

Lace Up

PELOTON

**Expert guidance to level up
your walking or running
routine—and stick with it.**



When it comes to lifelong fitness, few forms of exercise are as simple or effective as walking, jogging, and running.

All you need is a good pair of shoes, weather-ready clothes, and a safe route. Have a Peloton Tread or Tread+? Then things get even better. This winning combo can make you more likely to exercise regularly, which leads to massive benefits for your mental and physical health—now and for years to come.

For starters, jogging and running can result in a quicker, stronger boost to your cardiorespiratory fitness, aka how efficiently your heart and lungs can circulate oxygen during exercise.

According to a 2018 article in JAMA Network Open, cardiorespiratory fitness is a notable predictor of lifespan. The better your cardiorespiratory fitness, the lower your risk of dying early.

Even your sleep is likely to improve with more vigorous movement. That's because aerobic exercise helps the body produce more melatonin, the hormone that tells your body when to snooze.

Better by the Minute

Need more reasons to get moving? It's hard to argue with numbers like these.

11

Minutes of brisk walking a day can lower the risk of heart disease, stroke, and a number of cancers.

75

Minutes of moderate-intensity walking per week reduces risk of cardiovascular disease by 17 percent and cancer by 7 percent.

150

Minutes of moderate-intensity activity per week can lower the risk of depression by 25 percent.

One 2015 meta-analytic review in the *Journal of Behavioral Medicine* found that regular exercise benefited sleep in a number of ways, including how long it takes to fall asleep, total sleep time, sleep quality, and how much time you're actually sleeping while in bed (rather than, you know, tossing and turning).

Something as basic as walking also has so many potential health benefits. For one, it can help prevent serious health conditions.

A small 2023 study in *Medicine & Science in Sports & Exercise* found that five minutes of walking every 30 minutes significantly lowered both blood pressure and blood sugar.

Your energy levels, mindset, and mental health may all get a boost from walking as well.

A small 2018 study from *Health Promotion Perspectives* found that young adults who went on a brisk walk for just 10 minutes felt less “stuck” or fatigued compared to people who were inactive for the same amount of time.

A large 2022 meta-analysis in *JAMA Psychiatry* found that depression risk was 18 percent lower among adults who got even half the recommended amount of physical activity each week, or about 75 minutes of brisk walking.

For the best possible health benefits, it's ideal to train both your aerobic and anaerobic systems by working out at a range of intensities—as in walking, jogging, and running—and to incorporate strength and mobility for whole-body balance.

Ready to Get Started or Level Up?

Let's do it! We're here with expert tips and advice to help you build a habit, keep at it, and feel your best along the way.



Should You Go Hard or Take It Easy?

Follow the 80/20 Rule

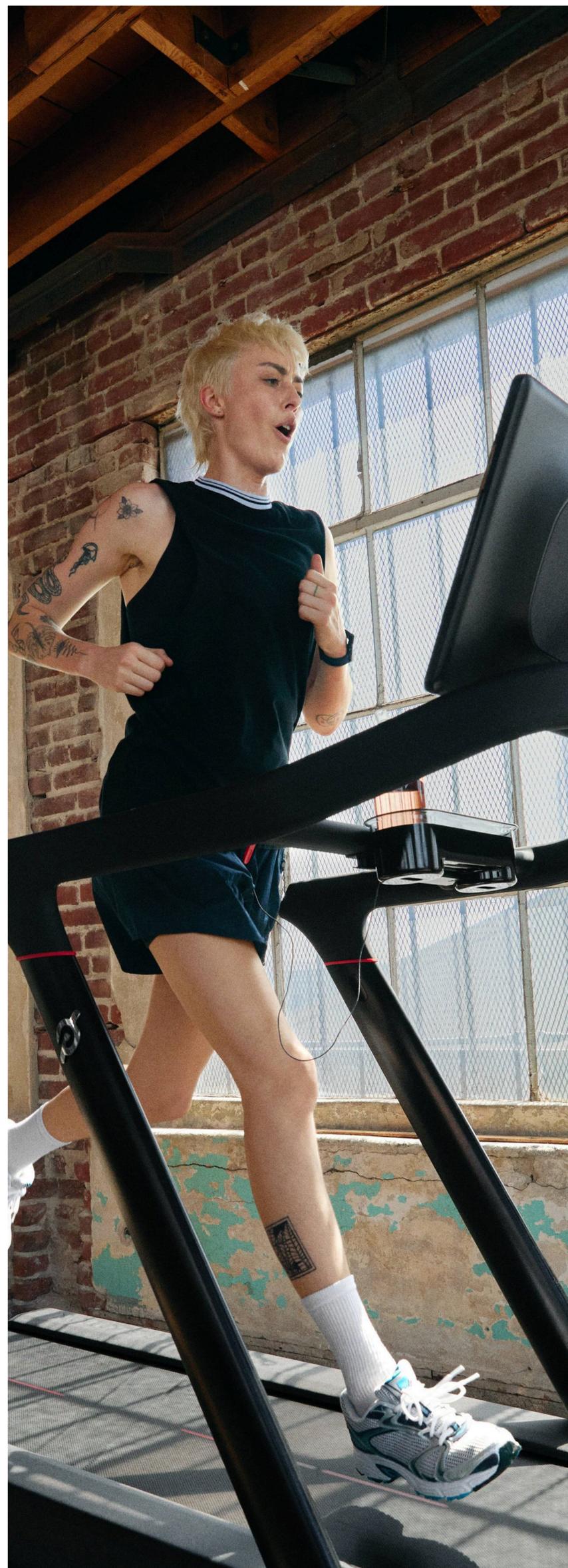
Here's how training easy most of the time can make you stronger and faster when it counts.

When you're working out without an instructor or coach, it can be hard to know if you're pushing yourself enough or taking it so easy, you're not actually progressing. Luckily, a training method exists that can work for absolutely everyone. It's called 80/20 training. Essentially, that means doing light workouts 80 percent of the time and pushing yourself at a challenging level 20 percent of the time.

What is light vs. challenging will be personal to you. You might find leisurely walking on a flat surface light and incline walking with weights challenging. Or maybe jogging is light but sprint intervals really push you. There's no right or wrong combo.

By following the 80/20 rule, you can expect to avoid the most drastic effects of overtraining (like negative mood swings and lowered immune response), have more enjoyable workouts, be less fatigued afterward, and reduce your risk of injury. You'll also experience faster and steadier improvement.

