Tech & Tools Guide for Marathon Runners - 2025 Edition

1. Top Running Apps (Free & Paid)

- Strava (Android, iOS): GPS tracking, social sharing, pace tracking

- Nike Run Club (Android, iOS): Audio-guided runs, coaching plans

- Runkeeper (Android, iOS): Training goals, voice feedback

- MapMyRun (Android, iOS): Route creation, calorie tracking

- Zwift Run (Android, iOS): Virtual treadmill running

2. Recommended GPS Watches

- Garmin Forerunner 255 ($$$): Multi-sport tracking, VO2 Max

- Coros Pace 2 ($$): Lightweight, battery life

- Apple Watch Series 9 ($$$): Integrated apps, heart rate, iPhone sync

- Amazfit Bip 3 ($): Budget-friendly, basic GPS

- Polar Vantage M2 ($$): Training Load, recovery status

3. Best Headphones for Running

- Shokz OpenRun - bone conduction, road-safe

- Jabra Elite 7 Active - waterproof + noise canceling

- Apple AirPods Pro - integrated, less sweat-proof

- Anker Soundcore Sport X10 - great budget pick

4. Tech Tips for Race Day

- Charge all devices the night before.

- Turn off extra phone apps for longer battery.

- Use airplane mode with GPS-only tracking to conserve energy.

- Don't update firmware on race morning!

5. Bonus: Free Tools

- https://www.pace.run - Pace calculator

- http://www.gmap-pedometer.com - DIY route mapping

- https://www.runnersworld.com - Reviews and race strategies

- https://marathonhandbook.com - Gear, tips, nutrition