

Published based on [The Essentials: Heart Rate Monitor For The Serious Runner](#)

The Essentials: Heart Rate Monitor For The Serious Runner

Runners really demand a lot from their bodies. In order to achieve their very best condition for running and competing, they have to endure speed drills, tempo exercises, and long runs. In addition to pushing their limits physically, they are subjected to daily torture of measuring their distance, monitoring their training routes, and timing their sprints. It is fortunate that today's running watch technology is used to create devices like the [Garmin Forerunner 405](#) that handles all the logging and monitoring tasks, making it simple for runners to stick to their training routines with no trouble at all.

GPS, touch bezel, lap timing, route logging, calorie calculations, heart rate monitoring, training zone setting and convenient training data management - modern runners' watches have evolved into dedicated virtual training partners. In addition to accurate timing functions, modern running watches can now give you the best of both worlds in their sleek wearable package. Equipped with practical training features, these fitness and training partners can easily turn casual runners into serious professional athletes.

To accelerate training progress, modern sports watches like [Garmin Forerunner 405](#) put focus on heart rate monitoring and GPS functions to help people train more effectively. They serve as digital and compact versions of a conventional heart rate monitor, which is designed to continuously track the heart rate of its wearer per minute. This allows the watch to guide its wearer in achieving certain heart rate zones, which translate to significant fitness level improvements. Hence, for both casual runners and professional athletes, a heart rate monitor watch allows them to reach their target training zones and make the most of their training.

The advent of GPS technology has opened a lot of practical navigation and tracking functions. Relatively, the incorporation of GPS technology in heart rate monitor watches only increased its training advantage. This feature allowed the watch to not only track running routes but also accurately display his speed, cadence, traversed distance and altitude. Adding these functions into modern runners' watch only made this training partner easily customizable to meet your running needs.

To provide more advantageous training, the sports watches with heart rate monitor and GPS functions like the Garmin Forerunner 405 come with optional food pods to accurately monitor running speed, distance, and cadence. Depending on the watch model, the inclusion of wireless data transmission between the sports watch and its accessories and the wireless data transmissions between the watch and your computer add to the convenience of managing and monitoring training logs and progress.

Modern running watch still retains its timing functions, continuously monitoring current time while calculating running distance, pace and time. The addition of heart rate and calorie calculations only added to the convenience in which this training partner helps people customize their running routine into their preferred intensities. Although heart rate monitor and GPS sports watches list more functions in monitoring one's training progress, they usually adapt an intuitive interface with customizable data screens to display instant feedback while running.

A heart rate monitor and GPS watch makes a dedicated runner's watch. As you pick up speed, it accelerates your training progress by giving all the information you need to train more effectively. It simply delivers the training guidance provided by a sports trainer, minus the pricey cost and in style.

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