### MICOACH TRAIN & RUN APP FOR WINDOWS PHONE 8.1 GETS NEW UPDATE

**New update to the adidas miCoach train & run app gives users more features than ever before**

**February 2015**, **Herzogenaurach** – adidas and Microsoft Mobile have today released the latest update to the miCoach train & run application. Version 1.4 will brings free access to a full catalogue of training plans developed by adidas’ elite coaching partners.

For the first time, users of the application on Lumia smartphones running Windows Phone 8.1 will be able to select and customize cardio and Strength & Flexibility training plans from right within the app using the new *Plan Chooser.*

*Plan chooser* helps users set up a training plan that matches their training goals. The app provides the option of choosing between plans specifically designed for running, fitness or sports. Whether you are training for a 5k or training for a new marathon personal best, you’ll get a bespoke plan that maps your performance against pre-defined goals.

The miCoach train and run app version 1.4 also includes improvements to the integration with the miCoach FitSmart and fixes to minor bugs. The update is available to download now.

For more details on the app release visit: <https://community-micoach.adidas.com/community/support/en/blog/2015/02/24/micoach-train-run-app-update-v-14-for-wp-81>

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**About adidas miCoach**

miCoach is an interactive training service for anyone who wants to train for his or her favorite sport, general fitness or just for fun. Bringing the knowledge and experience of adidas’ elite coaching partners to the masses, miCoach provides users with real-time coaching and all the tools they need to track performance and monitor progress to get the results they want. The breadth of the offer includes a free to access web platform and training community with hundreds of free training plans, free mobile apps on iOS, Android and Windows Phone 8 as well as a comprehensive range of devices for tracking all aspects of performance, both in game and in training. Visit [www.micoach.com](http://www.micoach.com).

**For further media information please visit** <http://news.adidas.com/GLOBAL/PERFORMANCE/miCoach>

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