Complementary Blog Post: Benefits of Running

Subject: Treadmill Vs Running Outside – What is Better?

{firstname}

Is running on a treadmill just as good for you as running outside? This is a common debate that often delivers very different opinions.

Some scientific research for example, has shown running on a treadmill offers very similar benefits to running outdoors. However, there are some clear differences between the two.

So, which is better, treadmill or running outside?

Understanding the differences between the two

Obviously, any form of exercise is good for the body. So, running on a treadmill is better than not running at all. However, if you’re looking to gain the maximum benefits of a good run, running outdoors does tend to have the advantage.

When you run outdoors, you have all kinds of additional challenges to face compared to running on a treadmill. There’s different terrains and wind resistance to contend with which has a huge impact on endurance.

When you’re running on a treadmill, you’ll often find you can run faster than you can outdoors. So, if you’re training for a marathon, or you’re simply looking to boost your endurance, you’ll gain the most benefits running outdoors.

Another important difference between the two, is the cost. If you’re wanting to take up running on a treadmill, it will cost a lot initially to buy a decent model. With running outdoors on the other hand, it’s completely free.

So, if budget is a factor you’ll want to stick with outdoor running.

Which is more enjoyable?

Unless you’re willing to pay a LOT of money for a virtual running system, running on a treadmill just doesn’t cut it in terms of enjoyment compared to running outdoors.

When you’re running outside, the scenery is constantly changing and there’s plenty of distractions along the way. This means you won’t often realize you’ve done as many miles as you have.

You can also switch up your run outdoors and take different routes. This means you’ll never get bored and you can use it as a little adventure to explore places you’ve never been.

Need more reasons why running outdoors is good for you? Check out the blog post on our site.

LINK

Overall, while running on a treadmill is definitely better for you than not running at all, running outdoors does deliver a lot more benefits. You also can’t beat that “feel good” factor you get after a good run outdoors.

{Sign off}