
Walking vs. Running

Posted by AJH - 2008/02/10 08:30

Which is better for you, walking or running?

I don't enjoy running, but I want to get the most out of my workouts. I would be willing to walk longer if I knew I was getting the same results.

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Re:Walking vs. Running

Posted by harshads - 2008/02/19 11:27

I prefer running rather than walking for just a simple reason that is, running is much quicker than walking! I save a lot of my time by running regularly. ;)

But I won't recommend it to all those who are overweighted.

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Re:Walking vs. Running

Posted by blackthinboy - 2008/02/19 11:41

But for me I think the best is hiking the hill. Just walking when going up any hill is more effective than just normal running. Just my opinion.

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Re:Walking vs. Running

Posted by bulletservice - 2008/02/19 11:55

The best resource of sweat for me is climbing a fort. It really helps me in reducing my unwanted body fat. BTW running is also a good option :)

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