

Free BUPA Smart Runner app for iPhone and iPod Touch

Run smarter, stay stronger

Bupa Smart Runner helps runners of all abilities add fun and variety to their running routines.

Simply replace one of your normal runs every week with a 'smart run', a randomised running workout. There are three 'smart runs' to choose from: hill runs, sprint runs, and cross training runs.

Choose the length of your workout, select your ability level and let the audio guide lead you through an exciting new workout. Sync the app with your iTunes library to create your own personalised running music playlists.

Learn **better technique** as you go along and access advice from Bupa's sports medicine experts at www.facebook.com/buparunning.

The app allows you to log aches and pains in the personal 'niggle diary'. Should your 'niggles' become serious, you can find a local Bupa physio, then download a handy PDF of your 'niggle diary' to take along to your appointment.

App Features



- Choose between 3 randomised Bupa smart runs – hill runs, sprint runs and cross-training runs
- Vary your smart run depending on how long you want it to last and your ability level
- Listen to your music and the smart run prompts will play over the top
- Access information explaining correct running technique, to get the most out of your running
- Watch videos of exercises to help prevent injuries
- Read frequently asked questions about common running issues
- Ask an expert for advice, with access to Bupa's range of sports medicine experts on the Bupa Running Facebook page
- Keep a log of your runs and Bupa smart runs, and have a detailed view of any ongoing niggles, like knee pain or muscle tightness
- Email a PDF version of your diary to your physiotherapist, who can use this to help diagnose any problems
- Locate a Bupa-recognised physiotherapist near you
- Access exclusive Bupa offers