



### SMART COACHING FEATURES

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#### **Zone Optimizer**

Ensures you always train at the right intensity



#### **Training Load**

Helps you find the perfect balance between rest and training



#### **Endurance Program**

Guiding you to improve your running and cycling performance



#### **Running Index**

Illustrates how your running performance is developing



#### **Own Zone**

Guides you to train at the right intensity



#### **Smart Calories**

Lets you know exactly how many calories you've burned