
Fitness Tips

by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

Why is it harder to run outside than on a treadmill?

Question: *I'm used to running indoors on a treadmill, so I was surprised how much harder it was to run outside. Why is it so much harder running on a road outdoors than on a treadmill indoors?*

Answer: For one thing, the road outside isn't moving beneath you, so the only thing moving you forward is your body's own energy sources! If you want to simulate outdoor conditions when you are running inside on a treadmill, you can try running at a 1% to 2% incline. The incline can make up for the hills, uneven surfaces and weather conditions that you wouldn't normally feel indoors.

If you are running for fitness or weight loss, running on the treadmill will probably be fine for you -- especially if you like having the TV to watch and don't get bored easily. If you are planning on racing on roads or trails, however, you should do at least some of your runs outside.

Cari Draft Elliott is an ACE-Certified Personal Trainer who makes "house calls"! Please check out her website at www.oneononefitgirl.com and email your questions to cari@oneononefitgirl.com.