PELOTON

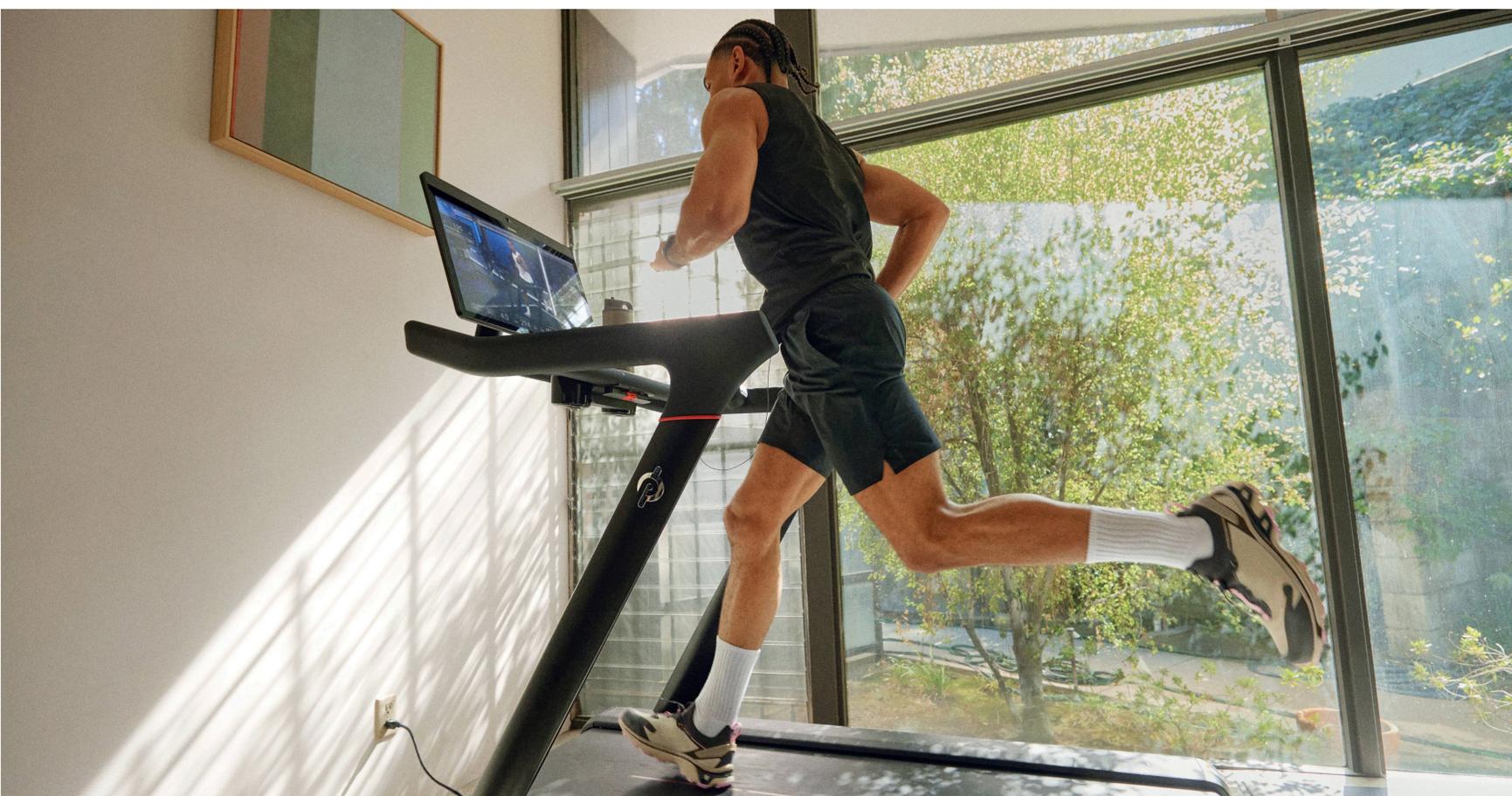


80/20 Training Is for Anyone and Everyone

This form of training isn't new. In a [2013 article](#) in the *International Journal of Sports Physiology and Performance*, researchers hypothesized that adopting an 80/20 training style may improve the quality of exercise sessions by preventing fatigue and staleness.

"There are huge benefits for all types, from elite athletes to the everyday runner," says Peloton instructor and experienced distance runner [Becs Gentry](#). "Most people have a tendency to go out too hard for most runs, train around their threshold pace too often, and then get fatigued too soon in the training session or even the program."

Follow an 80/20 training balance, she says, and you can avoid that fatigue.



Track Your Heart Rate

Using heart rate training zones is the simplest way to stay on track with 80/20 training. If you're training on a Tread or Tread+ paired with a Bluetooth® or ANT+ compatible heart rate monitor, most of the information you need to set up your 80/20 training schedule has already been collected for you.

There are five heart rate zones:

Zone 1

50–60% of your maximum heart rate (MHR). This zone is for warm-ups, cooldowns, or light exercise, like going on a walk.

Zone 2

60–70% of MHR. Think of this light- to moderate-intensity zone as a base level for your cardio workout.

Zone 3

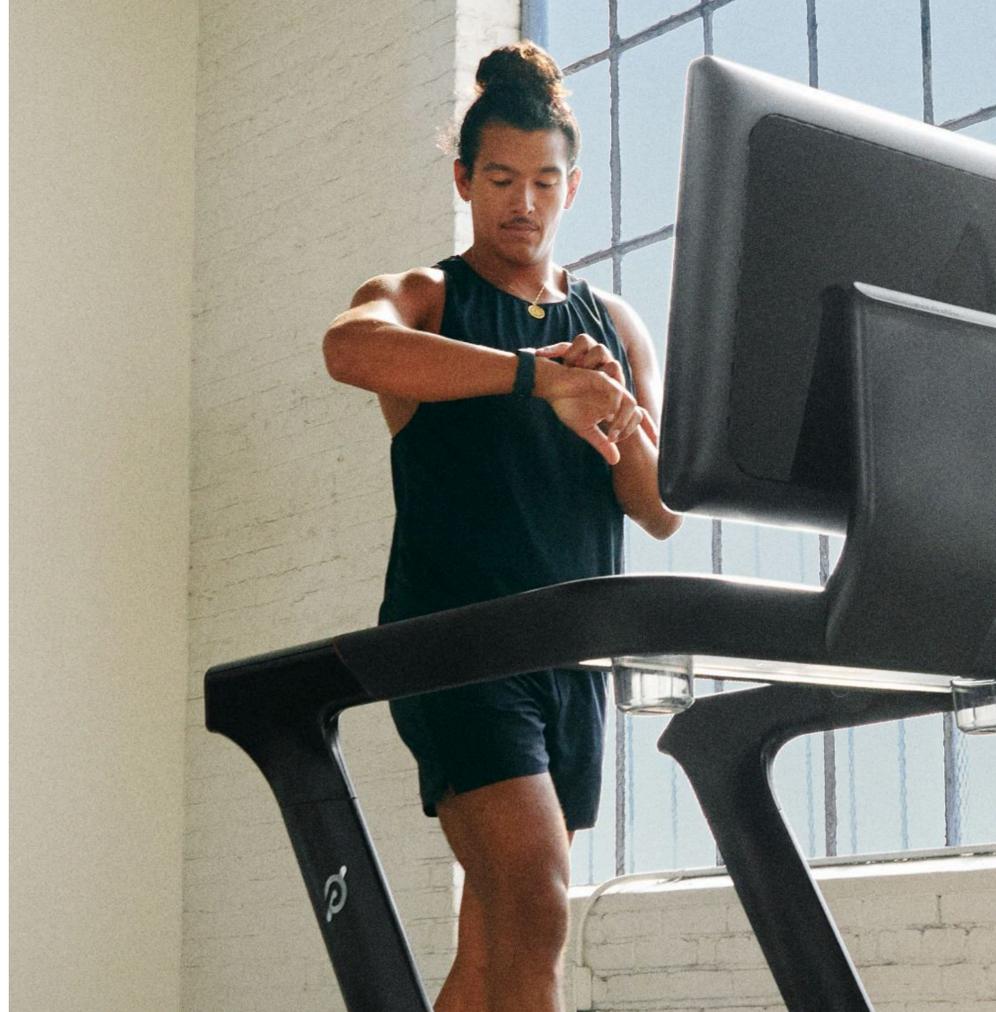
70–80% of MHR. This slightly higher heart rate is in the moderate- to vigorous-intensity zone and ideal for aerobic endurance workouts.

