

http://www.apple.com/ca/podnike/run.html
27 centuries
28 Nov 2009 - 10 Dec 2009

Store Mac **iPod** iPhone iPad iTunes Support Search

Nike + iPod

Rock and Run Rock the Gym Stay in Sync [Buy Now](#)



Ready
Grab your iPod nano, iPod touch, iPhone 3GS, or iPhone 4, a pair of Nike+ shoes, and the Nike + iPod Sport Kit or Sensor. Put the sensor in your Nike+ shoe — there's a built-in pocket specifically designed for it under the insole. Then connect the receiver to your iPod nano, iPod touch, iPhone 3GS, and iPhone 4 include built-in support for Nike + iPod, so no receiver is necessary. The sensor tracks your run, then sends the data to your iPod. [Learn how it works](#)



Set
Check out the Nike + iPod menu and choose how you want to run. You can use custom workout shortcuts to start your favourite workouts quickly. Try the open-ended workout or select one with time, distance, or calorie goals. Then pick your favourite playlist, shuffle songs, or choose Nike-created Sport Music. You can even program a Power Song to play when you need instant motivation.



Go
As you run, your iPod, iPhone 3GS, or iPhone 4 tells you your time, distance, pace, and calories burned. And it gives you feedback at the halfway point and in the final lead-up to your goal. You can also see the details of your workout on your iPod, iPhone 3GS, or iPhone 4.



Sync
When your run is finished, your iPod touch, iPhone 3GS, or iPhone 4 wirelessly sends your workout data to nikeplus.com from wherever you are on the road. With iPod nano, your data is sent to nikeplus.com when you connect it to your Mac or PC. Go there to see all your completed runs and share motivation with runners across the world. [Learn more about sync](#)



Pump it up.
With the Polar WearLink+ Heart Rate Transmitter for Nike+, you can even track your heart rate during your workout on iPod nano (5th generation or later). [Learn more](#)

Nike + iPod is compatible with iPod nano (3rd generation or later), iPod touch (2nd generation or later), iPhone 3GS, and iPhone 4.

iTunes 10

[Download iTunes](#)

Free for Mac + PC

iPod everywhere.
At home. At work. And anywhere in between.



Nike Sport Mixes
Stay motivated on the run or at the gym.



Nike + iPod Sport Kit

[Buy Now](#)

Shop Apple Online Store or call 1-800-MY-APPLE. Visit an Apple Retail Store. Find your local authorized reseller.



iPod Nike + iPod Run **Français**

iPod - iPod touch - iPod classic - iPod nano - iPod shuffle (PRODUCT) RED - Compare iPod Models	More iPod - In-Ear Headphones - Accessories - TV Ads - Apple TV	iPod Everywhere - Nike + iPod - iPod Car Integration - iPod Tours	iPod Resources - Download iTunes 10 - iPod in Education - iPod Support - Accessibility
---	--	---	---

Shop the Apple Online Store (1-800-MY-APPLE), visit an Apple Retail Store, or find a reseller. [Site Map](#) [Hot News](#) [RSS Feeds](#) [Contact Us](#)

Copyright © 2011 Apple Inc. All rights reserved. [Terms of Use](#) [Privacy Policy](#)