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Gps sports tracker app running walking cycling distance

Stay in shape - during distance, speed, calories burned, steps (pedometer) and more during running, cycling, walking, roller blading and other sports and fitness events. Lose body fat and improve cardiorespiratory fitness caynax GPS Sports Tracker. ✓ With a fast, light and user-friendly app. ✓ Registration is not required. ✓ Small size (less than 10 B) ✓ Supports over 30 languages ✓ All for free. Key features:- The app uses gps (BEIDOU, GLONASS) on your Android device to track your activity.- Track your progress live on the map (Google Maps or OpenStreetMap).- Save the activity path.- Use TTS (Text to speak) to get audio data on training duration, distance, speed, calories burned, speed, and more.- Automatic pause - the app stops automatically. When you're not moving.- Set training goals (time or trip) to improve endurance.- Use a dark view in the evening or during intense sunlight - Share your activities on social networks (Facebook, Google+ etc.) - Browse training history (+ save app data to GoogleDrive).- Track your training stats - compare your results daily, weekly, and monthly.- Customize the training dashboard Show you the most important information.- Add activities to the schedule to create reminders (notification).- Take photos in interesting places and view them on the map.- Metric (meters, kilometers) and imperial (miles, yards) units support - Android Wear Support - Import/export training to GPX and TCX usable indicators:Distance , speed, steps, duration, movement time, calories, height, pace, ascent, Sports and fitness activities in descent Corridors: Cycling (bike/ bicycle tour), Running (Jogging), Hiking, Swimming, Nordic walking, cross-country skiing, canoeing, roller blading, rowing, skateboarding, skating, snowboarding, snowshoeing, wheelchair riding, scooter, mountain biking, stand-off boarding, horse riding. The app includes in-app ads. The best apps running can help you more from your workouts. The running app installed on your smartphone uses the device's built-in sensors to track your speed, distance travelled, and calories burned. Some apps even connect your route while driving (although you want to check where the data is stored for privacy reasons). Combine one of these apps with one of the best smartwatches, such as a new Apple Watch 6 or some other fitness tracker, and you'll have a portable data center that will crush all this data to map how your travel and speed improve over time. The problem is finding the right one for your needs for the running app, as there are dozens of options, and even the best don't have a one-size-fits-all approach. To help you find a good option that reflects both your running share and the information you hope to get from the app, we've gone through a bunch of and searched for running apps that offer different features. Whether it's a top-notch workout app with its own training plans, or something with fun, stained tools, we are a running app that inspires you to hit the path and work on your fitness goals. Regardless of whether you have an iPhone or Android device, here are the best running apps that you can grab before the next run. What are the best running apps on your smartphone? The best driving app on your mobile device depends greatly on what you are looking for in the app. When it comes to tracking driving data, top options include Strava, Adidas Running and Runkeeper. Note that many of these apps also work in other activities, such as cycling, and Pacer is particularly suitable for tracking and walking steps as easily as it maps your running stats. If you're looking for an app that includes mapping data alongside driving stats. Run Map My Run is a good choice, while iPhone users can also choose iSmoothRun Pro. Footpath Route Planner, another iOS exclusive, is great for helping you plan routes before you get on the road. You'll also find a few special apps that focus on different aspects of the user experience. Weight loss Running includes diet and fitness logs, which allow you to deal with the overall picture of health, while Couch-to-5K is ideal for people who just started running. Another app worth considering if you're trying to build longer runners is Runcoach with custom workout schedules. If you want music along with your next run, check out either RockMyRun or Weav Run, while Zwift adds gamiality and virtual courses to home runs (provided you have a compatible treadmill). You'll notice that many sports brands produce their own running apps. Best running apps for Android and iOS1. Strava Running and Cycling (Android, iOS: Free) (Image credit: Strava)In addition to being a top-notch running tracker, Strava Running and Cycling adds some pretty cool competitive and ingested features to a standard driving tracking recipe. The app records running speed, distance travelling, both useful metrics and tracking time and course, but combines all this with scoreboards, achievements, and challenges while competing against your friends. In addition to Wear OS devices and apple watch, Strava supports a variety of running trackers. (Just make sure you decline location tracking features if you happen to be in restricted areas.) Download Strava Running and Cycling: Android, iOS2. Adidas