Zone 4

80–90% of MHR. You're in a more challenging zone now—and approaching your maximum output.

Zone 5

90–100% of MHR. This is your peak, and where you'll find yourself for short bursts of intense effort, like a sprint, that leave you breathless.



During your “easy” workouts, you should aim to keep your heart rate in zone 1 or 2. If your heart rate creeps up into zone 3, you're pushing too hard. Your challenging workouts will likely be in zone 4 or 5.

From there, you just need to match your heart rate zones to your training plan.

For instance, if you're hitting the road or treadmill five days per week to do a set number of miles, that means on four of those workouts, you should keep your heart rate in those first two zones. On your fifth workout, you'll try to stay in zone 4 or 5. (Remember, you want to feel challenged but not like you're going all-out.)

The strategy stays the same when you increase the number of miles in your workout. Making sure your heart rate is staying in those first two zones is the best way possible to ensure that your slow, easy pace for 80 percent of your workouts is actually slow and easy, no matter the distance.

Sticking with 80/20 Training

Experiencing the benefits of 80/20 training requires that you stick to it and do it well. Be a bit nerdy and take note of your heart rate after each walk, jog, or run.

If you're looking for another tool to gauge your effort, Peloton's Pace Target classes, available on the Peloton [Tread](#), [Tread+](#), and [App](#), make it easier to stay in the right zone of effort by calling out Recovery Pace, Easy Pace, Moderate Pace, Challenging Pace, Hard Pace, Very Hard Pace, and Max Pace throughout a class.

Stay consistent with the 80/20 approach and you're likely to avoid burnout and fatigue while continuing to build speed, strength, and endurance.



What's the Difference Between

Jogging and Running?

The qualities that separate these two strides are anything but scientific.



Form

Jogging form is just slightly different from running, says Peloton instructor [Jeffrey McEachern](#). When jogging, your arms don't need to drive as much and your upper body works less than it would while running. Additionally, your knees may not have to come as high as they would in a run.



Effort

Running is a higher-intensity activity than jogging. Your rate of perceived exertion, which is a scale from one to 10 that helps you evaluate how easy or hard a workout feels to you, can be a helpful tool here. "Jogging would be between two and four (out of 10), whereas running could be anything between four and eight," Jeffrey says. "Anything above eight would be considered a sprint."



Goal

Runners tend to follow more structured training programs and are more focused on performance. Their routine may be centered on a specific goal or race—say, improving their mile time or completing a marathon. But you don't have to run races to consider yourself a "runner."

7 Ways to

Mix Up Your Walking Workout

Looking for ways to liven up your walks? We've got you.

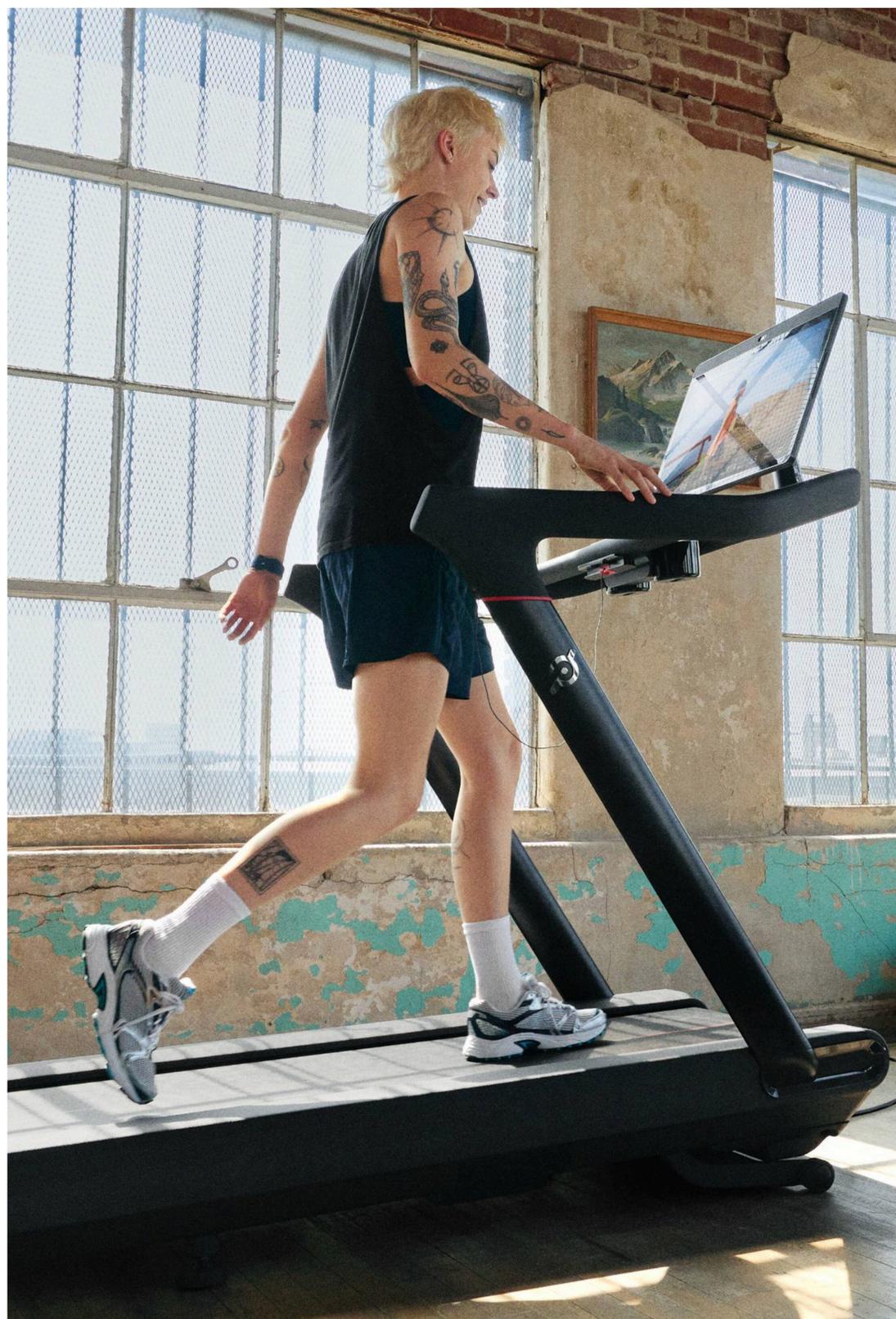
1 Let a Peloton instructor be your guide

Guided walks on the [Peloton App](#), [Tread](#) or [Tread+](#) may be the most entertaining thing to ever happen to this go-to workout. “We curate amazing playlists with fun intervals that you may not do if you are just out for a walk on your own,” says Peloton instructor [Kirsten Ferguson](#). “We also provide that little motivation you need to get through the walk.” In fact, 90 percent of Members believe Instructor-led workouts on Peloton Tread+ help them improve their endurance and performance.

