

Continue



Coros fitness test

At COROS, we are continuously looking to improve your user experience and facilitate your training journey through easy-to-understand metrics and graphs. This is why we would like to introduce our Running Fitness Test and Resting HR as part of our Fitness Tests. Running Fitness Test EvoLab uses the relationship between your pace and HR to evaluate your running fitness through various intensities. If you are going through an off-season or recovering from an injury, you may not hit all intensity zones for a while, potentially limiting specific metrics' accuracy. This is why we are introducing the Running Fitness Test, a quick and easy way to assess and update your primary EvoLab metrics. Time Steps Description 5min Warm Up Open. 25min Marathon Pace This intensity reaches the sweet spot to determine the best relationship between pace and HR. EvoLab will use your steady state throughout this stage to determine your threshold. 3min 10km Pace This stage begins a shortened incremental test to increase your HR linearly. 3min 5km Pace This stage follows the previous one with a slightly faster pace. We aim for your HR to reach >90% of your HR Reserve. 3min Slightly faster (optional) If your HR is still More Settings > Stress: Then, on the watch, you'll see the results in the widgets: And on the app, you'll see a new daily stress assessment, assuming you've got a night of sleep in there, along with it being after 4PM (since it won't show until you have 16 hours that given day): Here you can see what it looks like late that night just before midnight (including the 30-day average), as well as some more details on how it works. Note that while it might look stressful, I was simply skiing with the kids for 2-3hrs after that, thus, higher levels of activity. One quirk though of COROS's stress measurement is that they incorrectly include workout/exercise time. I say 'incorrectly', because it can't calculate stress during workout time, and simply puts it as a high-stress activity. Whereas Garmin will stop recording stress during workout times, and even just after you press stop on a workout - it'll tell you that you need to cool-down first, before stress monitoring resumes. Note the differences (the gaps where I did workouts on the Garmin, versus red on the COROS): When I met with COROS's CEOs back earlier this winter, one of the key messages I told them was that they needed to understand the features they were copying from others. Time and time again, COROS copies features, but doesn't understand enough of what they copy and ends up getting the science part wrong. Whether or not we agree with the concept/theory of a metric (totally fine to debate whether stress as a metric is usable) is different than whether or not a company collects usable data to drive such a metric (useless to include workout time as a high-stress activity). [Update: COROS's Lewis Wu (CEO) reached out to say they heard my feedback, and are changing things as a result. Workout time periods will no longer accumulate stress, in line with what Garmin does. They noted that they had looked at companies like Whoop, which do accumulate stress because a workout is draining for the body. However, for them as an endurance-focused company, they said they realized that training load/recovery already handles that aspect of stressors. That's good to hear, and I agree with that approach. Likewise, as you might imagine, Whoop's stress during exercise never made much sense either, especially because for most people, exercise typically reduces stress, not increases it. This is, of course, different from 'fatigue', which is increased by exercise - and what COROS/Garmin track separately within other metrics. Anyways, good to see the change.] Of course, as COROS enables these metrics, they'll (very quickly) eat away at the battery life claims they're so well known for. I do appreciate they give the option to turn it on/off. The point though is that people have often wondered why COROS gets so much higher 24x7 battery life than almost any other company, and the answer has largely been pretty simple: They didn't enable most 24x7 metrics at an update rate even 1/100th that of their competitors (for example in a stock COROS configuration, they check your HR every 10 minutes, versus everyone else every 1 second. Thus ~1/600th the update rate). Anyways, moving along. Wellness Check: Finally, COROS has added a new Wellness Check feature, which is an identical version of Garmin's Health Snapshot feature. This feature is a manually initiated spot-check that records your heart rate, HRV value, stress, breathing rate, and SpO2 values. To access it, you'll long-hold to get into the controls menu, and you'll see 'Wellness Check' there: The process takes about 30 seconds to complete, where you should be as still as possible (and ideally relaxed). After completion, it'll show the stats for the spot check: Next, you can see both the most recent