

JUST DO IT.

NIKE+ SPORTWATCH GPS

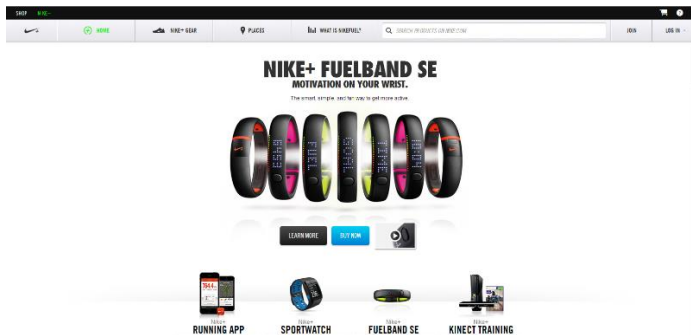
Do it better with the **NIKE+SPORTWATCH GPS**. Track your location, pace, distance laps, and calories burned during your run and review your running history with nikeplus.com when you finish. Check your goals, progress, splits, and laps with the interactive map. Viewing your workouts is simple and takes as little as five minutes. Before you begin you need:

- A **NIKE+ SPORTWATCH GPS**
- A **NIKE+** account
- **NIKE+ CONNECT** Software



VIEW YOUR WORKOUTS

1. Type in www.nikeplus.com to your browser's URL.

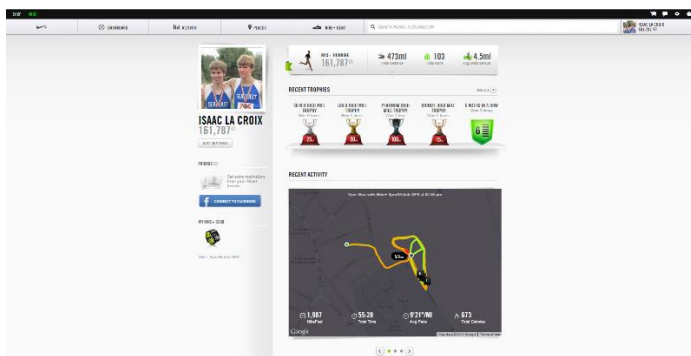


2. Click the **"LOG IN"** button in the top right of the screen.

3. Type your Email address and Password.

4. Click the green **"LOG IN"** button.

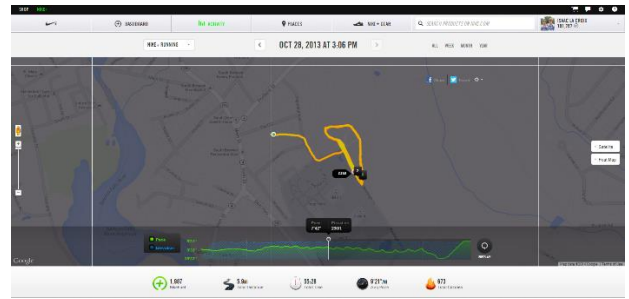
3. Insert your device into a USB port. **NIKE+** will recognize your device, download your run, and map your progress.



This screen shows several statistics, including the following:

- Total Runs
- Avg Distance
- Avg Pace

4. Click the interactive map to view your workout.



This screen shows several functions, including the following:

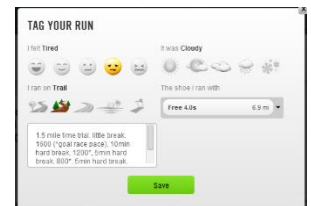
- **NIKE Fuel**
- Total Distance
- Total Time
- Avg Pace
- Total Calories

5. Click the **"REPLAY"** button in the middle left side of the screen to watch your workout again.

6. Drag your cursor along your mapped workout to see your pace, elevation, and distance in real time.

7. Click the dialog box under the map to tag your run. Use this dialogue box to designate the following:

- Your state of mind
- Your terrain
- Your conditions
- Your shoes
- Your workout



8. Click the applicable icon in each category to tag your run.

9. Click the **"SAVE"** button to log your progress.

10. Scroll down to view your **SPLITS** as the following:

- **TIME**
- **CHANGE**
- **AVG PACE**

split	TIME	CHANGE	AVG PACE
1	0:26		0:26/mi
2	0:45	-0:45 (0%)	0:45/mi
3	1:04	-0:22 (0%)	0:50/mi
4	1:23	+0:42 (1%)	0:50/mi
5	1:42	+1:47 (25%)	1:07/mi

11. Click the **"LAPS"** button to view your laps as the following:

- **DISTANCE**
- **DURATION**
- **AVERAGE PACE**

LAP	DISTANCE	DURATION	AVG PACE
1	1.71mi	17:55	0:50/mi
2	0.86mi	6:59	0:47/mi
3	0.77mi	4:31	0:47/mi
4	1.03mi	10:00	0:47/mi
5	0.29mi	6:52	1:07/mi
6	0.73mi	6:47	0:51/mi
7	0.47mi	2:45	0:47/mi
8	0.49mi	5:47	0:56/mi
9	0.27mi	1:26	0:47/mi
10	0.09mi	0:30	0:50/mi

12. Rest, refuel, and repeat.