From '90s music to special themes, there's a Peloton guided walk that matches just about any mood.

2 Take a walk in the great outdoors

[Numerous studies](#) have shown that time in nature not only improves physical and mental health, but also levels of cognition. That goes for all times of the year, even winter. A [2022](#)



[study](#) published in *Environmental Research and Public Health* found that walking in snow-covered woodlands can enhance how you feel about your body.

Can't get outside? If you have a Peloton [Tread](#) or [Tread+](#), you can go on guided scenic walks in locations all over the globe (no passport needed).

3 Level up with a hike workout

Hike workouts are Peloton walking classes in which you vary speed and incline to use different muscles and keep things interesting. “Hikes are low impact on the body but will really push you in different ways,” says Kirsten. “You will find yourself using muscles that you may not have used in a long time.”

If you’re new to using incline on a treadmill, begin with a 1 to 4 percent incline and aim for a 10- to 15-minute hike. Starting low allows new users to focus on form and develop the necessary muscle strength and endurance before progressing to higher inclines.

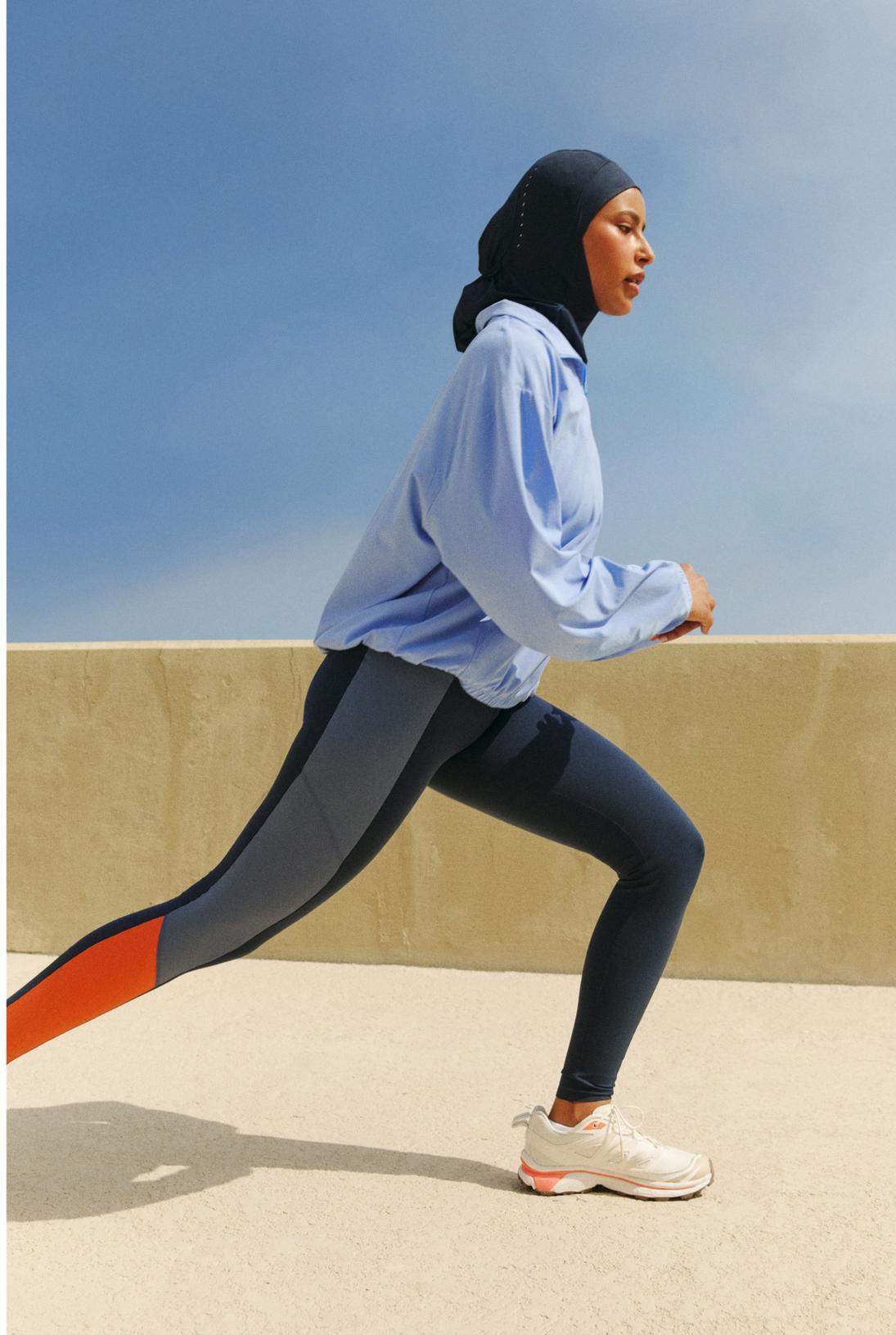
4 Add weights to your walk

Peloton instructor Olivia Amato likes to carry one to three pound weights during her walks. “Just make sure you are continuing to bend your elbows and swing your arms north to south, not east to west,” she says.

You can also try a weighted vest. Experts say walking in a weighted vest strengthens your core muscles and reinforces spinal stability, helping to improve your posture.

5 Sprinkle in some running

Interested in running but not ready for an entire workout devoted to a faster pace? Try weaving short bursts of running into your walk. There are no rules for how much you need to walk versus run. In a 20-minute Peloton Walk + Run class, you might start with a three-minute



walking warm-up, followed by 16 minutes of alternating walking and running, and then a one-minute cooldown at the end.

