and while Nike + Run C is free to give you shiny badges for your fastest 5k and run your longest , there is also recognition for a range of different successes such as running in the New Year Day or putting together various track runs. Ring your way to success: Sync and Spotify or Apple Music Purists will disagree, but, for many, running without music is incomparable. You can connect Nike + Run the Spotify Clubs and Apple Music. This not only allows you to control your music from the Nike + Run Club smartphone app, or on your Apple Watch, but you can also access also Nike + Run Playlists Club. Running with discipline: Creating a Spotify Pass StationMusic is not just helpful for those sections of your run where your brain tells you to leave, it's also a good way to make sure to run the correct, whether that's fast or slow. Matching the music in your desired production is a smart way to stay on track and Spotify users can build custom playlists, tailored not just to their musical preferences but also a target speed. From Nike + Run club screen run, tap the music icon, select Spotify and hit Create a pass station. From there you can set an unwanted pace with music genre and Spotify should do the rest. Warning: You will find yourself listening to random music. Access gear to hide you: Choosing a SongWe've power all had those moments during the run where we desperately need a boost. It might be you need an extra push to race your home into a better personal or just a bit of oomph pushing you through a bad patch, whatever your need, the right track can do the trick. One of Nike + Run long stand features is the power lyrics. You provide a single track that can unlock drive and you can play that in the handle of a button in the app. Add some strengths: Five or Nike + Training Sessions You also use Nike + Training Club, you can sync all your sessions to your Nike dashboard for a more complete picture of your overall training. Training.

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