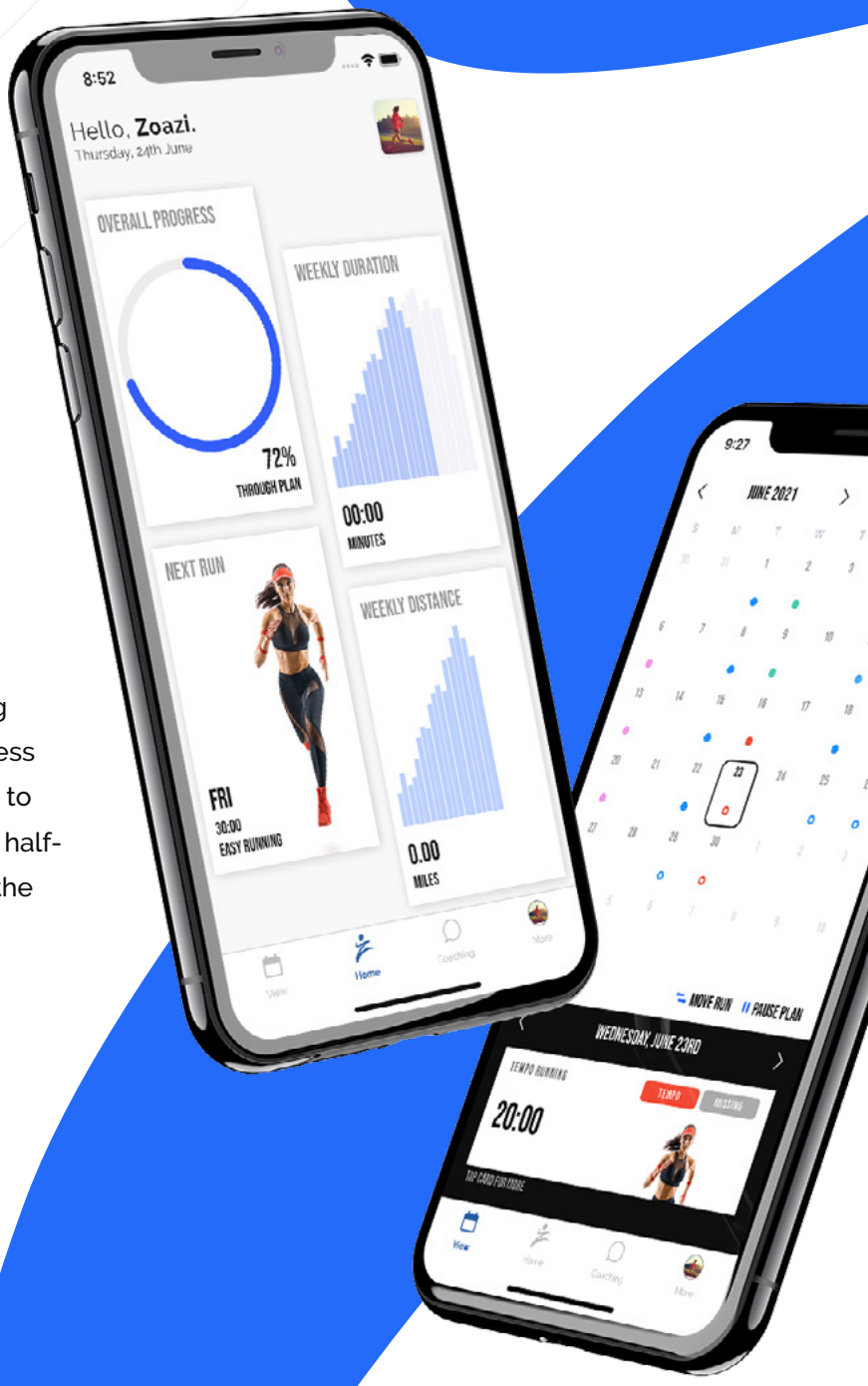
ZOAZI

PRODUCT SHEET



INTRODUCING ZOAZI

Combining plans based on science with intuitive personalisation options and a coach dedicated to pushing past your running goals, the Zoazi running app unlocks the potential of every runner, regardless of skill or experience. Whether you are attempting to reach your first 5K or hit a record time in the latest half-marathon, the Zoazi running app equips you with the tools needed to accelerate training.

Recognising that each and every runner is different in skill level, strengths and challenges, the Zoazi running app allows you to personalise your experience. By providing feedback after your training sessions, the Zoazi coach combines your feedback with your running data to create truly optimised plans.

WWW.ZOAZI.RUN

RUN SMARTER WITH SCIENCE-BASED PLANS

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Zoazi's training plans use a scientific, phased-based approach to ensure that runners experience tangible, measurable development, accurately establishing rest days while introducing a variety of workouts to strengthen endurance, speed, stamina, and more.

Running with Zoazi includes seven distinct phases:

01 THE 'INTRODUCTION' PHASE

This phase will allow beginner runners to work up to running continuously for 20 minutes. Zoazi takes your current ability into account and the first session will be anything from a repeated 30-second run/walk interval or a 15-minute run.

02 THE 'CONDITIONING' PHASE

Here, you can adjust to the preferred number of runs until comfortable with the target number of weekly runs.

03 THE 'BASE' PHASE

Runners in the base phase are developing and strengthening a base level of fitness, allowing them to adjust more easily to the challenging runs that will follow in later phases. In the base phase, the primary objective is to increase the duration of continual running.

04 THE 'BUILD' PHASE

The build phase builds on the progress gained in the previous phases to further advance your running ability – lengthening durations and introducing higher intensity runs.

05 THE 'STRENGTH' PHASE

Now at an improved level of fitness and with a defined and strengthened aerobic system, runners in the strength phase will focus on utilising other energy systems in higher-intensity running.

06 THE 'SPEED' PHASE

Designed for runners that require additional training on breathing and developing race pace, the speed phase reduces easy runs while prioritising interval runs.

07 THE 'TAPER' PHASE

Recovery is essential in any training plan. The taper phase reduces training volume while maintaining intensity to allow the body to adapt for maximum effect.

ZOAZI

A RUNNING COACH DEDICATED TO EMPOWERING RUNNERS

The Zoazi running app includes an online coach designed to motivate and advise you on how to achieve long-term and sustainable progress, as well as adapting designated running plans to accommodate for difficulty, challenge level, or injury. Combining user interactions, feedback, and running data, the running coach aids to optimise each run to enable runners to gain the most possible progress from their training.

The Zoazi running app is currently available on both the iOS app store and on Google Play. To begin your running journey or reach the latest target milestone, download today.

Download on the App Store

GET IT ON Google Play

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