

IELTS READING – The 7 best running watches S15GT2



IELTS READING The 7 best running watches Reading Practice Test has 10 Questions belong to the Health and Fitness.

Kate Hilpern advises people on the best watches to use when they go running.

A. Soleus FIT 1.0

Soleus claims this has everything you need and nothing you don't. Water – resistant to 30m and with a built-in rechargeable battery, **q6 it's accurate at measuring speed, pace, distance and calories burnt.**

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B. Nike+ SportWatch GPS

You'll be hard pushed to find a running watch that finds a GPS signal quicker than this. It will keep you updated on current location, distance covered, number of laps and calories burnt.

C. Garmin Forerunner

This watch, which is small enough to wear at the office, is touchscreen and is packed with impressive features, **q4 although the battery life is limited.**

D. Timex Run Trainer 2.0

q5 The hi-res screen makes this a great watch for athletes at any level. The easy-to-use, upgraded menu system makes monitoring pace, speed and distance child's play. **q3 Alerts remind you when it's time to hydrate or top up the nutrition.**

E. Garmin Forerunner 10

q1 This is a well-priced, entry-level watch that's light as well as waterproof and available in a range of colours. Don't expect added extras, but do expect good basic functionality.

F. Nike Fuelband

Described by the Huffington Post as 'the sports watch you never knew you needed,' **q2 this soft-touch and lightweight watch has been lovingly designed to appear more like a piece of futuristic jewellery than a running watch.** But it's hi-tech too and synchronises with your phone to show the results.

G. Suunto Ambit2 S HR

This is better suited to off-roaders rather than **q7 urban runners and although it's quite big, it has a functional design and is compatible with the thousands of Suunto apps available.**

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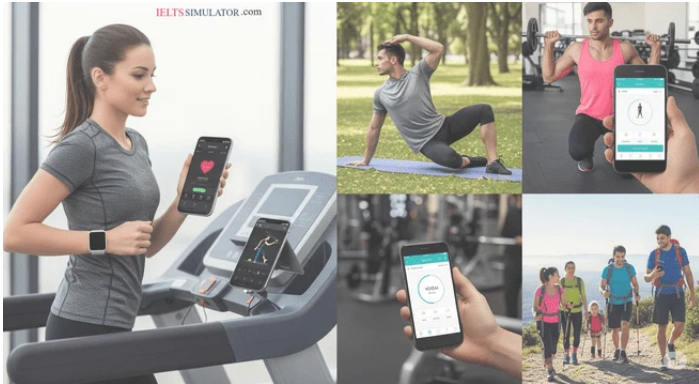
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