

FIRST STRIDES NMB

TIMING DEVICES

There are numerous options for interval timing devices. Here are a few suggestions (*in no particular order*). Please ask your mentors for additional information during the workshop.

GYMBOSS® - <https://gymboss.com/>



There are three options to choose from, including the waterproof Gymboss Plus. Compare them [on the website](https://gymboss.com/).

APPS FOR YOUR CELLPHONE

There are many apps available for your Apple or Android cellphone through its "App Store" or "Google Play". Most offer a "free" version with the option to purchase for advanced options. Here are a few to consider (note that some are available only for Apple or for Android):



INTERVAL TIMER – HIIT (High Intensity Interval Training) TRAINING



SECONDS – INTERVAL TIMER FOR HIIT (High Intensity Interval Training)



INTERVAL TIMER



HIIT INTERVAL TRAINING TIMER



RUN INTERVAL – RUNNING TIMER

SMART WATCHES - <https://hocview.com/best-watch-for-interval-training/>

There are plenty of smart watches that provide interval training, some expensive, some less so. Read the article above for a few ideas. Probably the best known is the Garmin Watch (<https://www.garmin.com/en-US> for options). However, if you already own a Smart Watch, check out the instructions for it to see if you can set an interval timer directly or connect to an associated app.