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All treadmills are not created equal

Friday, January 31, 2014

But sometimes even false achievement can push you in the right direction.

On Wednesday I wrote about my terrific workout on an unfamiliar treadmill, running comfortably at a higher setting (6.1 vs 5.8 on MY treadmill) all the while covertly engaging in "fan wars."

Yesterday was the test when I returned to my local gym and MY treadmill. After a warmup, I set it at 6.1 and started to run. It felt harder, not comfortable, but doable.

After a mile a woman came over to ask about the Virtual Walk/Run across America. (I've been promoting this activity since joining the Spark Team doing this challenge) I took a 2 min walk break to explain how it works and give her the URL. This was similar to Tuesday when I took a short break to find the fan controls on the wall.

Back on the treadmill I continued at 6.1 for a half mile but realized I couldn't continue at that pace for my planned 3 miles. So I backed it down to 6.0. It doesn't seem like much, but that felt pretty good and I finished mile 2. Stepping down one more tenth for mile 3 felt just fine. That final speed is what I always considered "pushing it."

The conclusion: Sadly, I didn't suddenly turn into Wonder Woman's grandma, but I was able to increase my cruising speed and still have enough energy to complete my daily errands and my physical therapy session for my frozen shoulder. Think 1.25 hours of strength training under the watchful eye of a drill sergeant.

The shoulder is much better, by the way, with almost the full range of motion. Working hard at PT has paid off. Perhaps increasing the treadmill pace (safety of course) will pay off as well.

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MARYJEANSL

Well, even if that treadmill wasn't calibrated exactly the same as "your" treadmill, it still sounds to me as though your rock!
2688 days ago





SUNSET09



on the and getting the "one with your name on it" back!



Good to be able to



push yourself and to know that you're getting better, stronger, faster!

2689 days ago



DOVESEYES



2689 days ago



BOOKAPHILE

I have so much admiration for Physical Therapists! I'm glad you're finding it effective.

Congrats on pushing yourself and finding you can go faster than you thought.

2689 days ago



JOYNEW

Yep, I'm impressed!



2690 days ago



CD13758606



Impressive just the same!

2690 days ago



DR1939



2690 days ago



LINDA

You would think something mechanical would be able to be standardized to all the same specs! You are doing great! All that hard work is paying off for your frozen shoulder! Keep up the wonderful work and have a fabulous Friday!

2690 days ago



PHOENIX1949



2690 days ago



LINDAKAY228

I look forward to hearing more reports if you do them. I am not sure they are created equal, just as some other items aren't. Like different cars in the same class and pretty compatible but different manufacturers. Could be the belts are different on the treadmills for some reason.

Interesting to know.

2690 days ago



WILSONWR

You continue to amaze me with your constant improvements (even if they aren't all planned).

Hope the shoulder continues to heal!

2690 days ago



CD13545024

Keep on moving. Yes there is a big difference between equipment.

2690 days ago



TERI-RIFIC



2690 days ago



GINIEMIE

I'm sure the treadmill workout with incremental increases will pay off. Besides, you know you can do it now, at least for bursts.

Now about your PT Sergeant, I had one of those once maybe they went to the same school. Glad you are getting your range of motion back and I hope you don't have recurring problems with it. It's been my experience that a once injured spot is more "delicate" than others.



2690 days ago



MISCHAKEO

I agree with you. Treadmills are not equal nor are ellipticals. Some treadmills are smoother. Others have harder levels. I think it is great that you pushed yourself and moved up to 6.0 on your old machine..but also that you listened to your body and lowered the speed as needed.

I hear you on the PT. That is a workout. I am glad it is helping.

2690 days ago



CD8126238

AWESOME

**WAY
TO
GO**



2690 days ago



ONEKIDSMOM

I am impressed. Go for those incremental improvements and before you know it... the aha will

come!

2690 days ago

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