



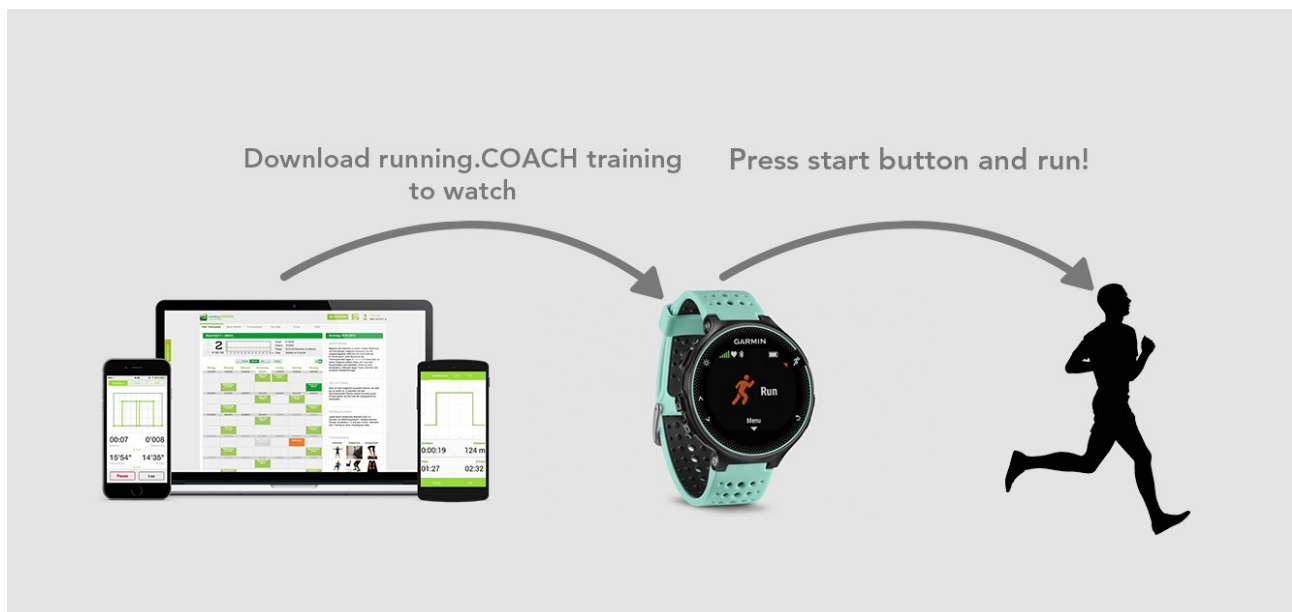
running.COACH
Your online training schedule

HAPPY BIRTHDAY TO ME: 6 years running.COACH

Running.COACH, the biggest online training plan in Europe, is celebrating its sixth birthday this autumn and is looking back on six years of training planning. We have been continuously developing our individual, dynamic and varied training plan in order for you to achieve your running goals with joy.

On that occasion, we offer our users the newest functions (Garmin-download and dynamic updates) as well as the SILVER campaign.

Novelty : Training download on your Garmin watch



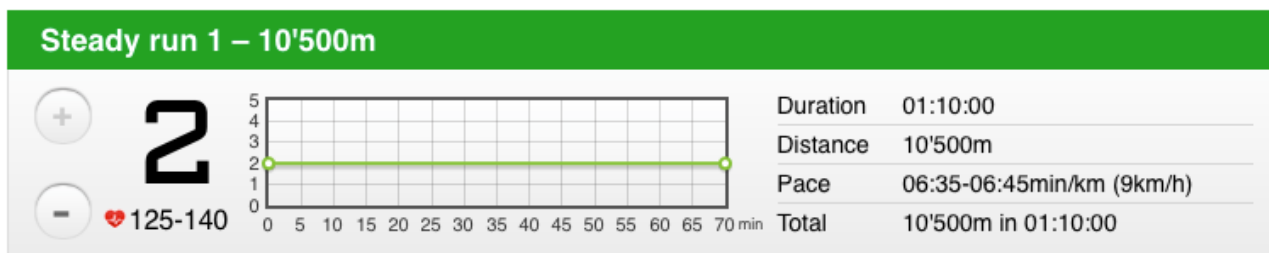
All owners of a Garmin watch now profit from a direct download of our trainings onto their device. Planned trainings in the future can now be directly transferred to your watch by only a few clicks. For more detailed instructions click on the link below:

<http://blog.runningcoach.me/en/2016/10/18/download-on-garmin-watches/>

Tie your shoes, press the start button, switch off your head and go!

After the download your watch decides the rythm: the pace and distance settings from our training plan are directly visible on the watch and your device tells you if your pace is too fast or too slow. The watch even tells you when the session is finished.

Even more dynamic and more individual: running.COACH updates



We analyzed your training and realized that you are in good shape. We would love to adjust your training plan based on your training and fitness level to help you reach your goals even faster! Is this OK with you? ✕

[Yes, adjust my training](#)

[No](#)

You can check out the details of our newest updates (rehab plan, adaptation heart rate, intervals and middle pace) at one glance if you click on the link below:

<http://blog.runningcoach.me/en/2016/10/18/running-coach-dynamic-updates/>

SILVER campaign

With regard to the current occasion (six years running.COACH) we offer you the SILVER prescription at the price of the BRONZE prescription up until 31th October 2016. Now is the ideal time to start focusing on a new goal for 2017. Big and small personal goals bring extra motivation for running training during winter, which is something running.COACH is happy to support.

Do you need more information? Do not hesitate to contact us:

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Olten, 21st October 2016