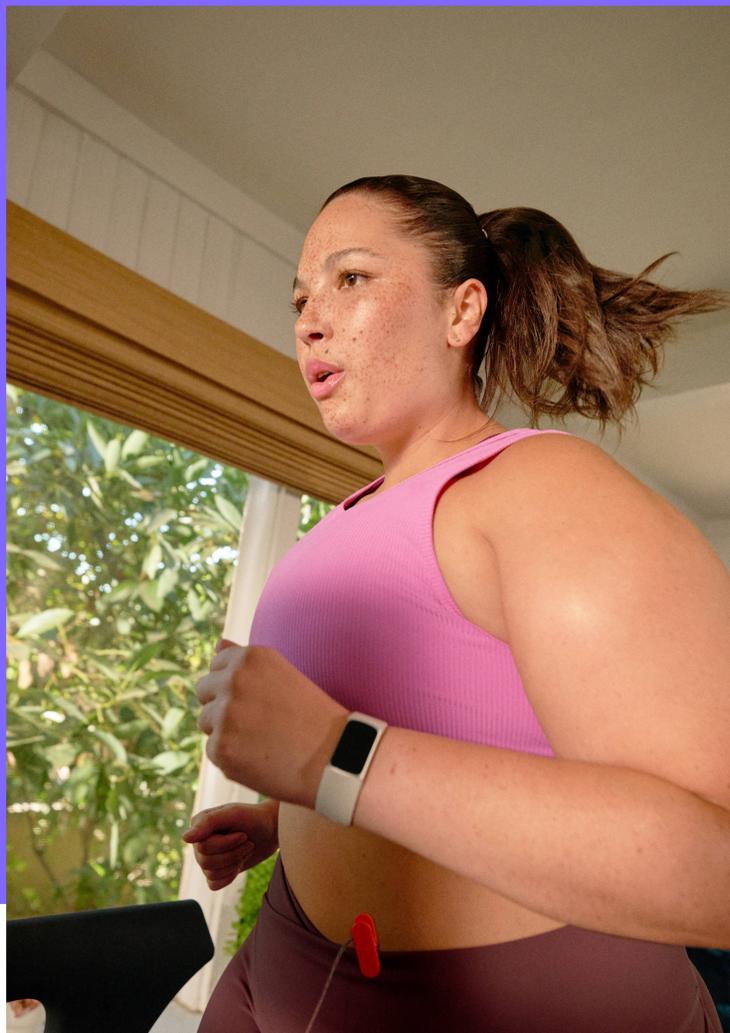
6 Destress with a walking meditation

A walking meditation is exactly what it sounds like: You put one foot in front of the other while maintaining a meditative state. “On a typical leisure walk, your mind will wander all over the place, lost in autopilot,” says Peloton instructor Kirra Michel, “whereas during a walking meditation, you will be guided back to what is occurring in the

present moment over and over again.”
In short, walking meditations swap ruminating and rabbit holes for presence and connection as you gently move your body.

7 Give rucking a try

Rucking offers all the benefits of a typical walk but with a little extra weight on your back to increase your strength, build your endurance, and improve your posture. “Rucking is a form of physical exercise that involves walking or hiking with a loaded backpack or rucksack, typically over varying distances and terrains,” says Peloton instructor Logan Aldridge. Simply add sandbags or other weighted objects to your backpack, and you have a workout that you can do anywhere.



Set Personalized Pace Goals

Find the best target pace for you.

Peloton's Pace Target classes translate instructor cues into pace goals that meet you where you are. That means you'll never get a cue from an instructor that feels too fast or slow from your current fitness level.

There are seven paces, ranging from Recovery to Max. These classes ensure that you're being appropriately challenged in each workout.

When you take one of these classes, you'll see a Pace Target on-screen that's based on your best one-mile or 1K time on the Tread or Tread+. If you don't have a Tread or Tread+, you can self-report your best time to get a suggested Level. You can also opt-in to a Level that feels right for you and change it at any time.

10 Ways to

Banish Boredom ***on Your Next Run***

With options like these and more on Peloton's The Output, running will never get boring.

1 First of all, find your people

Running alongside others, either in person or through friendly competitions on the [Peloton Leaderboard](#), can be a powerful bonding experience. Even if you run alone on the trails or a treadmill, you can connect to people who are eager to cheer you on in places like the [Peloton App](#) with a virtual high five. Or, you can join a group run in your community to get a few high fives IRL.

2 Make it interesting with mile repeats

Mile repeats are one of the best once-a-week running workouts for athletes of nearly all levels. They consist of an easy warm-up, and then alternating between running one mile at a specific pace or effort level with an easier recovery interval. Mile repeats are great to do on a [Tread](#) or [Tread+](#) since you can control speed consistency and compare your mile interval workouts over time.

It takes time and practice to figure out the optimal pace for mile repeats so that you can sustain the hard effort for the full mile and then recover quickly enough to perform one or several more mile repeats. Embrace the process of trial and error, advises Peloton instructor [Mariana Fernández](#).



3 Enjoy free-form speed with Fartleks

Fartlek training, which translates from Swedish as “speed play,” is essentially free-form interval training. “It’s a little bit fast, a little bit slow, a little bit fast, a little bit slow,” says Peloton instructor Matt Wilpers. The trick, though, is to make sure you vary the lengths of your speed bursts, depending on what’s comfortable for you.

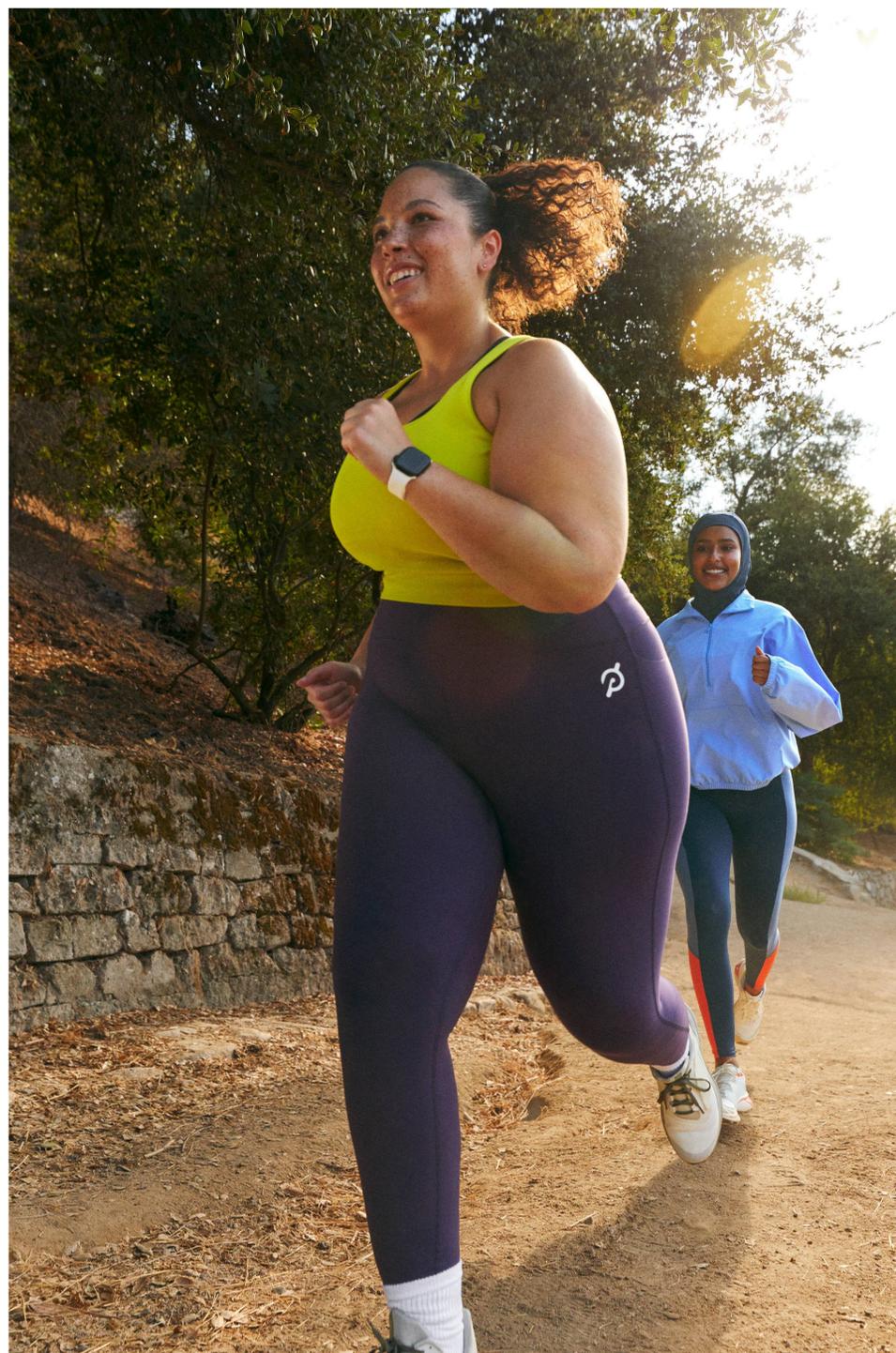
Maybe, Matt says, you do a two-minute burst, then rest, then three minutes, rest again, then another two-minute burst—or perhaps raise it to four. Inconsistency is at the heart of Fartlek training, and the beauty is that you can do it anywhere. You can measure bursts by city blocks, time, or laps around a track.

