

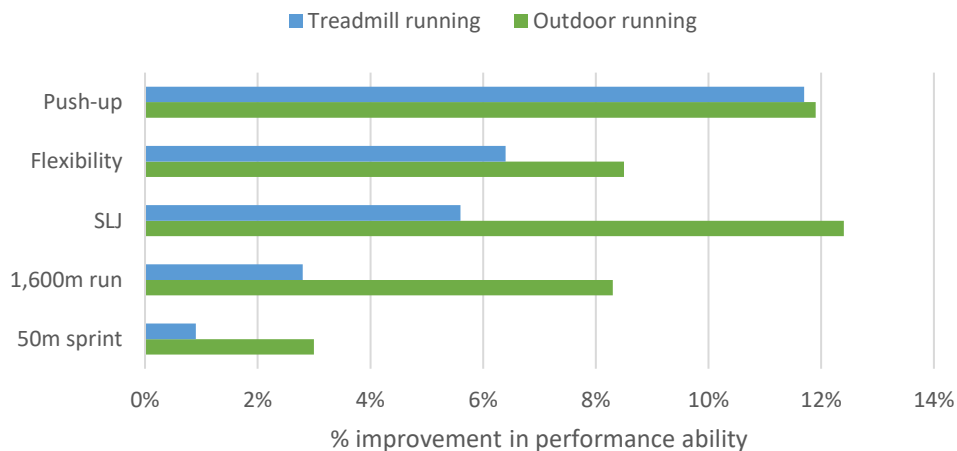
Celebrating Global Running Day 2025

This year's Global Running Day, themed '**Wanted: Your Endless Energy**', serves as a timely reminder for everyone to stay active. Running, in particular, is beneficial for cardiovascular health, promotes mental well-being and has been linked to slower biological ageing.^{1,2} But does your running environment make a difference?

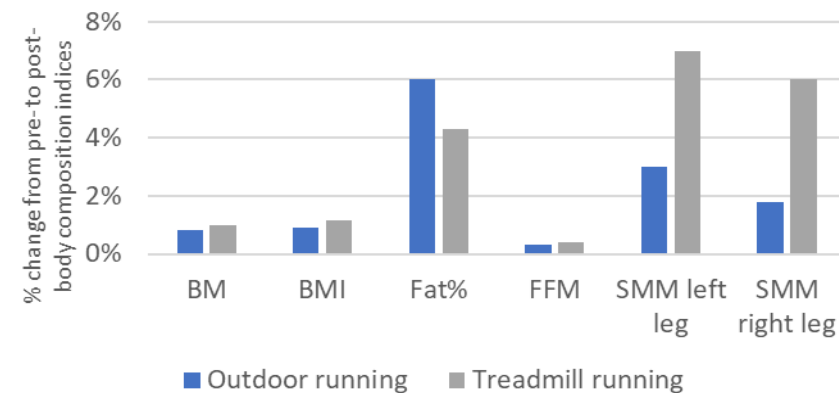
Does running location matter?

One often overlooked aspect of a running routine is the setting. Running can be done indoors on a treadmill or outdoors in parks, on tracks, or along trails. These environments influence the mechanics of movement as well as the physical effort required, which may lead to different physiological outcomes.³

Percent change in physical fitness and body composition after treadmill vs outdoor running⁴



At 6 weeks, a significant difference was noted in the 50m sprint and SLJ between the two groups.



No between-group difference in body composition was observed post-study.

BM – body mass, BMI – body mass index, FFM – fat free mass, SLJ – standing long jump, SMM – skeletal muscle mass

What the Research Says

A pilot randomised study examined the differences between outdoor and treadmill running in physically active young men over a six-week period. The results showed that while both groups experienced improvements in physical fitness and reductions in body fat percentage, outdoor running led to significantly greater gains in fitness.⁴

Finding the Right Fit for You

Although the findings suggest that outdoor running may provide additional benefits, they should be interpreted with caution due to the study's male-only sample, small size, and short duration. Treadmill running offers a convenient, weather-proof option, ideal for structured and consistent exercise, whereas outdoor running offers the benefits of natural surroundings, which can enhance mood and motivation. Both forms of running support a healthy lifestyle. The key is to choose the approach that best aligns with your personal needs and encourages long-term commitment.

References

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