



Couch to 5k

TRAINING APPS



C25K– 5K Trainer

- Free/\$2.99
- 8 Week training plan
- Partners with My Fitness Pal
- Gives you automated voice cues for when to walk and when to jog



5K Runner: 0-5K Trainer

- Free/ \$2.99
- Earn and win badges
- Optimized for weight loss
- Gives running tips for beginners
- Gives you automated voice cues for when to walk and when to jog



Couch to 5K Running

- \$2.99
- 9 week training program
- Select a trainer and get custom motivational tips
- Gives you automated voice cues for when to walk and when to jog

General Running Apps



Runkeeper

- Free
- Follow a tailor made plan that shows you how to improve
- Syncs with local weather to allow you to better plan your runs



Nike+ Running

- Free
- Run to custom playlists curated to your music taste and target pace
- Customize photos with your running stats

Get up and go!