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## A false sense of achievement?

Wednesday, January 29, 2014

I won't know until tomorrow.

At my little gym there's one treadmill that I consider MINE. In fact the regulars also call it MINE. That's because it's on the end, far from the wall mounted TVs and right in front of a fan. Fortunately, this location isn't popular with most members and it's usually unoccupied when I arrive.

Yesterday, I was in town at the "big" gym and chose one of the treadmills in the line that best suited my preferences. You can't avoid blaring TVs here, but at least the nearest two were tuned to "Millionaire" and not talking heads yelling at each other.

There was a fan overhead, but it wasn't on. None of the fans were on because they're all on one circuit. It only takes one person to complain about being "cold" and they're all turned off.

I saw one of the regular cold people there in his shorts and tank top walking at his 2.6 pace. Note, I'm not being critical of his pace, only his choice of attire. As I tell DH, when he wants to push up the thermostat in our house, just put on a sweater. There are ways for you to be more comfortable without heating up the furniture, walls and dishes and driving up our electric bill.

Now back to the gym. I glanced at cold man's time, saw that he had been there awhile and hoped that he would quit before the lack of air ended my workout. I began with a 1 mile warm-up walk, got one mile into my run when he left and I flipped the fan switch. "Thank you!" said the woman next to me.

So why is my title about false achievement?

Because I was running with the treadmill set at 6.1 (9:50 pace) and it felt comfortable.

Usually 5.8 or 5.9 is my comfortable cruising speed. After my fan flipping break, I continued for another 3 miles before slowing for a cool-down walk.

I would like to think that I'm suddenly stronger and faster. Perhaps focusing on fan flipping caused an increase in adrenaline? Most likely this particular treadmill is calibrated differently than what I'm used to.

I won't know until tomorrow when I return to the little gym and MY treadmill. I'm going to set it to 6.1 and see what happens.

It may be like the variation in scales. I own 2 of the exact same model and one consistently reads 2 pounds lighter than the other. Guess which one I prefer even though I'm aware of the difference.

Just for the record:

I never run with earphones. Outside I need to be aware of my surroundings and indoors I'm pretty good at tuning out distractions and focusing on the music in my head, just as long as I can BREATHE.

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## Member Comments About This Blog Post



**CD13680648**

I don't know what it is about treadmills, but I cannot run on one worth beans. (I mean, I do, just talking speed.) The day before I averaged a little over 10 min/mile (probably about your 5.8/5.9) in a 5K I ran just one mile on a treadmill at 5.5 and about killed myself doing it. I can't walk my normal pace on one either, I don't know what it is.  
2685 days ago

[v](#)



**CD8126238**



2690 days ago

[v](#)





**IFDEEVARUNS2**


So? Do you have a new pace?????  
2691 days ago

[v](#)



**SUNSET09**

I, too, have a fav  and  stationary bike at our "big" gym and it goes with the territory. You become very comfortable and knows what works for you on it. It'll be interesting when

you go back there tomorrow and run on your "personal"  . The change may have done you



good!

2691 days ago

[v](#)



**BOOKAPHILE**

In a gym setting, layers are my friend. Even at home, as I warm up I peel off layers.  
2691 days ago

[v](#)



**WATERMELLEN**

I definitely have my fave machines at the gym and have to fight off feeling resentful if someone else is using "mine"!! (Ditto "my" locker.)

Definitely do notice that there is quite a variation in the calorie burn "granted" by one machine over another even when my Perceived Rate of Exertion is steady . . .

Oh well oh well. The important thing is to get there and workout, right??

2691 days ago

[v](#)



**CD12146214**

I don't run with earphones as I love observing the surroundings and chatting with people during the race. The less I have to carry on my body the better....same thing goes for water belts....I have a hand held water bottle and use aid stations religiously.

2692 days ago

[v](#)



**MARYJEANSL**

I have learned from experience that you can't trust the numbers on gym equipment for accuracy. If you consistently use the same machine, then you can trust relative changes, but all bets are off if you use a different machine. At least that has been my experience. I'll be interested to see if you can do 6.1 on the other machine.

