

Start a Practice Timer

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Pick a practice duration, optional arena music, and start the Practice Timer.

Use Practice Timer for a long practice countdown.

Set the duration

1. On the home screen, tap **PRACTICE TIMER**.
2. On **PRACTICE DURATION**, pick **60 Minutes**, **90 Minutes**, or **120 Minutes**.
3. Or choose **CUSTOM (SET TIME)** to open **SET CUSTOM TIME**, then set your length.

Arena music and start

1. On **ARENA MUSIC**, pick a playlist or **No Music**, then continue.
2. On **READY TO START**, tap **START** (subtitle **PRACTICE**).
3. The running session header shows **PRACTICE**.

Use **Start**, **Pause**, **Resume**, **Reset**, and **Exit** while the timer runs. See [Pause, resume, reset, or exit a timer](#).