stats on your COROS app, as well as historical checks. Like Garmin, there is no trending/charts of these wellness checks, it's just a list of them. That somewhat makes sense, because they can be done at very different times. Personalized Marathon Plans: Meanwhile, on the app side, they've added personalized marathon training plans. The app will leverage the data in your COROS account, including your recent weekly mileage and base fitness, to create a marathon plan for you. However note, it does seem to be tied to being able to have your EvoLab score at less than 3:30 marathon time: Got all that? Phew. Ok, time for one more workout left in the day: Afternoon skiing with the kiddos. Have a good weekend! FOUND THIS POST USEFUL? SUPPORT THE SITE! Hopefully, you found this post useful. The website is really a labor of love, so please consider becoming a DC RAINMAKER Supporter. This gets you an ad-free experience, and access to our (mostly) bi-monthly behind-the-scenes video series of "Shed Talkin'". Support DCRainMaker - Shop on Amazon Otherwise, perhaps consider using the below link if shopping on Amazon. As an Amazon Associate, I earn from qualifying purchases. It doesn't cost you anything extra, but your purchases help support this website a lot. It could simply be buying toilet paper, or this pizza oven we use and love. Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Jump to: Whether you're a seasoned runner training for your umpteenth marathon, a new runner reaching for that first 5km or you simply run for general fitness and mental health, there's a Coros watch to suit your budget - and your run-tracking needs. Coros is a relative newcomer to the running watch market but in the past five years it's produced some of the best GPS running watches going and emerged as a serious rival to the likes of Garmin, Polar and Suunto. Coros' biggest USP is long lasting battery life, but it crams a lot of tools and tracking capability into often comparatively cheap running watches. It's also one of the only watchmakers to roll new features down to older models, future proofing your running watch more than its rivals. The Coros range is conveniently small, with just three main series: the Pace, the Apex and the Vertix. Coros' line-up doesn't stretch to the lifestyle fitness trackers or smartwatch-style watches, but there are options to cater for most runners. The entry-level Pace series tends to appeal to beginner runners, marathon PB chasers and track athletes, with enough run-tracking tools to satisfy most regular runners. The Vertix series sit at the other end of the spectrum with ultra endurance battery life, navigation smarts and durability tailored for wilder, rugged off-grid adventures. This is the best bet for multi-day challenges. The Apex series sits somewhere in the middle, catering for trail and ultra distance with a rugged design but in a lighter-weight package than the Vertix. If you're still weighing up Coros as a brand, we've also reviewed the best Garmin watches and the best Polar watches on the market too. Not sure which model is for you? Here's a brief overview. Below, you'll find our full reviews. The most basic, budget-friendly watch in the Coros line-up, the Pace 3 (£219) is built for everyone from new runners to marathon PB chasers. A rival for the Garmin Forerunner 165, the Forerunner 265 or the Polar Vantage M. It's light, and comparatively compact with a big battery life. It carries most of the run-tracking smarts you find on the Apex and Vertix but misses out on the more advanced mapping and navigation tools, plus some adventure sport modes like windsurfing and bouldering. The most recent addition to the Coros running watch range, the Pace Pro (£349) is the first Coros watch to pack a bright, smartwatch-style AMOLED display. That screen is bigger and brighter than the Pace 3, the battery life lasts longer and there are better navigation tools with offline TOPO maps. It's ideal for runners who want a killer screen and better navigation. At £349, the Apex 2 sits somewhere in between the Pace 3 and the Vertix on price, capability and size. It offers similar features and navigation tools to the Vertix just in a smaller, lighter design. This is your lighter option for trail and ultra adventures. This pricier Pro version of the Apex mostly offers the same features as its non-pro sibling but you'll pay a £100 premium for key upgrades. Those include a bigger, better, higher resolution display, longer battery life, more storage and Dual Frequency GPS. The big, rugged Vertix 2 (£519) is Coros' rival to the Garmin Fenix and Polar Grit X2 Pro. It's built to take knocks, eat up endurance events and help you navigate off-grid adventures. It comes with Coros' most comprehensive suite of fitness, run and health tracking, along with the best navigation tools. Don't be fooled into thinking the Vertix 2S (£599) is a smaller version of the Vertix 2. It's a little lighter but actually the same size. The