Running (Android, iOS: Free) (Photo Credit: Runtastic)You know better with Runtastic, its former name. However, Adidas Running is still one of the best running apps running, especially if you're looking for an all-in-one tool that maps your workouts and tracks different running metrics. Adidas Running measures your times, speed and distance while providing tailored voice coaching and cheers to help your progress. The dashboard you want to configure allows you to track only the information that is important to you. Community Community challenges and objectives can provide additional motivation. Adidas Running is free, but the premium plan also includes training plans, route planning, interval training and more. Download Adidas Running: Android, iOS3. Runkeeper (Android, iOS: Free) (Photo Credit: ASICS Digital)A perennial favorite of runners, Runkeeper uses your phone's GPS for running, cycling, hiking and other travel activities. The app stores your pace, travel, total exercise time, calories burned, and other useful variables and delivers a variety of exercise plans with reminders and stained challenges. Users can use free-to-see or download and track popular running routes. You can measure your progress and training history, sync with multiple other apps and services, and get detailed reports on your tracked activities. Runkeeper also works with a variety of smartwatches and fitness devices, including Apple Watch and Wear OS devices. Download Runkeeper: Android, iOS4. Pacer (Android, iOS: Free)(Image credit: Pacer)Pacer is an all-in-one pedometer and fitness tracker that utilizes your phone's built-in sensors to track your steps, walking and running times, and route in a low-common interface designed to run only in the background. Users can follow their activity history and trends, view their routes, create custom fitness goals, and participate in challenges and motivational groups to add a social perspective to physical activity. The app also works well with other fitness centers like Apple Health, MyFitnessPal, and Fitbit, so you can sync your data from Pacer. All of this comes in a free plan, although premium subscribers get additional features like guided workouts, weight loss plans, and more recently the ability to automatically sync daily steps, distance, and other activity data from a Garmin or Fitbit device to their Pacer account. Download Pacer: Android, iOS5. Run with Map My Run (Android, iOS: Free) (Image Credit: MapMyFitness)Run Map My Run has MapMyFitness's own by taking ongoing tracking app, utilizing your phone's GPS and other sensors to track and map your running track, time, speed and overall distance traveled. The app displays both your real-time stats and totals. Useful additional features include support for various fitness trackers and heart rate monitors. Wear OS support and nutrition monitoring. The premium subscription offers voice coaching and location sharing, as well as removing ads. Do you enjoy other activities besides running? MapMyFitness builds separate apps for cycling, walking and workout training. Download Run map with My Run: Android, iOS6. iSmoothRun (iOS: \$4.99)(Image Credit: iSmoothRun Pro)iSmoothRun is full of features, which means this run tracking app works very alone. But pair iSmoothRun with any of the different wearable devices or fitness tracking apps, and you have a really useful tool to get more out of your runs. iSmoothRun Pro uses GPS and iPhone motion motion effortlessly switch between the two as needed, while tracking your driving time, cadence and more. Users can log and display different types of runs, such as speed, distance, time, and intervals. You can export data to different formats and fitness services. Download iSmoothRun Pro: iOS(Image credit: Half Mile Labs)Footpath Route Planner will change the design of the next running route to simplicity per se. Users simply trace the rough outline of the intended jogging route, walking route or hiking trail, and the app intelligently clicks the route to match nearby paths, paths and roads. You can also calculate the routes between points by pressing and holding down the map, and you can search for details such as elevation to measure difficulties. In-app purchase opens up additional features such as unlimited saved routes, syncing between devices, premium topographical map sources, and taking a route to GPX or CML files. You can get a one-way pass for \$1.99, while a monthly subscription costs \$3.99. Download Footpath Route Planner: iOS8. Fearless - Home Fitness (iOS, Android: \$12.99/month)(Photo: Fearless)You don't have to spend hundreds of dollars on the expensive Peloton bike (not to mention \$4,000 on the Peloton wear surface) to take advantage of Peloton's workout lessons. Fearless — there's a free charge at home. And while the app's name highlights the fact that most of us now work out at home if you sign up for a Monthly Subscription to The Scaren (\$12.99), you can use the app to control your runs, whether it's outside on the treadmill inside. Fearless Digital running directors not only coach you through miles, but also offer complete playlists to move you forward. The iOS app is fully equipped like the Android version and is able to pre-load On Demand classes and subscribe to training programs. But if you're looking for