

INFORMATION ON TIMING DEVICES

There are numerous options for interval timing devices. Here are a few suggestions. 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 (*some are available only for Apple on the App Store or only for Android on Google Play*):



INTERVAL TIMER – HIIT (High Intensity Interval Training) TRAINING –

RECOMMENDED

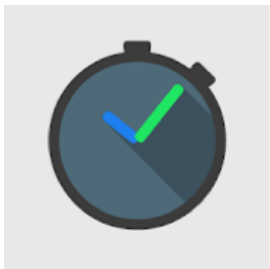


INTERVALS PRO - INTERVAL TIMER FOR HIIT (High Intensity Interval

Training)



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



INTERVAL TIMER



HIIT INTERVAL TRAINING TIMER



RUN INTERVAL – RUNNING TIMER

SMART WATCHES

There are plenty of smart watches that provide interval training, some expensive, some less so. Search the internet for the latest options for interval training. Probably the best known is the Garmin Watch (see <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 two (2) options to choose from. We recommend the Classic model (least expensive) if you prefer this low tech option over an app on your cell phone.



Compare them on [the website](https://gymboss.com/) at Gymboss.com.