

TrailRunner 2.0 - improve your fitness with an iPhone GPS training coach

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Berbie Software today announces TrailRunner 2.0, an update to their outdoor oriented route-planning and journaling software for Mac OS X. This release now adds synchronization services with 321run from eCOMPOSITE, a mobile fitness coach application for the iPhone. Focused on any kind of outdoor activities like running, biking, hiking or inline skating, TrailRunner offers route planning and automatic route calculation for a given distance and attractiveness, and much more.

Frankfurt, Germany - Berbie Software today announces an update for TrailRunner, the outdoor oriented route-planning and journaling software for Mac OS X. This release now adds synchronization services with 321run from eCOMPOSITE, a mobile fitness coach application for the iPhone.

321run is a mobile fitness coach application for runners. The iPhone application tracks runs and supports users to improve their performance, from beginner to intermediate and even expert levels. While users listen to their music, aural feedback on current duration and speed is being given by the application. 321run also contains several training goals like to begin running, lose weight, run faster or prepare for a competition. The coach then gives aural feedback on when to run, walk or change rhythm.

"Using 321run for over a month now, I'm already running better than I used to. And I think everybody can improve their running performance with this application", concludes Matthias, an avid fan of 321run.

The integration of 321run and TrailRunner now enables users to store their workout recordings in the TrailRunner diary and to analyze workouts with advanced tools. In addition, 321run users can plan new routes with the outstanding route-planning features of TrailRunner.

"The reason I started the TrailRunner project years ago was the lack of route planning applications for MacOS X. You could have the best training plans to improve your fitness, but they only tell you how far and how fast you should go - not where", said berbie, developer of TrailRunner. "With TrailRunner and its advanced route planning features and in combination with 321run and its mobile feedback capabilities, runners have all they need to improve their performance while having lots of outdoor fun."

Focused on users doing any kind of outdoor activities like running, biking, hiking or inline skating, TrailRunner offers route planning and automatic route calculation for a given distance and attractiveness, a workout diary, workout histograms and analysis tools for measured data like geographic course, speed, distance, heart-rate, personal aerobic zone and more. An integrated exercise plan can help users to improve their base endurance in small and adaptive steps.

About eCOMPOSITE:

eCOMPOSITE is a one person company focusing on GPS, fitness and photo software for the iPhone and the Mac.

Pricing and Availability:

321run is available free on the App Store. TrailRunner 2.0 is free but the author thankfully accepts donations.

TrailRunner 2.0:

http://www.trailrunnerx.com/?utm_source=prmac&utm_medium=CPC&utm_campaign=prmac_321run

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

Download TrailRunner:

http://www.trailrunnerx.com/en_download/?utm_source=prmac&utm_medium=CPC&utm_campaign=prmac_321run

Download 321run:

<http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewSoftware?id=320476262>

Screenshots:

http://homepage.mac.com/berbie/TrailRunner/blog/files/tag-iphone.html?utm_source=prmac&utm_medium=CPC&utm_campaign=prmac_321run

Started in 2005, Berbie Software pioneered the development of a Mac OS X application focused on outdoor and long distance sports. By building a mash-up of complex technologies and algorithms, TrailRunner delivers a simple to use application that covers most features outdoor enthusiasts need to plan and journalize their activities.

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