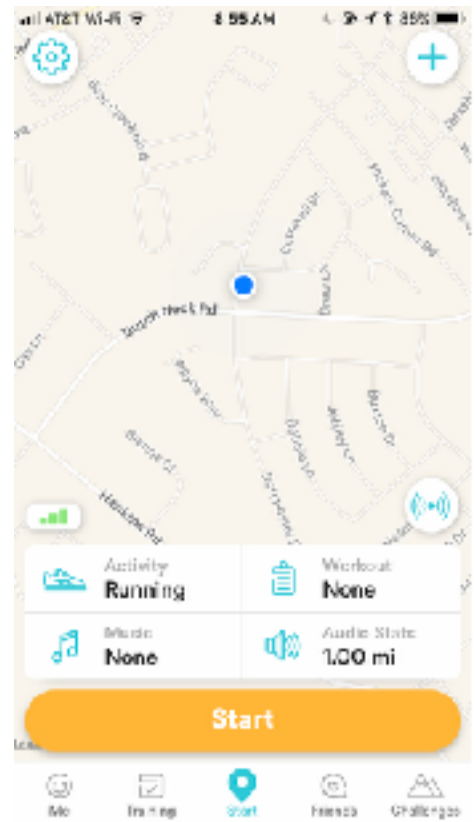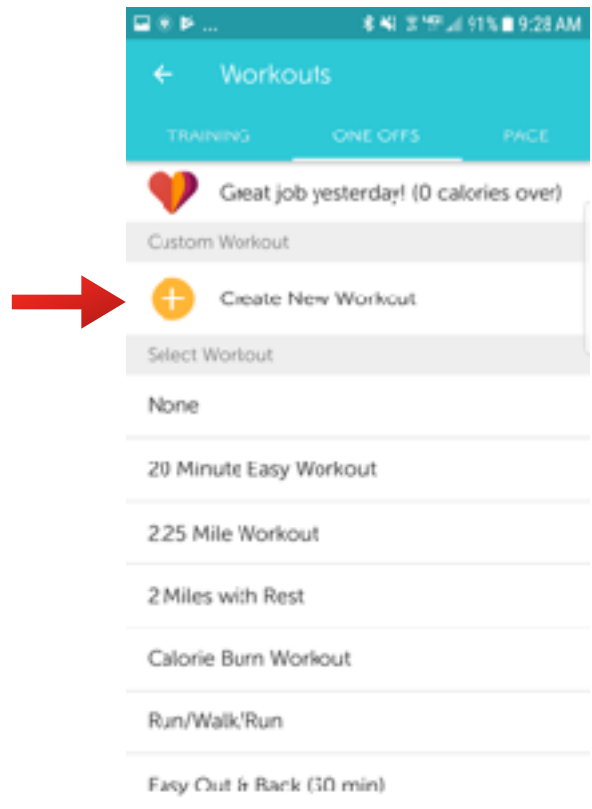# RUNKEEPER CUSTOM WORKOUT TUTORIAL
(Android FREE version)

1. On the Start screen click the Workout box. A window will pop up to select an existing workout or create a new one.
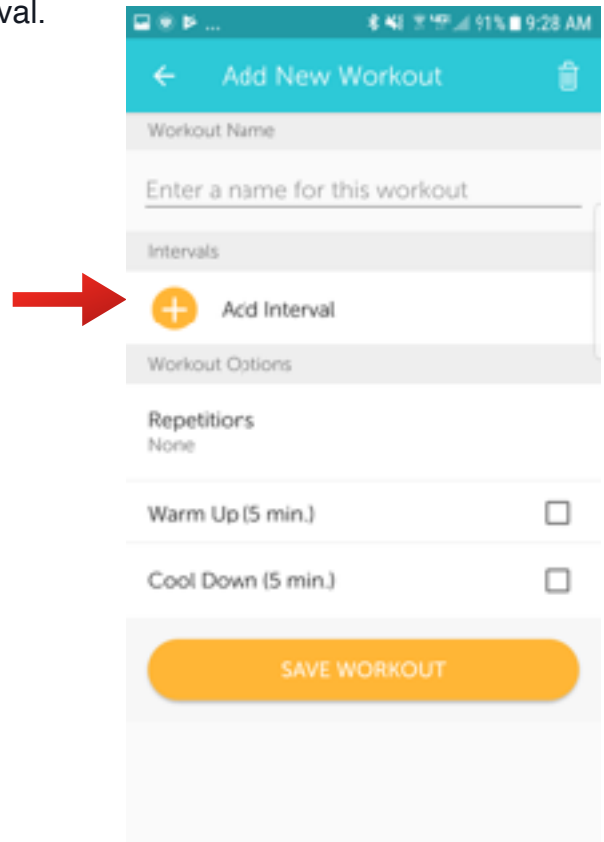

