

Running vs Walking

If you're up early like I am most days, you have probably noticed the brave souls that go walking rain, hail or shine. Whilst these people are to be commended for their commitment, I often wonder if they have considered picking the intensity up a notch by incorporating some running into their fitness.

Now I know what you're thinking; 'I hate running'. But you may find that you won't hate running, or even begin to like it if you approach the task in a logical and progressive manner. The biggest problem for most people with running is that they either set their distance ambitions too high or try to run too fast for their current level of fitness. This is an example of poor pace judgement. A person with good pace judgement will know how hard or fast they can run over many given distances and this only comes with practice.

You may be wondering; why should I run, I enjoy walking and it's much easier? The answer to this question is simple, running burns far more energy per minute than walking does and will generally elevate the heart rate to higher levels resulting in a quicker road to fitness and weight loss.

A good way to incorporate running into walking is by using interval training. Interval training is where you vary the work to rest ratio of your workouts. What this could mean is walking between one set of power poles and running between the next. Alternatively, you could wear a stop watch and run for one minute and walk for two. The ratio is up to you, but the key to good interval training is only allowing as much rest (walking) as you need, before starting the next interval of running. The idea behind both of these scenarios is to slowly reduce the amount of rest (walking) and increase the running time or distance as your fitness allows.

Using the above scenarios, by incorporating some running into your walking you should either be able to cut down your workout time or continue with the same time and achieve much quicker results. Either way it's a win, win situation.

Chris Saliba is an ex Royal Australian Airforce, Physical Training Instructor who owns and operates Specialized Fitness Solutions, a Beerwah based fitness training business that specializes in group and personal training. Phone: 1300 654 775

The information contained in this article is the authors' opinion and should be used as a guide only. If you plan to undertake an exercise program you should first consult your medical practitioner and fitness professional.