motivation to run, Fearless Digital is an app to win. Download Fearless - At Home: Android, iOS9. Weight loss in progress (Android, iOS: free)(Photo: Verv)Instead of just focusing on tracking runs like many other best running apps, Weight Loss Running aims to be the whole package that acts as a running coach, dietary aid and fitness log for runners. The app is highlighted by programs designed for weight loss. Users can choose from a variety of exercise plans, including running weight loss or running 5k and 10k. The app also comes with voice coaching, music spinning, diet plans, tracking features, and more. A premium subscription for a weight loss run costs \$9.99 a month and eliminates advertising while adding coaching options, training plans and music mixes. Download Weight Loss Running: Android, iOS10. Zwift (Android, iOS: Free)(Photo credit: Zwift)If you find yourself doing a lot at home these days, Zwift can help you change your surroundings when you shelter in place. And the mobile app even adds a little gamiality to your run as part of the deal. With Zwift, you. You take your run to virtual courses while staying on the treadmill. In addition to different courses, you run alongside other people and use their times for encouragement or competition. To work with Zwift, you need a compatible treadmill and a footrest — the company lists compatible devices on its website. But Zwift's running perspective is free to use. (Zwift also works with cycling, but after a 7-day trial, rides require a \$15 monthly membership.) If you have the right equipment, Zwift offers a unique way to get more out of your home runs. Download Zwift: Android, iOS11. Sports Tracker (Android, iOS: Free)(Photo credit: Amer Sports Digital)When Nokia is exclusive, Sports Tracker now brings one of the first mobile sports trackers to other platforms. The app uses GPS to track your progress in running, cycling or skiing, providing you with a map track of your training route, as well as average speed, calories burned, heart rate (with heart rate monitor) and other training monitors. Sports tracking lets you save your workout diary and track your progress, set weekly fitness goals, and participate in optional social features. These include sharing the progress and route of the exercise, tracking and commenting on other users, and participating in weekly scoreboards. Download Sports Tracker: Android, iOS12. Endomondo (Android, iOS: Free)(Photo Credit: Endomondo)Endomondo is a fitness app that allows you to record and track progress with sports activities based on the distance possible, such as running and cycling. Edmondo Sports Tracker tracks burnt duration, distance and calories; it also shows your route on the map. Schedule exercises and goals together with feedback from the sound coach. With the added social dimension, you can submit workouts, compare progress, and send and receive butts. Users can keep the training log and analyze their progress at the end of the day. Endondo's premium subscription starts at \$2.99 and includes personal usage plans, more detailed statistics such as heart rate zone analysis, and an ad-free experience. Download Endomondo: Android, iOS (Photo Credit: Leaping Coyote)Running is a great way to get a little exercise, but unless you're a native who knows the scales of the country, it can be difficult to find a good and safe jogging route in an unknown city or when traveling abroad. Enter RunGo, a running tracking and navigation utility that allows users to find new jogging routes with voice navigation to help them guide through unfamiliar local areas. Users can download routes for offline use, start routes halfway through, or create their own routes in the app. The great thing is that premium subscribers can use guided tours — verified routes created by local runners for safe and secure regions as the app reports points of interest and other information. These orders cost \$1.99 per month, although you can lower monthly costs by choosing an annual subscription of \$14.99. Download Body: Android, iOS14. Nike Nike Club (Android, iOS: Free) (Photo Credit: Nike)Nike may have abandoned FuelBand, but the company still does a nasty running tracker with Nike Run Club, now baked with the Nike+ version of the Apple Watch. The Nike Run Club app itself has added complications to your Apple Watch to provide stats and motivation at a glance, making this an ideal option if you're the new apple watch 6 owner. Designed for both beginners and veteran runners, the app is overall a run-up, music player and social media tool for runners. The app measures a variety of metrics, including pace, distance running, and rackets. It also includes a variety of coaching plans that adapt to your fitness goals and progress. Once you've completed your run, you can share your data perfect with photos, stats and stickers and compare your progress with other runners. In addition to the built-in music player, the app also lets you listen to audio calls from friends and the encouragement of Nike's professional athletes. Download Nike Run Club: Android, iOS15. Pumatrak (Android, iOS: Free)(Photo Credit: Pumatrak)Pumatrak throws in some cute extras as well as the usual running tracking tools you'd expect from the best apps running. First of all, the basics: Pumatrak records the distance you