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Subject: Running Music

Posted by [Lost the Remote](#) on Tue, 27 Jun 2017 11:06:02 GMT

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I started running in high school as a track member and kept the fitness habit. Running helps clear my head and just lets me think, but I've got to have some good beats to keep me going. My playlist is getting dull so I'm looking to switch it up. What songs motivate you to keep going?

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Subject: Re: Running Music

Posted by [Bert](#) on Tue, 27 Jun 2017 14:12:40 GMT

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There are a lot of songs that keep me motivated. When I'm working out, it's usually rap or something else with a fast tempo that keeps me moving quickly.

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Subject: Re: Running Music

Posted by [gofar99](#) on Tue, 27 Jun 2017 21:18:40 GMT

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I run all the time, but recommend that no one listen to music when doing so. A good friend was killed by an auto when she ran in front of it. She was distracted by her ear phones. Less situational awareness was a major cause factor. YMMV.

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Subject: Re: Running Music

Posted by [WorkingWoman2017](#) on Tue, 27 Jun 2017 23:30:25 GMT

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I used to run every morning at 6:00 am. There is less traffic and I can get it done and be showered before work. I just listened to the radio (my favorite channel) that way I could keep up on current events too!

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Subject: Re: Running Music

Posted by [Lost the Remote](#) on Thu, 29 Jun 2017 12:50:53 GMT

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gofar99 wrote on Tue, 27 June 2017 16:18 I run all the time, but recommend that no one listen to music when doing so. A good friend was killed by an auto when she ran in front of it. She was distracted by her ear phones. Less situational awareness was a major cause factor. YMMV. Oh, that's awful, gofar99! I'm so sorry that happened and I completely understand why you suggest caution. I only run on a treadmill, at the track, or on a trail where no bikes or cars are

allowed. One reason I wear earphones is for motivation to keep going or a distraction. Another is to deter men. I know that probably sounds ridiculous, but earphones are like a "do not disturb" sign.

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Subject: Re: Running Music

Posted by [Piglet](#) on Thu, 20 Jul 2017 23:05:58 GMT

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That is very unfortunate that your friend was killed while exercising (running). All runners and other music listeners as well should always be aware of where they are and what's around them. Bad things will happen if you don't.

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Subject: Re: Running Music

Posted by [Amber](#) on Mon, 24 Jul 2017 03:38:12 GMT

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Anything upbeat helps me run and get motivated. However, listening to Maroon 5, Fall Out Boy, and X Ambassadors helps me the most.

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Subject: Re: Running Music

Posted by [Fuplia](#) on Thu, 16 Nov 2017 14:34:23 GMT

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Lost the Remote wrote on Tue, 27 June 2017 06:06 I started running in high school as a track member and kept the fitness habit. Running helps clear my head and just lets me think, but I've got to have some good beats to keep me going. My playlist is getting dull so I'm looking to switch it up. What songs motivate you to keep going?

I have lots to recommend, but much of it may be outside of the range which you consider desirable. Any genres in mind? Drum and bass is pretty intense music to pump you up. Pirates of the Caribbean has pretty epic music as well, for an epic style run (hehe).

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Subject: Re: Running Music

Posted by [Solitary](#) on Sat, 18 Nov 2017 10:56:05 GMT

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I use my workout time to do a bit of meditation. It's simple - you just have to be present in the moment and not get distracted by anything else.

For instance, if I'm running, then I should only be thinking about running, counting my steps or breaths and so on. No music, no outside thoughts. That does a lot to help me clear my mind and start off my day on the right foot.

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Subject: Re: Running Music

Posted by [funkymusic](#) on Fri, 29 Dec 2017 12:01:53 GMT

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Have you ever used Spotify Running? It will detect your running tempo and find music that matches your speed/rhythm. It's really cool! I haven't used it in a couple years (because I got lazy) but hopefully it's still around.

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Subject: Re: Running Music

Posted by [Aria](#) on Mon, 08 Jan 2018 05:10:54 GMT

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funkymusic wrote on Fri, 29 December 2017 06:01 Have you ever used Spotify Running? It will detect your running tempo and find music that matches your speed/rhythm. It's really cool! I haven't used it in a couple years (because I got lazy) but hopefully it's still around.

It's definitely still around and I absolutely love it. If anyone is interested, you can read more about it here. They even have some unique remixes they've made just for your running pleasure. I've loved what I've heard from them so far!

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Subject: Re: Running Music

Posted by [Solitary](#) on Wed, 31 Jan 2018 15:25:19 GMT

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After reading this thread, I started thinking about running to music - something I've never done before, and I tried it. Turns out, I actually really like it! Who knew? It's totally calming and relaxing and fun. I guess I got a new routine now.

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