



Running Music

By David Kawahata, IFPA certified Professional Trainer

There are a ton of different “running music” play lists available these days, so I wanted to make some suggestions that were a little different. Hopefully within these lists there are some new songs that you can load into your iPod’s and run to.

Relaxed Running List:

Just going out for an easy jog at an easy pace...

1. “Hey, Soul Sister” – Train
2. “Big Bad World” – Plain White T’s
3. “My Richochet” – Northstar
4. “Classifieds” – The Academy Is
5. “Beautiful Day” – U2

Stressful Day Running List:

A long stressful day at the office... Feeling a little angry? A little upset? Need to let loose?

1. “Fake It” – Seether
2. “Last Resort” – Papa Roach
3. “Animal” – Nickelback
4. “Whatever” – Godsmack
5. “Stress” – Suburban Legends

Breakup Running List:

We’ve all been there, a little run and music to mend a broken heart...

1. “Break Apart Her Heart” – Good Charlotte
2. “Out of Control” – Hoobastank
3. “So So Long” – Dierks Bentley
4. “Since You’ve Been Gone” – Kelly Clarkson
5. “Under Pressure” – The Used

Train Hard Running List:

Motivational songs when you need an extra push...

1. “Lose Yourself” – Eminem
2. “Remember the Name” – Fort Minor
3. “Eye of the Tiger” – Survivor
4. “Thunderstruck” – AC/DC
5. “Beat It” – Fall Out Boy (Michael Jackson)

Fitness MD’s Top 15 Running Songs:

A compilation of favorites from Fitness MD’s running group...

1. “La Grange” – ZZ Top
2. “Holiday” – Green Day
3. “Time & Confession” – Anberlin

4. "This Is Our Time" – Kenny Chesney
5. "Rock'n Roll Train" – AC/DC
6. "Lax to O'Hare" – The Academy Is
7. "Not Listening" – Papa Roach
8. "New Year's Day" – U2
9. "Party in the USA" – Miley Cyrus
10. "We Are Running" – Lenny Kravitz
11. "Running On Empty" – Jackson Browne
12. "Running Down A Dream" – Tom Petty
13. "Born to Run" – Bruce Springsteen
14. "Tik Tok" – Keesha
15. "Days Go By" – Keith Urban