Subject: Earphones for running
Posted by BeccaH on Wed, 18 May 2016 19:39:22 GMT
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I took up running recently and one of the first things I discovered is that I simply can't do it without music to keep me going. But I've tried a bunch of different earphones and none of them stay in my ears! The up and down motion jiggles them and within seconds they fall out, unless I constantly poke them further into my ear. I'm virtually running around with my fingers in my ears, looking crazy - has anyone got any recommendations?