Tools to Track Your Distance

Ways to measure distance <u>before your walk/run</u>

- Google maps
  - Before your walk/run, log onto your computer and open Google Maps.
  - Right-click on your starting point.
  - Choose Measure distance.
  - Click anywhere on the map to create a path to measure. To add another point, click anywhere on the map.
  - Optional: Drag a point or path to move it, or click a point to remove it.
  - At the bottom, you'll see the total distance in miles (mi) and kilometers (km).
- Your car
  - Head to your starting point and reset the trip odometer on your dashboard so it reads zero. Then drive the route you want to run, and check the odometer again when you get to where you want to end.
  - The obvious limitation of the car method is that you can't drive on sidewalks or trails that leave the roadside, so you can't find the distance of your trail run or anything away from a street.
- A track
  - If you are able to find a local track to walk/jog on, 4 times around a standard track is 1 mile
- An app
  - Apps like 'All Trails' use your location to provide hundreds of trails that are close to you. The app tells you how many miles a trail is and the difficulty level, so you can aim to find a flat and easy space with the right mileage for your ability.

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Ways to track your distance <u>during your walk/run</u>

- Pedometer
  - 1 mile equals roughly 2,000 steps
- GPS Tracking
  - GPS watches (Applewatch, Garmin etc.)
  - GPS on free apps on your phone
    - Runkeeper
    - Run with Map My Run
    - Nike + Run Club
    - MapMyRun
    - Strava
  - GPS on Websites
    - https://onthegomap.com/#/create

Tracking by time

- Average walking mile speed: 20-25 minutes
- Average Jogging mile: 12-15 minutes
- Average running mile: 8-10 minutes