

# I Tried the Nike+ Apple Watch and It Actually Made Me Enjoy Running

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## Workouts

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November 4, 2016 2:40 pm

Am I a runner? Well, kinda. I do run, but I'm a bit of a wimp when it comes to chilly weather and can always use any extra motivation to get outside. I'll also admit that my lifestyle isn't the most tech-savvy. I have no music on my actual phone, so when I do run I'm using my old-school iPod shuffle. For these reasons, I was excited to try the Apple Watch Nike+, which promised lots of running features *and* to bring me into the 21st century.

OK, first up, what makes the Nike version of the watch different from the regular ol' Apple Watch? Well, the Nike+ version has a *super* bright screen that is visible in extremely bright sunlight—helpful for outdoor runs for sure. I was actually able to see it through a white long sleeve shirt on a run, which was awesome. It also has the Nike+ Run Club app built into the watch, so with a quick tap on the home screen, you're ready to track a run.

In my opinion, the best part of running with the watch is you can completely leave your phone behind. (I mean, if you're running at night, for safety reasons, maybe it's a good idea to still have it with you.) But this watch has built-in GPS, so it tracks your run sans cell phone (which is generally the only reason I'd have my phone on me anyway). Plus, the watch itself holds 2GB of music—so I no longer need my vintage iPod shuffle! I just put the songs right onto my watch, pair the watch with wireless headphones, and I'm literally ready to run.

When I tested the watch in New York City, there were lots of people to dodge and stoplights every couple streets. This is where one of my other favorite features comes into play—auto pause. When I stopped running, the watch paused my workout, then resumed the second I picked up speed again. I also loved poring over all my stats after I finished sweating, which included pace, distance, and heart rate and duration. With the voiceover feature on, too, I got cues (out loud!) when my workout paused, resumed, each time I ran a mile, my pace during that mile, and my total time running. And when my mom called while I was out for a jog, it told me that, too.

And that extra motivation I said I could always use? The Apple Watch Nike+ actually asked me “Are we running today?” (Maybe a bit of a guilt trip, but hey, it worked!) The watch also uses my friends to help motivate me. So when my friend Emily, who also uses the Nike+ Run Club app, ran three miles on a day I wasn't planning to do anything, Little Mister Watch alerted me—“3 miles to catch Emily!”— and suddenly I was out the door. Then, once I finished, the watch suggested I fist bump Em as a virtual high five. If you are competitive at all, this will light a fire.

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Through the Nike+ Run app integration, I'm also able to set up a training plan based on my stats, and get feedback directly in my ear from some of the best coaches in the business. The watchband (which comes in two sizes, small and large, and black/grey/neon yellow colorways) has more holes than the regular Apple Watch, so it was really breathable when I got sweaty. And did I mention that it's also water resistant up to 50 meters? I'm thinking that will come in hands during warm weather months, when I just want to jump in the water to cool off after a run.

I'm not saying this watch is a *must-have* if you're looking to run more, but I will say it's definitely motivated me to log more miles. And in my opinion, that makes it totally worth it.

*The Apple Watch Nike+ is available at [nike.com](https://nike.com) and [apple.com](https://apple.com), for \$369 (38mm watch face) or \$399 (42mm watch face).*