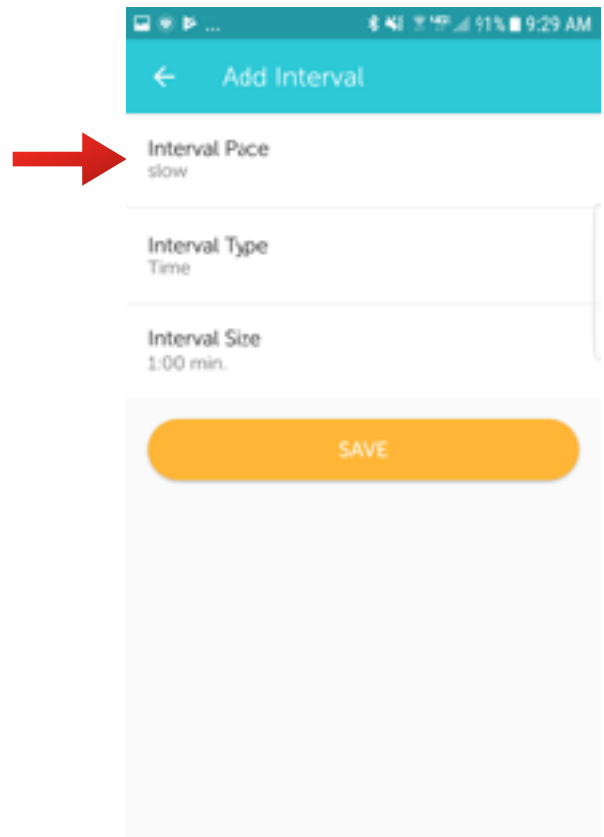2. Click the orange plus sign next to Create New Workout.

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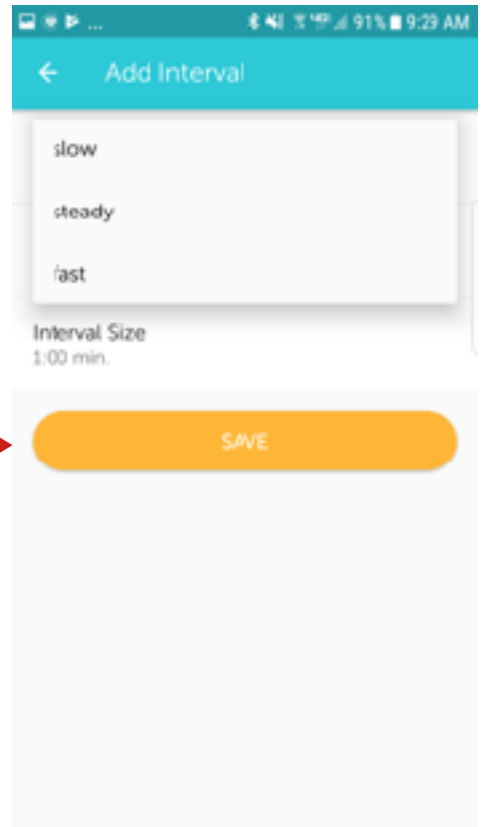
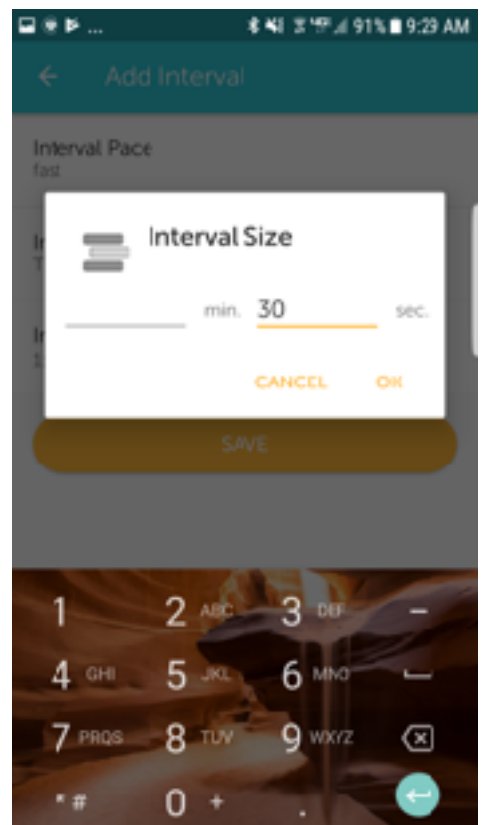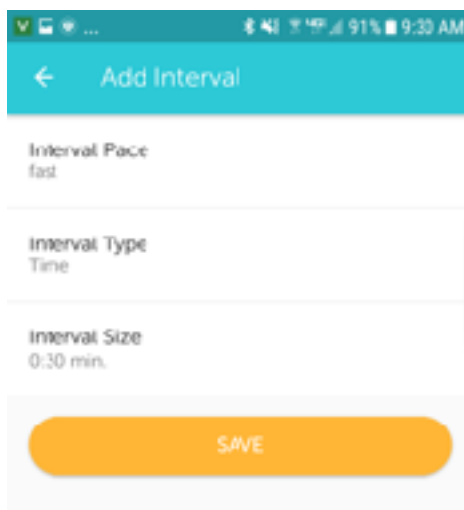3. Click the orange plus sign to add your first interval.