run, maps your running track, stores calories burned, and so on. But Pumatrak also stores a lot of other things like weather, time, month and more. It then boils everything down into running points to describe the quality of the run, which you can look at over time and compare to other runners. In addition, Pumatrak creates other personal insights based on your running behavior and find out if you run further while listening to rock or metal, on Fridays, Mondays, weekends and more. Recent additions include fitness challenges that keep you motivated and engaged, Download Pumatrak: Android, iOS16. Couch-to-5K (Android, iOS: \$2.99) (Photo credit: Active.com)Active.com's Couch-to-5K is designed to facilitate couch potatoes and casual runners and joggers to run 5K courses over time. Users are offered a 20-30 minute training course, three times a week over a nine-week period, to increase the runner's endurance from squeaking wreckage to race winner. Choose from four virtual coaches with voice tips to help motivate you on the way, with automatic or manual logins so you can easily track your progress. Download Couch-to-5K: Android, iOS17. Runcoach (Android, iOS)(Image credit: Focus-N-Fly)The hardest part about opening any fitness program is to take this first step. Runcoach aims to get you into a real-life job, and the training schedules are tailored to your fitness level and what you're going to do, whether it's designing a 5K or The app determines the schedule based on the information you enter, including how many days a week you can use. From there, Runcoach helps you build your mileage, and it also allows you to adjust the schedule if you have missed the day. The data you collect can be synchronized with HealthKit, Garmin, Fitbit, Strava and Runkeeper. Runcoach is free to use, but memberships are available if you only want to coach beyond the basics. Download Runcoach: Android, iOS18. RockMyRun (Android, iOS: Free)(Image Credit: Rock My World)Before you hit the path, installing RockMyRun on your phone can provide a welcome backbeat synchronized to your pace. The app adjusts the music so that it matches your steps or heart rate. You can also manually adjust the music so that it matches the beats per minute. And you can use music to inspire you to pick up the pace. You can find curated playlists on RockMyRun, where songs are mixed together to maximize your workouts. The stations cover a wide range of genres, from hip-hop and rap to pop, alternative, reggae and more. RockMyRun also promises easy integration with other apps like Apple Health, Strava, Adidas Running, Run with MapMyRun, and Runtastic (some of which are already on this list of best running apps). RockMyRun's name hints at its focus on running, but the app can be handy even for you to stay at home exercising, providing a steady rhythm when working out on your treadmill. Download RockMyRun: Android, iOS19. Weav Run (iOS: Free, \$8.99/month)(Photo: Weav Music)Phone users can turn something like rockmyrun, with the help of Weav Run. The app tracks your steps in real time and then uses technology to speed up or slow down songs that match the pace to your minute-specific steps. Don't worry - the songs don't sound distorted. You can also choose a playlist BPM in advance, so you can run to keep pace with the tempo instead of the songs adapting to your steps. Each song uploaded to Weav Run is between 100 and 240 bpm, which helps increase your speed. You can use Weav Run at the same time as the desired driving tracking app (including many other apps featured here, such as MapMyRun, Nike Run Club, Adidas Running, Runkeeper, and Strava) that allow you to log your miles when you take advantage of Weav Run playlists.20. Road ID (Android, iOS: Free)(Image Credit: Road ID)Road ID is a nice safety tool that allows runners to help their friends and family know they're safe while jogging and exercising. The app creates an electronic breadcrumb path for friends and family to follow via a map link sent via email or SMS. Your named followers will receive ETA and the planned route, and the app will send a fixed alert if you stop moving for more than 5 minutes and don't cancel. In addition, the app can also set up an Emergency Card with emergency contacts, as well as health information such as blood type and allergies that you can use as a lock screen wallpaper. Download Road ID: Android, iOSHow to Choose The Best Running Apps Largest the apps featured here are free, although a few offer subscriptions that offer more advanced features such as guided exercises, location location training plans. You can decide whether these additional features are worth the recurring costs or whether you can make a free level. (Some free apps are supported by ads, so you have to decide if there's too much interference.) As we have noticed, different running apps focus on different things. So, choosing the best running app for your needs depends very much on what you want to use the app for — Statistics Tracking? Map your runs? Do you play music that complements your workout? — and pick up the one that ticks all these boxes. If you choose an app that maps where you run, check out the app's privacy policy to see where this information is stored and who has access to it. Where to buy adjustable dumbbellsBest yoga mats for home workouts