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Keep motivated with the right running music by Robin Taylor

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Taking exercise seems to go hand in hand with high-tempo music; whether it is the soundtrack to an aerobics class or a pounding soundtrack to accompany a workout in the gym, music can keep us motivated and focused on our exercise regime. Jogging, in particular, is an exercise which lends itself to a musical accompaniment. Pick tunes with the right beat and tempo and it can dictate the pace at which the jogger runs, while having some music as you make your way round the streets can also help to keep you entertained.

Coming up with the right running music selection isn't always easy, especially if your record or CD collection consists mainly of relaxing and low-tempo artists. The website MP3 Running could be the answer for those joggers who are struggling to create the perfect soundtrack for their exercise regime. The site has put together its own play lists that are perfect for jogging which can be downloaded onto computers and laptops before transferring the files onto a personal MP3 player.

As well as featuring music which is perfect for regulating the pace, the MP3files even include a â€œcoachâ€• who talks joggers through the warm-up, the run itself and the cool-down. If the idea of being bossed around by a disembodied voice doesnâ€™t appeal, there is always the instrumental version. There are different play lists depending on how long you want to exercise and how fast you want the pace to be set.

If you are yet to be convinced about the merits of personalised running music you can always try a free download from the site to give it a try before paying for any of the specially developed play lists. The site is full of positive testimonials, so the idea of motivational music for jogging does seem to be an effective tool. The downloads are available with or without the coach and in lengths of 30 minutes, 45 minutes and one hour.

Having the right running music to accompany your jog can not only help runners keep up their pace, but can actually help to motivate them to go faster and improve their times. Jogging can often be a bit boring, but having the perfect soundtrack â€“ and the help of your own personal coach â€“ will keep the exercise regime fresh and interesting and mean that runners are more likely to keep up with their planned programme.

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Robin Taylor is a professional author who has written many articles on various topics. Read Robin Taylor's latest article about a Running Music.

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