

What do you know about running music?



DaveReyne 22 posts since

Sep 19, 2008

Well, here I am wanting to tell everyone about how they could be running with the right running music.

Many people these days are doing their running/jogging with earphones stuck in their ears and listening to their favorite music playlists etc and maybe not thinking about the aspects or otherwise of their run.

My extended search over the internet in this area proves one thing to me - it's this. Running with music is not nearly as enjoyable as it should be because most times the body is not in rhythm with the beat of the music. We all like to tap our feet in time, dance in time etc with the music - why don't people want to run in time with music - it makes no sense.

BUT - I have come about the solution. There is believe it or not a specialist music site called run2rhythm at <http://www.run2r.com/>

They are specialists in this field and have extensive research results etc - about how fast you run at what beats per minute and so on. It is great to run with and i have downloaded quite a lot of music from the site.

I run 4 times per week with one of those runs being 1.5 -2hrs. Running with music at the right rhythm makes me feel good and the time fly. All their running tracks are 15minutes long and I mix and change them around to maintain interest.:)

Tags: training, music, music, running, running, with



Gary Blake 78 posts since

Feb 17, 2008 1. **Re: What do you know about running music?** Sep 22, 2008 12:21 AM

What do you know about running music?

Attention DaveReyne,

Thank you for the encouraging article about run2rhythm.

You did however put an incorrect link to the website. The correct address is www.run2r.com

Why dont' you tell us exactly what music tracks you find so appealing and why.

Regards

GBlake