



154,974



my SPARKPEOPLE®

Info





Feed



Y Awards

More



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 (safely of course) will pay off as well.

Edit Blog Entry | Delete Blog Entry

Share This Post With Others

Report Inappropriate Blog

Add a Blog Entry

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021

Avoiding Our Wedding Anniversary - 6/4/2021

Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021

Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021

View All >

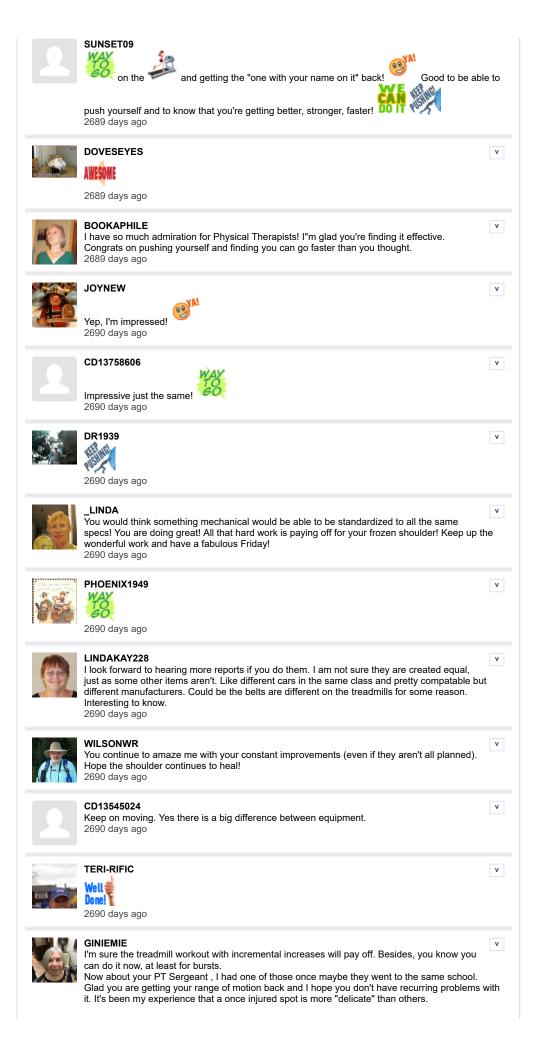
Member Comments About This Blog Post

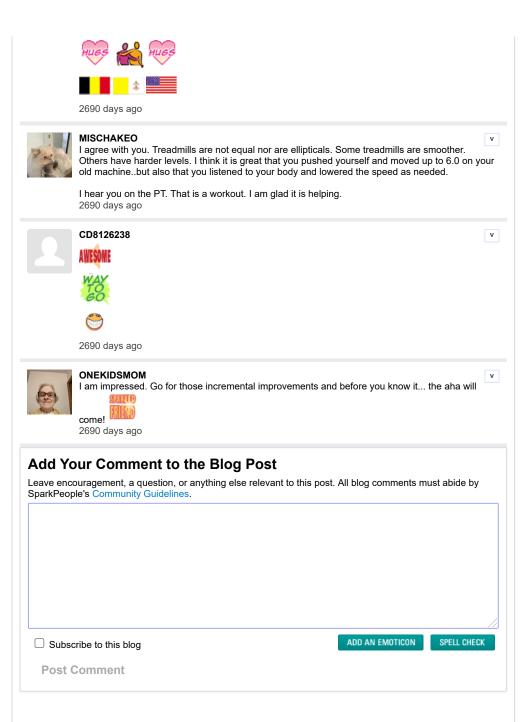
Gold

MARYJEANSL

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

٧





Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.