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## Which is better? Cycling or Jogging

Posted by Aspire7 - 2008/02/21 09:41

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Currently I'm concentrating on jogging. But do you think cycling could be better? My friends advice me that cycling is more challenging and help you to lose weight faster. True????

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## Re:Which is better? Cycling or Jogging

Posted by anand1 - 2008/02/26 15:11

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Jogging is better than cycling. This i feel because with jogging you exercise almost whole of your body but this does not hapens with cycling as you have to sit and paddle.

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## Re:Which is better? Cycling or Jogging

Posted by Les - 2008/03/22 09:44

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i prefer running but jogging does affect your knees in the overall

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## Re:Which is better? Cycling or Jogging

Posted by tizom - 2008/05/20 13:41

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running 40 minutes for 6 miles is a lot more work than biking for 40 minutes...

running is much less time consuming, and it is my personal favorite.

both are good to loose weight, but on a bike you might have the tendency to take a break or not pedal as hard.... its easier to slack off. running ftw

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## Re:Which is better? Cycling or Jogging

Posted by SDtrainer - 2008/05/23 16:19

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Jogging is better. More muscle work than plain sitting.

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## Re:Which is better? Cycling or Jogging

Posted by Les - 2008/05/30 08:50

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tizom wrote:

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i think it's just as easy to slack off when running all you have to do is not pick up your knees

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## Re:Which is better? Cycling or Jogging

Posted by NadineCryle - 2008/06/03 22:34

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I prefer real life cycling over jogging, but I believe jogging may burn slightly more calories

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## Re:Which is better? Cycling or Jogging

Posted by carinna - 2008/07/27 06:18

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Since I run for my fitness, I have to lean towards running, although it is true that its harder on the knees. To counteract that, I use a light stride and run on dirt or grass tracks and generally avoid pavement (though that's nearly impossible).

I would say running, but if you have knee problems, then cycling is your next best bet.

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## Re:Which is better? Cycling or Jogging

Posted by Kim\_Nielsen - 2008/09/05 16:40

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This is a great question! Kind of a trick question though because it really depends on each individual.

The fact is that jogging will burn more calories faster than riding a bicycle at the same rate and duration. However this method can be very hard on a persons joints. And of course the bike is much easier on the joints.

So the answer is simply this:

If jogging causes you pain, you should try the bike instead. If jogging doesn't bother you, and you want to maximize your calories out, then jog!

On a side note, you can actually get more calories out on a bike by integrating HIIT (High Intensity Interval Training). HIIT is where you have a regular pace that you stick to during the workout, which is referred to as the recovery or jogging pace. So what you do is first warm up, then increase your pace to a steady rate that you can maintain, but also keeps your heart rate up. Then every minute or so you increase your pace to about 70-90% of your maximum output. You should maintain that pace as long as you can. After about 25-60 seconds of the intense interval, slow back down to your recovery speed until you recover. Then just as soon as you recover, increase your speed again. You will do this for the duration of the workout to complete a HIIT session.

Training with HIIT will definitely increase the calories you will burn as opposed to keeping a steady pace throughout the session.

BIG NOTE HERE: You need to understand that HIIT training actually qualifies as a lower body resistance workout, which means you should only perform HIIT 1-3 times per week. Let your body tell you when you are ready. If your legs are sore, avoid HIIT until they recover. The point here is that even if you decide not to jog or run, you can still burn a tremendous amount of calories by integrating HIIT training into your cardio program. Furthermore if you can jog, imagine what adding sprint intervals can do for you!

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## Re:Which is better? Cycling or Jogging

Posted by weightlossreview - 2008/10/14 23:39

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Cycling outdoors is a perfect activity for those who do not like walking or jogging. Cycling is a good exercise for a variety of fitness levels. It is important to adjust the height of the seat so that so that the leg that is at the bottom of the down-stroke is almost but not quite completely extended when foot is on the pedal. If the seat is too low, your leg muscles will feel tired more easily. This will limit your performance. Numerous forms of padded seats are also available with cushions to reduce the strain on your buttocks.

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