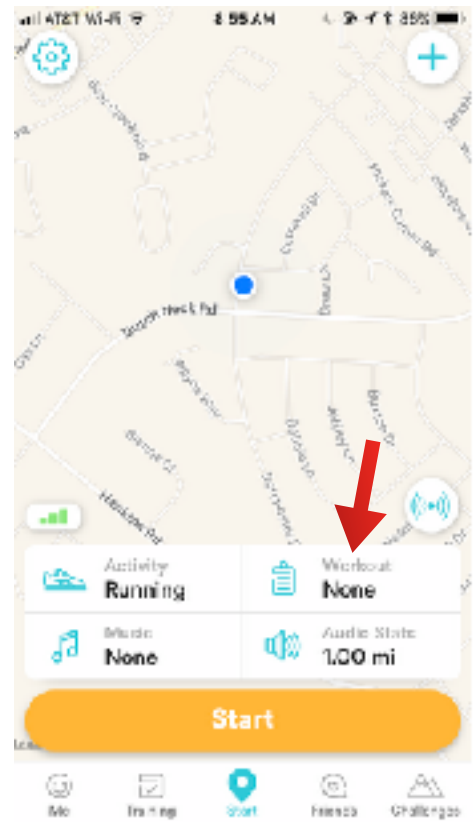
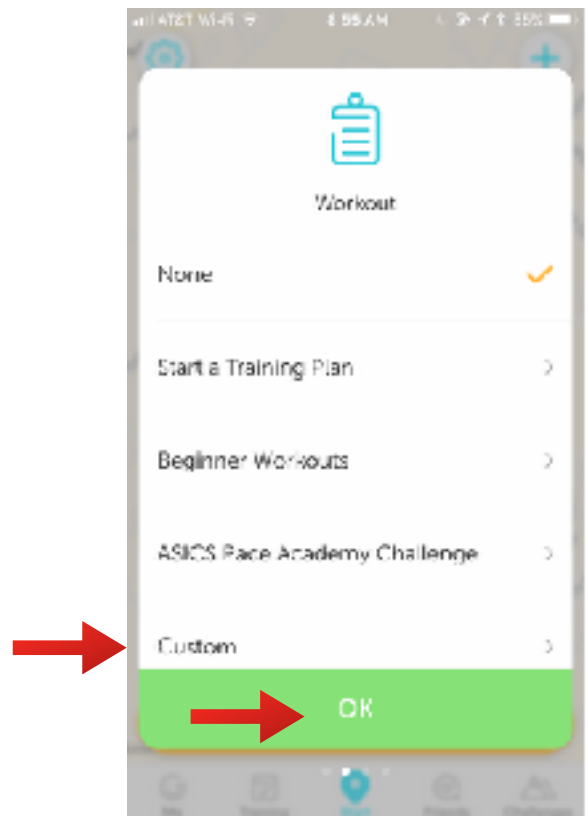


RUNKEEPER CUSTOM WORKOUT TUTORIAL (iPhone FREE version)

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

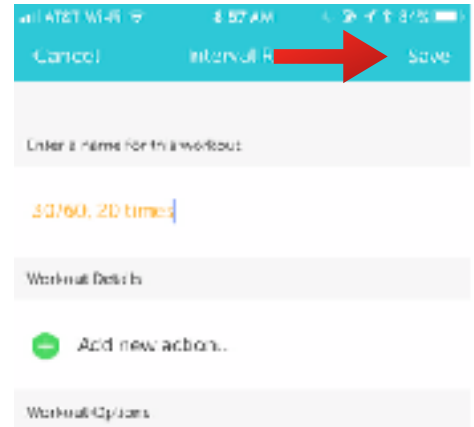


2. Scroll down and choose Custom, then press OK.

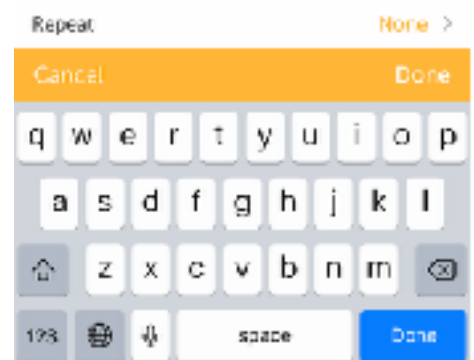


RUNKEEPER CUSTOM WORKOUT TUTORIAL (iPhone FREE version)

2. Enter a name at the top, then hit Save (top right).



3. Click the green plus sign that says Add New Action. If your first interval will be a run, choose Fast, and then Time, then the time you want.