4 Treat yourself to great entertainment

To get through winter long runs at home, Peloton instructor Becs Gentry relies on a not-so-secret weapon: watching TV. “I am a huge fan of doing that,” she says. “It feels like time—and distance—pass by very fast!”

With an All-Access Membership* on the Peloton Tread or Tread+, you can watch content through Peloton Entertainment from apps like DIRECTV and YouTube TV, watch a game on NBA League Pass, or even read a book through Kindle. There’s no shame in embracing whatever kind of entertainment fuels your miles.

*All Access Membership required. Individual services may require subscriptions to view content on Peloton Entertainment.



5 Challenge yourself to a tempo run

Tempo runs help your legs and lungs adapt to a more challenging pace so that, eventually, running faster is both comfortable and efficient for you.

Start with a two-mile warm up at an easy pace, then up your effort until you reach a six out of 10 in terms of your rate of perceived exertion (in comparison, five would be moderate running and 10 would be an all-out sprint). Keep it up for 10 to 20 minutes, then follow with another two miles at a more relaxing pace (three to four out of 10 rate of perceived exertion).

6 Enjoy a leisurely recovery run

A recovery run is a short, slow-paced jog or run (think 20 to 30 minutes) that occurs the day after a hard, high-intensity run. Its goal is to help your body recover faster. How, exactly? The light activity increases blood flow to the muscles that are part of the running process, which can expedite healing without causing further damage. As a result, you may feel better—as in less sore and less fatigued—faster.

On a recovery run, the two most important factors to pay attention to are your heart rate and your rate of perceived exertion. “Make sure you’re staying in zone 1 or zone 2 if you’re wearing a heart-rate monitor,” says Peloton instructor Marcel Dinkins. If you’re not, aim for a two or three out of 10 rate of perceived exertion.



7 Raise your anaerobic threshold with sprints

If you’re looking to build muscle, you likely don’t do the same strength training exercises with the same weights over and over (and over) again. Instead, you mix it up. The same standard should apply to your runs. To become faster and increase your anaerobic threshold, sometimes you need to throw a sprint workout into your running routine.

A sprint usually involves running as hard as you can, for as long as you can—and then recovering after. The pace of a sprint is going to differ for every runner, says Peloton instructor Jon Hosking. Aim for as close to maximum exertion as possible over a short distance or time. You might sustain that speed for a few seconds or up to two minutes. The stronger you are, the faster and longer you’ll go.

8 Take in some amazing scenery

Sometimes you want to see someplace new on the run, but don’t actually have the time (or cooperating weather conditions) to make that happen. Enter: scenic runs. With Peloton Scenic classes, you can roam through dreamy locales with responsive video that moves as fast as you stride. It’s like sticking a mini virtual vacation in the middle of your everyday life.

9 Alternate running with strength training

Peloton’s Tread Bootcamp classes alternate between cardio on the Tread or Tread+ and strength training on the floor. “Adding resistance

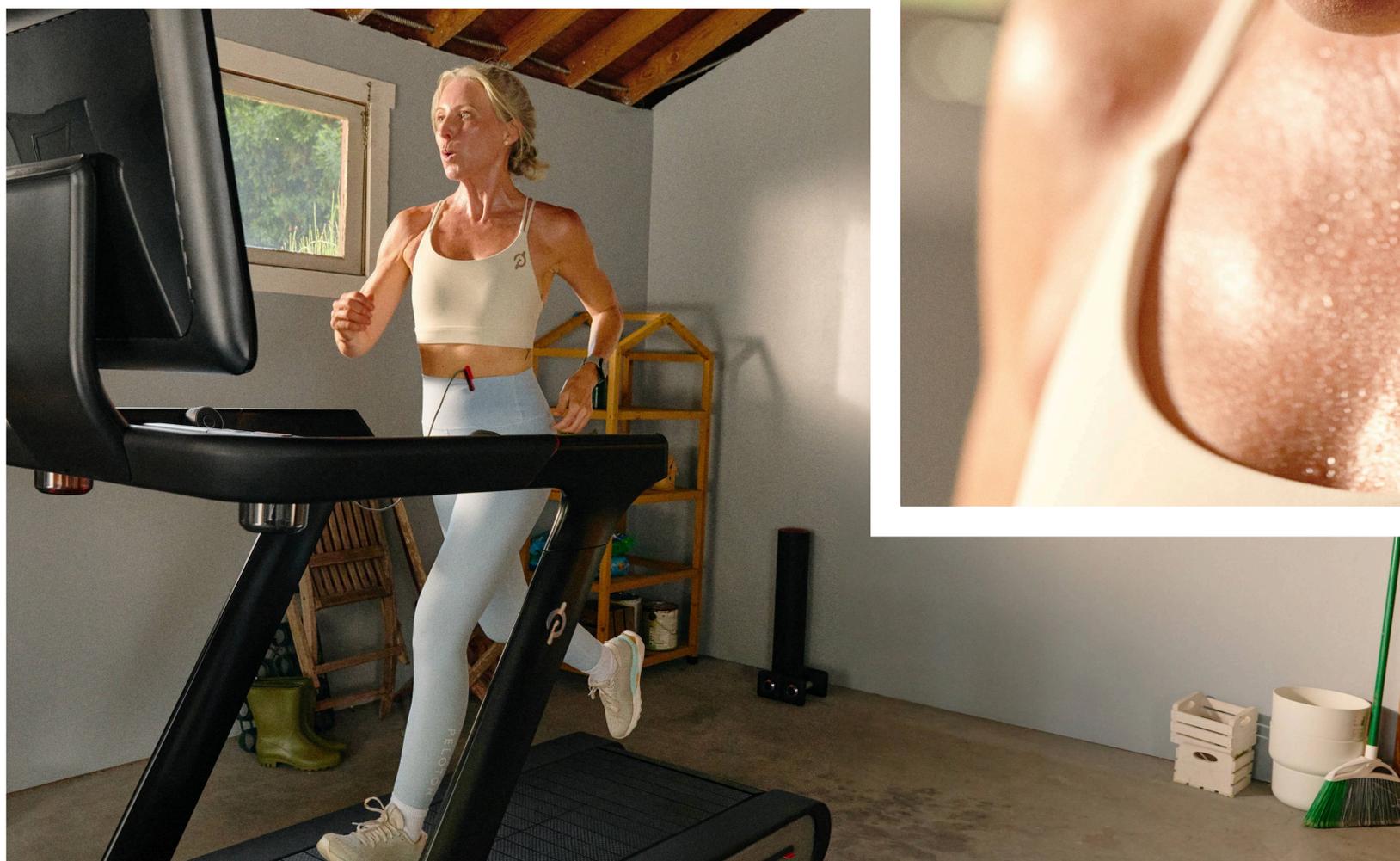
and weights improves aspects of the body you don't even think about, such as muscle activation, restoring balance, and making your running more efficient," says Peloton instructor [Adrian Williams](#).