4. Click Interval Pace.

5. Choose Fast, Steady or Slow. Hint: use Fast for your run intervals and Slow for your walk intervals. Then click Save.
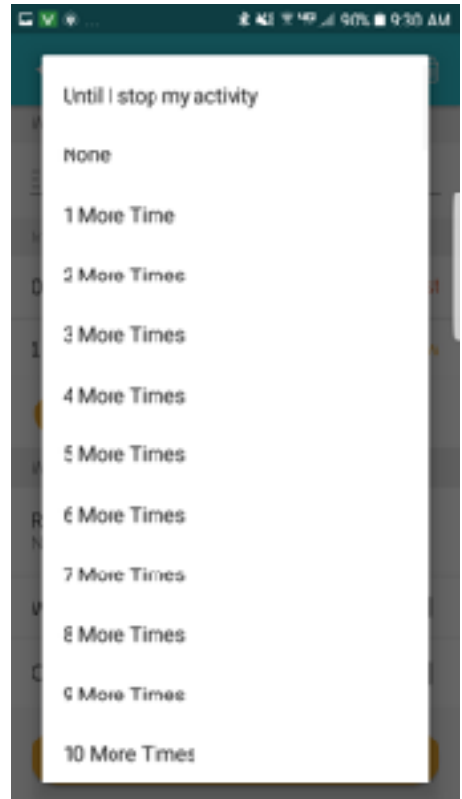

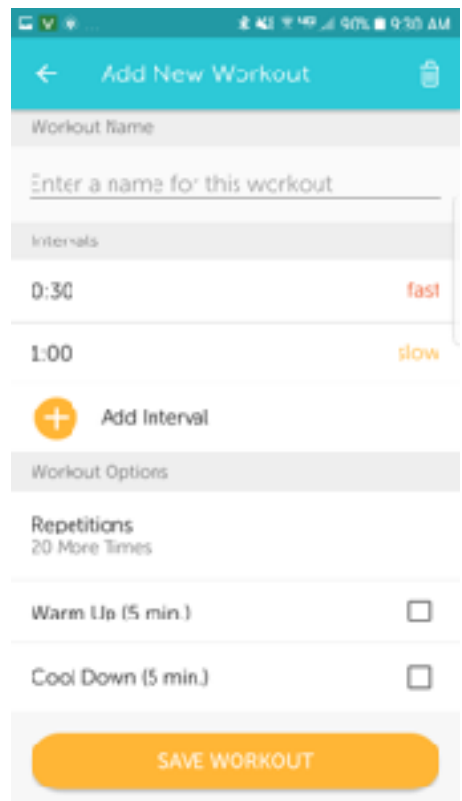6. Repeat for Interval Size and Type, clicking Save after each choice.

7. Choose number of repetitions. Scroll down if you need more than 10.

8. Choose warmup option, then enter a name for your workout.

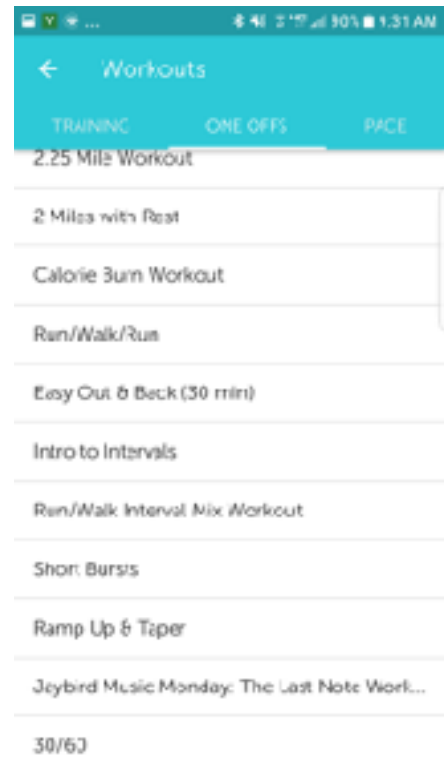9. Save workout.

10. Go back to main screen, select Workout, and scroll down until you find your workout!

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11. Click the workout, then click SELECT WORKOUT. Go back to the main screen and hit START - you're ready to go!