



Running Accessories Buying Guide Quick Reference Handout

Running is a great way to get exercise, work on your overall health, and even de-stress. There's lots of tech accessories that can help make the experience more enjoyable and effective.

[Scan the QR Code to read the full buying guide](#)

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Tracking your progress

It's worthwhile to be able to monitor stats relating to your runs.

Smartwatches and fitness trackers

While any smartwatch or fitness tracker can be used to track a run, some have features specific to runners that can measure stats like cadence and pace and even provide on-screen access to running routes and maps.

What to look for

Built-in GPS – Track routes while leaving your phone at home.

Third-party app support – Use it with popular running apps like Strava and combine data from both apps.

Music storage – Create playlists and listen to music while running without having to use cellular data.

Smart scales

These measure not only weight but also useful metrics like muscle and fat mass, body mass index, and body fat, and stores the data in a companion app.

What to look for?

App integration – Some can port measurements to an app for a fitness tracker or one like Apple Health to provide a holistic picture.

Additional stats – Other features you might find include things like metabolic rate and water mass.

Multiple users – It should be able to track multiple people in the family and sense whose stepping on it.

Treadmill

If you can't go for a run outdoors due to a busy schedule, child care, or inclement weather, a treadmill means you can still run indoors.



What to look for

Built-in display – Follow along with real-time stats or running views.

Size – Choose a portable or folding model if you have limited space.

Speed and incline – The speed and incline levels should match what you usually do outdoors.

Memberships – Some come with trial subscriptions for guided workout programs.

Accessories to entertain and motivate you

Music can motivate you and help with cadence when out for a run.

Truly wireless earbuds – These fit securely in the ears so you can engage in rigorous activity without worry.

Sports headphones – They come in all designs, including with ear hooks or even bone conduction, placed around the neck.

What to look for with running headphones

Water- and sweat-proof designs: Rain or a sweaty run will be no match.

Direct connection to a smartwatch: Leave the phone at home and listen to tunes from the watch.

Varying noise isolation features: Ability to tweak how much sound leaks in based on where you're running.

Battery life: Easily get through a week's worth of runs without having to recharge.

Phone armband or belt

These provide a convenient spot to hold your phone while you run so it isn't jostling around in your pocket.

Managing health at home

There are devices to help you keep on top of important health stats at home, both before and after a run.

Blood pressure monitor – Make sure you aren't over-exerting yourself and keep tabs on blood pressure.

Chest heart rate monitor – Get ultra-accurate heart rate data to complement your smartwatch.

Pulse oximeter – Check blood oxygen and lung functions.

Sleep tech devices – Ensure you're getting enough quality rest so your body is recharged for the next run.

Focus on fuelling your body

Having a good run means fueling your body for it.

Blenders – Make smoothies and protein shakes for before or after the run along with healthy, energy-boosting snacks.



Juicers – Get vitamins and nutrients from fresh-squeezed fruit and vegetable juices.

After-run recovery

Recovery from a run is just as important as the run itself.

Massage guns – Target those problem areas to relax the muscles to aid in soreness.

Foam rollers – Help release pain points both before and after a run.

Take the next step

Find plenty of running accessories at Best Buy online, suitable for everyone from pros to novices who are just getting started.