For endurance, lower body bootcamps (particularly the longer classes that are 45 to 60 minutes) will improve both leg and cardiovascular strength. For speed, 30-minute Tread Bootcamps will let you work on getting faster, as you can push yourself more due to the shorter timeframe. For efficiency, core bootcamps will perfect your form and mechanics, since stronger abs keep you upright when running.

10 Listen to a coach on the go

Headed for a jog around your neighborhood or at a local track? Try an [audio-guided run](#) on the [Peloton App](#) so you can have a coach in your

ear every step of the way. Listening to expert guidance on your pacing, form, and approach not only gives you a better run, but it can keep your mind from drifting off—and keep you from feeling like all you're on your own out there.



Strategies

That Consistent Runners Swear By

Take it from people who love to run on the regular: These tips can keep you running through every mood and season.

Do Your Warm-Ups and Cooldowns

“The purpose of a warm-up is to prepare the body for the main set of the workout so that we not only avoid injury, but also optimize performance,” explains Peloton instructor [Matt Wilpers](#). Indeed, diving into the heart of a workout with cold, stiff muscles will increase your risk for injury, plus limit your speed and power.

Need a guide?

“Whether it’s duration or speed you’re after, you’ll want to start your warm-up with dynamic movements, using exercises like hamstring sweeps, knee hugs, ankle grabs, and skips,” says Peloton instructor [Becs Gentry](#). After completing your workout, take the time to cool down with slower-paced jogging and static stretches.

Every Peloton class includes a brief warm-up and cooldown, and you can find extended warm-up and cooldown classes on your [Tread](#), [Tread+](#), or in the [Peloton App](#).



Sync Your Breath and Strides

If you're new to running, you've probably already found that you're paying more attention to your breathing than normal, and that's a good thing. "I think of breathing as an awareness cue," says [Jeffrey McEachern](#), a Peloton instructor. "You're aware that your body is moving, and that breath then serves as an anchor, along with mindset and posture, that can carry you through the run."

How do you do it?

As you run, you should establish a rhythm to your breathing, something that can be easily measured by the amount of steps in between exhales or inhales. "Your body will automatically adjust to the beat so do what feels natural to you," says Jeffrey, who likes to program his runs to music with a tempo that can help him keep this rhythm.

Hydrate Like a Pro

"Hydration is highly personal and different depending on your height, weight, and volume of exercise," says Peloton instructor [Hannah Corbin](#). "When we work out, we lose water and nutrients. It's important to replace the water and electrolytes that we lose while sweating up a storm to avoid low energy and headaches and to support recovery."

Not sure where to start?

Consider Hannah's own routine, based on years of experience. "Aim to drink 14 to 20 ounces of water two hours before you workout," she says. "Then aim to drink 4 to 12 ounces during every 15 to 20 minutes of exercise. And aim to drink 16 to 24 ounces for every pound of body weight lost during your workout."



Visualize Your Walk or Run

While manifestation might sound contrived, science backs it up: According to one study, many elite athletes use visualization to help them perform at elite levels. Additional research suggests that mentally rehearsing an activity can trick our brains to think that the experience is real and can teach our bodies to be calm and ready to overcome the upcoming actual challenges.

How do you do it?

Before you begin a longer-than-usual run, picture making your way through the timespan with strong form and at your desired pace and effort.

Three Minutes Is Better Than None

When it comes to running, anything counts—even if it's just a few minutes. Yes, seriously. It's one of those sports where your efforts are truly cumulative. Put in the work, and you will be rewarded.

Need some motivation?

Running can definitely feel hard when you're first starting, but over time, your body gets used to pounding the pavement or the treadmill and adapts accordingly. Layering in lots of shorter runs will also keep you going stronger for longer.

Listen to Your Body

"I think there are so many factors that we tend to ignore and just do something because that's what the plan says," says Jeffrey. Work on being in tune with how your body is feeling before, during, and after each run. "If it's a certain season, if you're going through something, it all does different things to our bodies," says Jeffrey. "Not every day is going to be the same, not every run is going to be the same, and you have to be OK with that."





Fine-Tune Your
Running
Form

**Devote your next run to checking your form.
A few tiny adjustments can make a world of difference.**

Proper running form is critical for optimizing performance, reducing risk of injury, and simply staying comfortable while you move.

There are three components to running form:

Posture

How you hold your body while moving

Alignment

How your feet, knees, hips, spine, shoulders, and head line up as you move

Biomechanics

How your body moves based on your unique form and structure (e.g., the length and cadence of your stride, whether there is an inversion or eversion that occurs with each foot strike, and so on)

When your posture, alignment, and biomechanics are in sync, it can be seen and felt with every stride.

Use the tips below to assess your own form and make any necessary improvements. Your runs will feel better and your body will thank you!

Head & Neck

Look straight ahead as you run, with your gaze focused on the ground about 10 to 20 feet in front of you. This helps maintain proper spinal alignment and reduces strain on your neck and shoulders.

Upper Body Position & Running Posture

Maintain an upright and relaxed posture, with a slight forward lean from the ankles (not the waist). Engage your core muscles to further improve your balance and stability while running. Keep your shoulders down and away from your ears.

Arms and Hands

Keep your arms bent at a 90-degree angle and swing them back and forth (not across the front of your body) in a controlled manner. Your hands should be relaxed (not clenched) and at waist level or thereabouts, while your elbows should stay close to your sides.

Foot Strike

A midfoot strike is the best strike for everyday runs. Aim to land in the middle of the foot—and then push off from your toes. When sprinting or doing speed work, landing on the balls of your feet may help reduce impact on your lower limbs.

Cadence

The number of steps you take per minute while running is your cadence. Your height (including leg length), weight, and general athletic ability will affect your running cadence. For most people, it's good to focus on a shorter, more efficient stride that allows you a cadence of about 170 to 180 steps per minute.



Don't Let These Slow You Down

How to reduce your risk of aching knees and shins, pains in your side, and toenails that turn black.

Side Stitches

What they are

Also known as exercise-related transient abdominal pain, or ETAP, side stitches are a type of sharp, localized pain.

How to prevent them

Pay attention to your posture and work on strengthening your core, which supports your spine and pelvis and is crucial for maintaining proper body alignment. If you tend to experience side stitches while running, check your running form.

Runner's Toe

What it is

Runner's toe is what happens when you put a toenail under lots of pressure or expose it to incessant friction, causing microtrauma.

