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The best free running apps do exactly what they say on the tin: they're free and help you run. Nothing better, isn't it? With more people than ever running into lock-in – and the fact that some of the most popular and previously free start-up apps are now charging some of their services, finding a free alternative is a great way to stay on the go. According to one report, we're not just running anymore, we're also talking about running more - in March, 34 million people discussed breaking the cog on social media and sharing 207k running from exercise apps - both of which are more than January and February combined. The national lock has forced us from the gym to the garden, to the great outdoors, trying to find a way to stay active and fit – running, it seems, has taken the cake in terms of accessibility and scalability. Thank you, jogging! But you know how you run, how you can hold it? From motivational running plans to track trackers, navigation aids and mile-loggers, we've rounded up 8 of the best free running apps to help you hit the next PB – including one that had a 92% jump in downloads in 2019. Wowza, i'm sorry, Ad - Continue reading Under 1 Couch to 5K Everyone from your dentist to aunt has apparently flirted with the idea that Couch could do up to 5k – a running plan that gets beginner runners and never-run-before-runners who can run full 5k. And, as the BBC reported, more than 858,000 downloaded the app (which was given to NS between March and June). That's a remarkable 92 percent increase on the year before! This app has five different trainers to motivate you on your journey - and tells you when to run and when to walk - including comedian Sarah Millican, radio shower Jo Whitley and Olympian Michael Johnson. Woah. The program can be completed in a guided 9-weeks or longer if you want, and this app helps you make it seem like the easiest option when stopping. There's a half-timer for when you're halfway there, so you know to turn around and complete the loop before and after the rating system to monitor your motivation, as well as easily follow the countdown timer, so you always know how long is left of each run. IOS/ANDROID 2 Map My Run Map My Run, Under Armour's running app, has countless features to make your running experience smoother than ever. It connects to several carriers – including Apple Health, Apple Watch, Garmin, Fitbit, Jawbone and more - meaning you can only go with your fitness tracker, safe in the knowledge that your extras are still logged in. The app also offers real-time sound coaching on GPS-tracked runs, with a variable voice for the state, such as pace, distance and elevation. IOS/ANDROID 3 Adidas Runtastic You may have Adidas running shoes, but have you ever tried their app to run? Well, if you're not then lace up because there are so many cool features that you need to take advantage of from distance, time, speed, lifting and calorie tracking until objectives and flexible objectives. They will go a step further and follow how many miles you have run in progress and tell you when it is the right time to start thinking about investing in a new pair. They literally thought of everything. Cheers, Adidas. IOS/ANDROID 4 Runkeeper Runkeeper by ASICS does a lot. You can track runs, set goals for follow-up and faster startups, listen to audio clips that tell you your step, distance, and time, follow a customized plan that keeps you improving and joining virtual challenges in the app. Best piece? The app syncs with volumes so you can leave your phone at home and leave only with the Apple Watch and still keep track of your country. IOS/ANDROID 5 Nike Run Club Nike Run Club describe this app as your perfect running partner, and TBH, we must agree with them. Track and store runs in their easy-to-navigate super-aesthetic app, use GPS well to keep you on the go, listen to audio coaching and set weekly, monthly or custom challenges remotely, as well as bespoke coaching plans to make sure you continue to smash your goals. While the trophies and badges you collect for new achievements are virtual, they still mean the world to us. Get out of here! IOS/ANDROID 6 Running Distance Tracker + Letted as 'most accurate running app available' Running Distance Tracker+ tracks your speed, calories, heart rate, and of course, distance. Use GPS to find new appetizable routes, find time and speed fork, heart rate and effort zones, and listen to flexible voice feedback to let you know how you're going. The app has paid options, but the basics - and they're really the only ones you need – are free. Which is all that matters. IOS /ANDROID 7 Endomondo If you want to sync with other apps, set goals for pounding, take on challenges and socialize with running colleagues, Endomondo can be an app for you. Featuring all the classics: running tracking, audio coaching, workout summaries, personal best notifications can also add fun extras, such as documenting a particularly good (or difficult) run with a picture, scrolling through your friends' workouts and commenting to bring them forward! There is a superior option, but everything we have on the list above is completely, completely free. Winner. IOS/ANDROID 8 Run Coach Run Coach does what it says on the tin: It trains you through and between runs to make you a better runner. Tweak your program as your readiness improves, adjust your schedule if you miss a run and need to recalibration your program, access new cracks and goals as your skills increase, synchronize with your favorite wear and use manual trainers well if you have any questions about diet or injury. 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These instructions apply to smartphones and tablets that use Android 7.0 Nougat and beyond. In response to some high-profile security incidents involving malicious apps in the Play Store, Google turned off Play Protect, which regularly scans your malware device. By default, this setting is turned on, but you need to double-check for it. Go to Settings > security & location > Google Play Protect and switch to a Scanning device for security threats. Here you can also see recently scanned apps and the time of the last scan. Google Play Protect also scans apps in the Play Store before you download them. If you try to download an app from a place other than Google Play using a mobile browser or other app, you'll get a warning that your device doesn't allow you to install unknown apps from that feed. Go to Settings > Apps & notifications > Advanced > for special apps > Install unknown apps. You'll see a list of apps that can download apps like Chrome and other mobile browsers. 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