**MICOACH SMART RUN - factsheet**

The miCoach SMART RUN is the most advanced and intuitive wrist based running device on the market. For the first time, runners will be able to track their runs using GPS mapping, monitor their heart rate off their wrist, listen to their favorite music and get real-time coaching – all in a single yet simple, color touch screen running watch.

**KEY FEATURES INCLUDE:**

* Real-time continuous heart rate measurement from the wrist.
* GPS for pace, distance & route logging.
* In –built accelerometer for stride rate measurement.
* WLAN sync with miCoach platform for training planning and history/lifetime stats tracking.
* TFT LCD Color screen.
* Simple and intuitive touch screen navigation.
* Bluetooth® audio for music & coaching.
* Customizable training data screens.
* Strength & flexibility coaching videos.
* Watch and timer function.
* Manual and automatic laps.
* Over the air feature updates.
* 4GB data memory for music and workouts.

**TECHNICAL SPECS.**

Materials: Soft touch silicon strap, stainless steel bezel, buckle and detailing, magnesium backplate.

Display: 1.45” full color transflective TFT LCD, 184px x 184px with capacitive touch

Sensors: GPS, accelerometer, Mio continuous optical heart rate

Software Platform: Android Jelly Bean 4.1.1

Battery: 410mAh lithium ion, charging time ~ max 4 hrs

 Usage: Training mode (1 sec. data & music) ~4hrs

 Marathon mode (5sec data) ~8hrs

 Casual mode (watch only) ~14 days

Data Memory: 4GB (3GB dedicated to music)

RF Protocol: Bluetooth® 4.0, WLAN

Weight : 80.5grams

Size: width 48.4mm, height 15.6mm, length (w/strap) 263.1mm

For further media information please visit [adidas NewsStream](http://news.adidas.com/GLOBAL/PERFORMANCE/miCoach)