How to prevent it

Wear properly fitted sneakers (aim for a thumb's width between your longest toe and the front of your shoe, and make sure you can splay and wiggle your toes), avoid socks with ridges on the tips of the toes, trim your toenails short, and spray your feet with antiperspirant to keep them dry.



Shin Splints

What they are

Shin splints are pain in the front part of your lower leg (your shin).

How to prevent them

Gradually increase the length and speed of your runs and prioritize proper recovery time. Other prevention tips include shortening your running stride and regularly stretching your calves, hamstrings, and quads.

Runner's Knee

What it is

Officially called patellofemoral pain syndrome (or PFPS), runner's knee refers to pain in the front of the knee or around the kneecap.

How to prevent it

Many cases of PFPS can be prevented by taking steps to avoid overuse. That means maintaining correct running form, supplementing runs with other forms of exercise, strengthening your quads and hamstrings, and using a foam roller to stretch your quads, hamstrings, and glutes.

Remember, if something feels off, you should always consult your doctor.



Why Strength Training Is Key

for Walkers, Joggers, and Runners

Adding a resistance workout to your routine won't just make you stronger and healthier, it'll also supercharge your strides.

On top of boosting your metabolism and functional fitness, strength training is essential for total-body health and wellness. One small study discovered that within just eight weeks, people who performed a combination of 30 minutes of aerobic training and 30 minutes of resistance exercise three days per week had fewer risk factors for heart disease than their peers who performed three hours of just cardio or just strength per week.

Adding muscle will also make your legs more powerful and reduce injury risk by enhancing force absorption.

How Often Should You Strength Train?

“Plan to incorporate strength training into your routine two to three times a week, focusing on those specific moves like single leg work that support the motion of running,” says Peloton instructor Becs Gentry. Make sure to include stretching and foam rolling as part of your recovery time too. If you stick to this routine, Becs says, you should notice considerable improvement in strength and power after about six weeks.

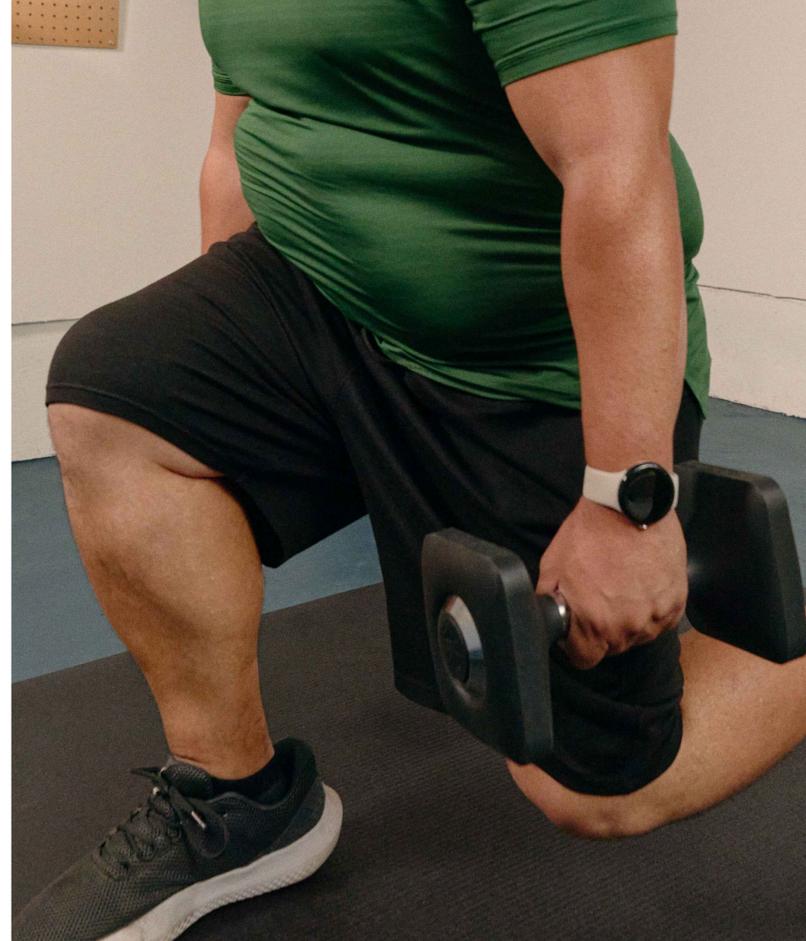


Should You Lift Before or After Cardio?

This really depends on what you're looking to achieve from your workouts. If you want to build your speed and endurance and prevent injury, then starting with strength training and then walking, jogging, or running after is the way to go. If you're looking to build muscle, then walk, jog, or run first and strength train after. Or, you can simply do your training on different days.

The Best Strength Training Exercises for Walkers, Joggers, & Runners

Get started on your strength training with these exercises you can do at home or as part of a broader strength training program.



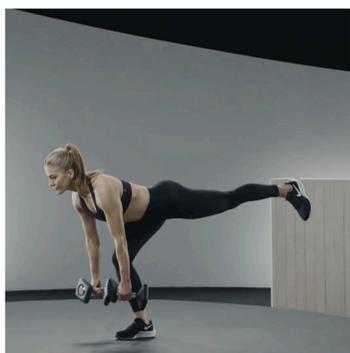
Plyo Lunges

These types of lunges help condition the muscles to contract more quickly and forcefully, improving muscular power and elasticity.



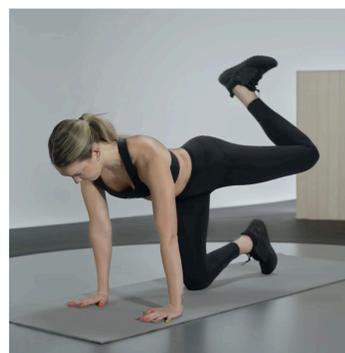
Dead Bugs

Extending the opposite arm and leg activates the “sling effect,” which is the exact motion of running, helping to train you for your most efficient time.



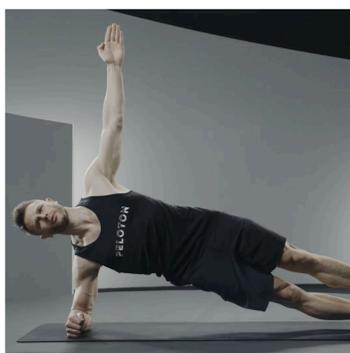
Single-Leg Deadlifts

This type of deadlift targets hamstring strength, which is used for power in speed and on hills. It also trains balance, as we are always on one leg when we run.



Hip CARs

These are great for improving mobility, stability, and overall joint health—important for everyone, but especially runners and walkers.



Side Planks

Planks help stabilize the core—including the hips, which helps prevent excessive twisting and injuries to the hip and IT band.



Renegade Rows

A strong upper back helps with arm drive power, which in turn helps you feel more efficient and fluid if your legs start to lag.

For more information and motivation to walk, jog, and run, visit onepeloton.com

This content is for informational and educational purposes only and does not constitute individualized advice. It is not intended to replace professional medical evaluation, diagnosis, or treatment. Seek the advice of your physician for questions you may have regarding your health or a medical condition. If you are having a medical emergency, call your physician or 911 immediately.

PELOTON