

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.

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/>

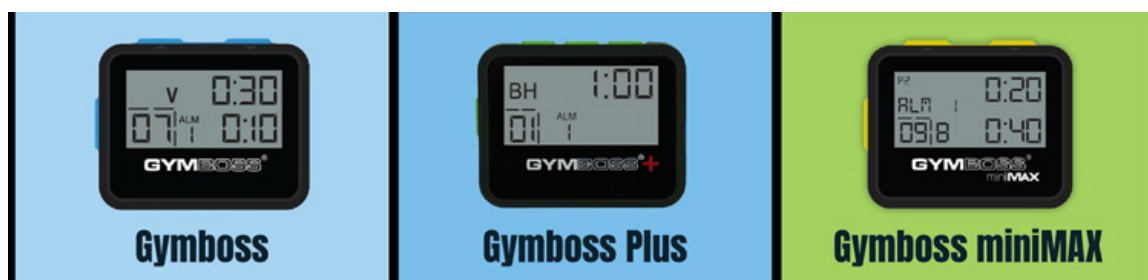
There are plenty of smart watches that provide interval training, some expensive, some less so. Read the article above for a few ideas.

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.

GYMBOSS® - <https://gymboss.com/>



There are three options to choose from, including the waterproof Gymboss Plus. Compare them [on the website](#).