2692 days ago

[v](#)

**LEWILL1982**

I had a running friend tell me this week (actually, I read it on his facebook page) that any given day, we can have a great run or a not so great run. Nothing can seem to be the cause for why its

[v](#)



good or bad, sometimes you just take it with a grain of salt and relish the good days and try not to stress about an off day (especially if it's only 1). Great job on the improved speed, pat yourself on the back, and walk with your head held high because you just had a kick butt workout!  
2692 days ago



#### GINIEMIE


Isn't it funny how we acquire a pew in church, a seat in a classroom/meeting room and a machine at the gym as our own.  
Glad you had a good exercise and am glad you figured out the differences, now you can adjust or be satisfied that the machine is in error.  
I don't wear earbuds very often because I'm already hard of hearing and sometimes I walk with a friend. I also say my rosary when I'm walking alone, so I don't need the music.



2692 days ago



#### CD13758606

YOUR treadmill, What a riot! 

I recently discovered our home 'mill speed indicator is slower than actual speed, according to my garmin. I tested the ones at the gym, and much more accurate. I was always wondering why I could not maintain a 6.0 on the treadmill when I do it so easily on pavement. The variance was 30 to 60 sec slower! That's a big deal to me.



YOUR treadmill, I am still  
2692 days ago



#### PHOENIX1949

It's fun to analyze the cause and effect of our eating and exercising. Glad to have SP tools to assist in this.  
2692 days ago



#### CD13099273

I agree with you in regards to the treadmill . As even speed walking for me on one treadmill I will complete a 5k in 32 min. ( speed walking) and that reading varies on different treadmills as well as a real 5k which I am slower ?? The fan - right , short and Diego T in a Vortex????? I do not listen to music either outside when cycling or running - keeping aware of surroundings - your Race is coming up soon - looking forward to your report.  
2692 days ago



#### CELIAMINER

Great story about YOUR treadmill. At my work gym, I try to choose one next the floor fan in the corner, but there is one older dude (well, older than I am), who comes in like your cold dude, walks behind me to turn off MY fan, then strolls diagonally across the gym to the bike at the farthest point from MY fan. The last time he did it, I glared at him and said, "You could have asked if I was using the fan." Of course I was. The gym always feels overheated, and I rarely run in shorts.  
2692 days ago



#### MISCHAKEO

Hope you can run at the new level tomorrow. I think the adrenaline from waiting for that guy to leave was a factor. You can do it. Gyms are filled with little episodes with people. Our gym never turns off the fans!

Way to go on reaching a new speed.  
2692 days ago



#### LINDAKAY228

I agree about the cold man in skimpy clothes complaining of the cold in the gym. I need a fan on too in order to walk fast or run.  
2692 days ago



#### DESERTJULZ

I the woman who wears more clothes so you can turn on the fans. :D  
2692 days ago



#### SLIMMERJESSE

Wonder if you filled out the SP form as a success story. Just curious.  
2692 days ago

v



**KELLIEBEAN**

Kudos to being able to run without headphones, I've tried a few times and I can't do it, I need music to move. When I run outside, I only put in one ear bud though to be aware of my surroundings.

Congratulations on your progress!!



2692 days ago



**SQUIRRELMOMMA1**

Good job on upping the setting on the treadmill. Perhaps it was just time to kick it up a notch. Here's hoping!

2692 days ago



**ONEKIDSMOM**

LOL... love that you actually have one that is "yours". I have one that is mine, but it's in my own home... no need to go to the gym, and then I have total control over environmental factors. The ones at the gym (which I do use when I go there to lift, as warm up)... haven't got my "name" on them. LOL.

2692 days ago



**GUSTAGUY**

oh i wish i could run, those days are gone so enjoy it as much as you can!



2692 days ago



**JSTETSER**

It's good to be forced out of our comfort zone accaisionally.

2692 days ago

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