main difference: it carries Coros' latest optical heart rate and GPS sensors. Though you sacrifice some battery life for that. A kind of stop-gap watch while we wait for a potential Coros Vertix 3 or Vertix 2 Pro. Top tip: If you want to do a quick comparison, Coros has a very handy tool that lets you compare up to three devices from the range. Not sure what to look for in a running watch? Use these pointers. Coros watches are known for offering the best battery life in the business. On paper, that's anywhere from 38 hours up to 127 hours. Generally, the higher you move up the range, the more GPS run time you get and the longer you can go between charges. In an ideal world, a good GPS running watch should survive at least a week's training between charges and all the Coros watches tick that box. Some, like the top-end Vertix 2S, will stretch to a month with the right settings on. Because the run-tracking features across the range are almost identical, your choice might come down to the size and build of the watch. The Pace 3 and Pace Pro are the lightest and most compact but use less premium, more plastic feeling materials in the bezel, case and screen. The Apex and the Vertix models use titanium and toughened sapphire glass with larger displays and boosted durability but come in heavier and are arguably less comfortable to wear 24-7. Display sizes range from 1.2-inch on the Coros Pace 3 to 1.4-inch on the Vertix models. The Apex 2 and Apex 2 Pro have a 1.3-inch display. If you want the highest resolution, brightest display, the Coros Pace Pro is the only watch to offer an AMOLED touchscreen. If you regularly run new city routes or tackle off-grid adventures, the Coros Vertix. Apex watches and Pace Pro offer Coros' most comprehensive navigation tools. They offer downloadable offline colour topographical maps, you can load up routes and follow turn-by-turn navigation. However, this isn't routable like you'll find on Garmin. You get alerts if you stray off course but the watch won't plot a course to guide you back. The Pace 3 navigation is limited to breadcrumb navigation, where you see a trail to follow on screen but no background map for context. All the Coros watches on our list offer identical run tracking. They cover the basics including distance, pace, calories and heart rate along with form metrics like stride length and cadence, plus running power from the wrist. But they also offer advanced training features via the Coros Evo Lab such as training effect, training load monitoring, fatigue recovery and HRV, along with running fitness and running form tests, VO2 Max estimates, and race time predictions. All the stuff that helps you benchmark your progress and monitor your response to training more closely. Outside of run tracking, all the Coros watches monitor sleep, daily stress and Heart Rate Variability (HRV). You can also do a periodic wellness check that reveals current stress level, Resting Heart Rate (RHR), HRV, breathing rate, and blood oxygen levels. But only the Vertix, Apex and Pace Pro offer ECG readings. The Coros smartwatch tools are basic. When paired to your smartphone, all the Coros watches show notifications for texts and calls. They also offer offline music playback and action camera controls. But unlike Garmin, there's currently no contactless payments, messenger or voice tools. We've tested and reviewed all the watches in the Coros line-up, racking up thousands of test miles as a team over years (yes, years), putting the watches through their paces in training, at parkruns, racing marathons and tackling ultras. We've lived with them and slept in them, and we always mix up the testing conditions, running through the urban sprawl and remote environments in all weather conditions. We evaluate the devices based on features, GPS and heart rate accuracy, battery life, connectivity, and what they're like to use on our daily runs. For this guide, we've thought carefully about the benefits each watch delivers, who it appeals to most and weighed up which Coros watch offers the best all-round value for most runners. Runner's World has been vetting and reviewing running gear and tech since 1983. Our essential recommendations are selected based on data and insights gathered by our editors, who put the latest and greatest running shoes and gear through their paces day in and day out. This guide builds on the knowledge of Kieran Alger, who has run over 55 marathons and is never seen wearing less than two smartwatches at once. Pros: Excellent battery life, accurate, dual frequency GPS, comprehensive training features, brilliant value. Cons: Looks a bit plasticky, no offline mapping, battery life (smartwatch mode) 24 days, battery life (GPS) up to 38 hours, display type and size 1.2" Memory-In-Pixel touchscreen, weight 39g with silicone band, 30g with nylon band, waterproof ratings 5ATM -> Read our full Coros Pace 3 review Read our full Coros Pace Pro review Read our full Coros Apex 2 review