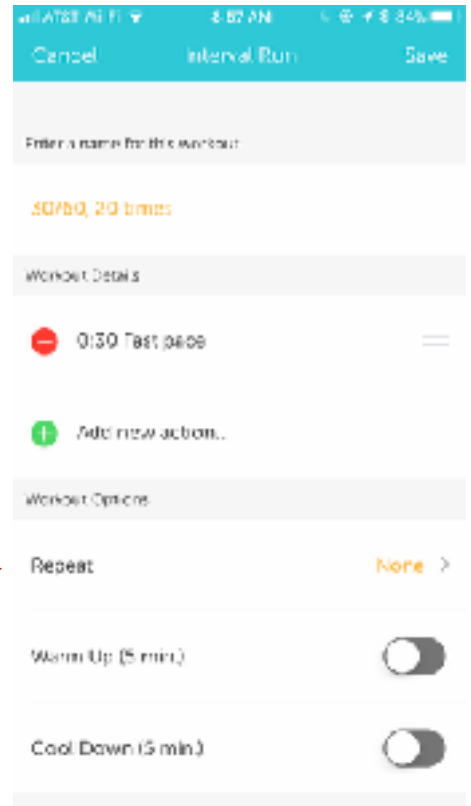


4. Then hit the Back button (top left) to add it to your workout.



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5. Click the green plus sign to add your walking interval using the same process.

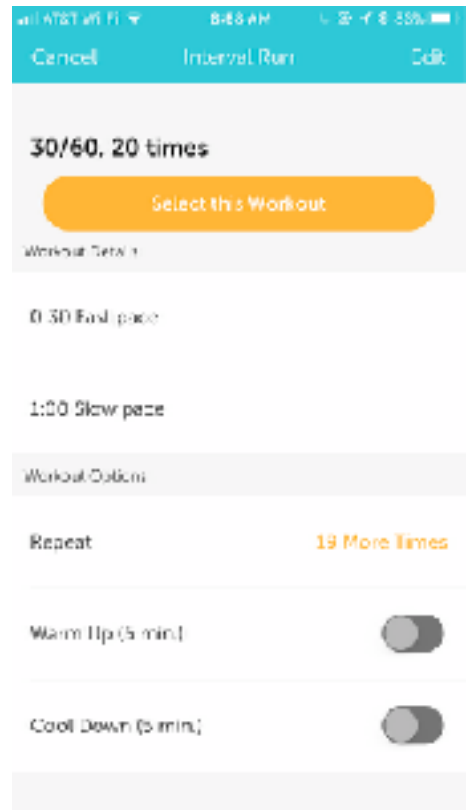


6. Under workout options, choose Repeat and tell it how many cycles you want.

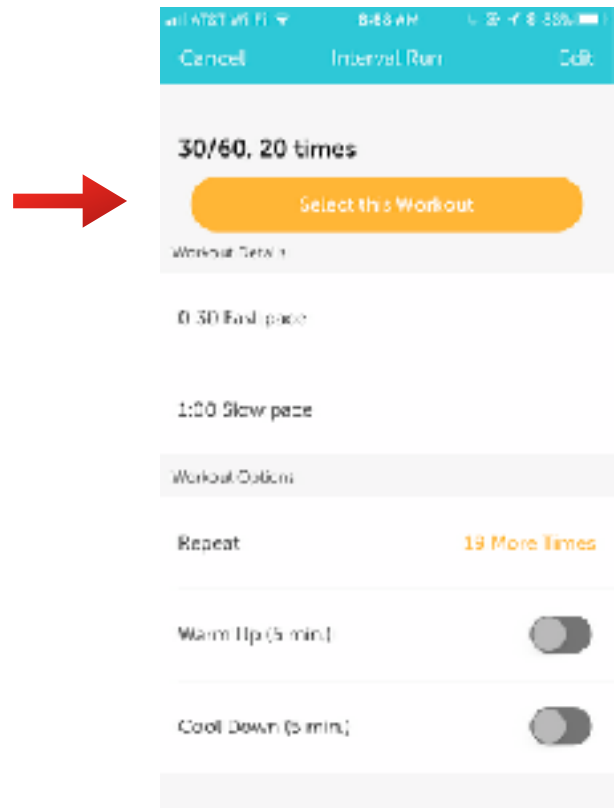


RUNKEEPER CUSTOM WORKOUT TUTORIAL (iPhone FREE version)

7. Under workout options, choose your warmup period if you want RunKeeper to cue it for you (just remember that it will count in your run stats).



8. Hit Select This Workout



RUNKEEPER CUSTOM WORKOUT TUTORIAL (iPhone FREE version)

8. Hit Start and you're ready to go!

To access this workout in the future, follow step 1 above, then scroll all the way to the bottom to see your list of saved workouts.

To include a playlist with your workout click Music and choose your music source.

