

# 5 ESSENTIAL RESOURCES TO MOTIVATE ANY RUNNER

## #5 5K Runner App

The original (and many say the best) app for new runners. Available in a [free](#) and [premium](#) version on iTunes. I've never used it, but new runners I know swear by it.



## #4 MapMyRun

The easy way to [find local running routes and events](#). Also available as an [app](#), so you can use your smartphone's GPS to track all of your runs.



## #3 Garmin Forerunner Running Watches

The Garmin range give you instant feedback as you run – and a wealth of information to analyse when you finish. A wide choice of watches are available, but for me it has to be the Forerunner 310 ([Wikipedia](#) | [Amazon](#)).



## #2 Runner's World

The humble magazine – a great way to motivate, whatever your pastime. And the tried and tested choice for runners is Runner's World ([Wikipedia](#) | [Trial offer](#)).



## #1 Born To Run

A journey to discover the secrets of the the Tarahumara, a mysterious tribe of Mexican Indians reputed to be the best distance runners in the world. Simply the most inspiring running read you'll find ([Wikipedia](#) | [Amazon](#)).

