

Running music



[sistersid06](#) 2 posts since

Sep 6, 2008

Hi everyone. Just getting back to running after a 2 yr hiatus. Have my 1st 5K at the end of the month (Whahoo!). I have been told there is a website that helps you pick music based on the pace that you run. Anyone have any idea what that website is?? Thanks!



[TeejWI](#) 70 posts since

Apr 14, 2008 **1. Re: Running music** Sep 6, 2008 9:59 PM


Well, there's the Podrunner podcast (through itunes) that has music at all kinds of different cadences. Not so much "pace" (minutes per mile, etc)...if you're into "techno stuff".

T



[dwm082](#) 1,169 posts since

Dec 14, 2007 **2. Re: Running music** Sep 7, 2008 5:49 AM

 in response to: [TeejWI](#)

I don't know about a web site, but if you're running a Mac, there's a program called Tangerine that will analyze your iTunes library and tell you each song's beats-per-minute. That way you can select a play list that has a bpm that matches the level of intensity you're looking for in your workout.

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In general, you're looking for a beats per minute analyzer. There are some free packages for Windows, but I don't have experience with any of them. My experience with Tangerine is also limited, but it looked pretty good.


Hope that helps.

Don



[sistersid06](#) 2 posts since

Sep 6, 2008 3. **Re: Running music** Sep 7, 2008 7:17 AM

 in response to: [dwm082](#)

Thank you both for your help! K-