

Music

Music can play a vital part in motivating a runner on those long and boring runs, especially a beginner. Listening to music while running can give someone that extra 'pep in their step'. It can block external noises like heavy breathing which may make you feel like you are finding the run to be quite challenging. Studies suggest that music with a clear association to sport or physical activity is more likely to motivate a runner.

The BPM (beats per minute) in a song can also have an effect on how fast you run. For example if one song contains 170 BPM and another song contains 80 BPM, you will run faster listening to the first song. This is because you tend to run to the beat of the song you are listening to. The first song will tend to make runners run a step for every beat, whereas runners will tend to run two steps for every beat of the slower song.

That is why listening to such genres as dance and rock are considered the most popular types of music runners listen to when running.

Everyone has different tastes when it comes to music. You can listen to whatever music you want as long as you feel some bit motivated by it. The following are some examples of motivational songs with both high and low BPM's picked from a number of different websites. These songs will not only get you out and running but keep you out there until you have reached your daily distance target.

1. Stronger– Kanye West (104 BPM)
2. Fell in love with a girl – White Stripes (188 BPM)
3. Tiesto– Dance for life (132 BPM)
4. Weapon of mass destruction – Faithless (165 BPM)
5. Remember the name – Fort Minor (84 BPM)
6. Eye of the Tiger – Survivor (108 BPM)
7. The Rockafella Skank – Fatboy Slim (152 BPM)
8. Start me up – Rolling Stones (122 BPM)
9. Lose yourself – Eminem (86 BPM)
10. The middle – Jimmy eat world (163 BPM)