I walk to fast or run to slow

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Curious about why it's so much more exhausting to just run a bit faster I decided to do the training lap not running, but walking in my I–don't–know–when–my–train–leaves–but–I–don't–want–to–miss–it speed. Then it takes 36 minutes (6.6 km/h), versus 27 (8.9 km/h) when running at a speed that makes me think I'm gonna die, or 30 (8 km/h) when running at a speed that tries to avoid any flatlining. So going all analytical on this stuff I see how easy it is to get loads of equipment and knowledge to tune some schedule into perfection. Then it's just one step up to adding nutrition, medication and dope to the mix. I think I'll just stick with my vintage pair of Nike Air Force One mid–cut white/white's and matching Casio.

by Roland van Ipenburg
http://www.xs4all.nl/~ipenburg/blog/posts/dull/2009/06/07/i–walk–to–fast–or–run–to–slow/