

Equinox Precision Running Class Says It Can Make Me a Better Runner? Challenge Accepted

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It can be easy to hit a plateau as a runner--your PR's aren't getting much better (maybe you're even stuck trying to break one) or your body is no longer changing and you're stuck at the same weight. It's a common wall to hit in the sport, which is why I decided to check out [Equinox's](#) new Precision Running class. This treadmill workout, developed by running coach [David Silk](#), is designed to make runners stronger, faster and more fit. Who wouldn't want that? Here's the run-down:

- **The B.I.T.E Method.** Huh? No it wasn't created to be like HIIT, but instead a Balanced Interval Training Experience. An equal emphasis is split between aerobic and anaerobic forms of interval training so your body stays healthy during the workouts. Essentially the method is meant to help you run right, hurt less, and burn more. And oh, does it ever!
- **The coaches go through extensive training.** Ever been on a long run and you're just begging your running partner to tell you a long story to distract yourself from each and ever pavement pounding step? Equinox's running instructors know your pain and talk you through the whole class. There literally was not a moment of silence, and I never even noticed that no music was played during the class.
- **Form is important.** But that's why your instructor is there. Ours kept reminding us that it

wasn't our responsibility to think or remember anything in class; He had us covered. During sprint intervals, quick cues like "lengthen your arms," or "relax your shoulders," or "don't strike so hard on your heels," quickly got us to check ourselves and fix any form issues we might have engaging in. Also a great distraction from the 5.0 incline we were sprinting at 8 mph (don't worry...it only lasted 30 seconds).

- **Just when you think it's over...** The instructors always keep a trick up their sleeves. Ours was that we'd be increasing our incline by 3 degrees and our rest periods would be getting shorter during our second set of intervals. While it was a challenge, the intervals were so quick that we didn't have time to give up or cheat the last few seconds. Not letting us know what we had in store later kept us giving 100 percent through the entire class. And honestly, giving your all is the only way to get results!

No Precision Running class is the same. While some follow the same format, you can always expect a different routine. And the instructors not only make sure the workout that day is balanced, they also ensure balance throughout the week. If you do intervals one day, the next day might be ladders. If you're a runner who is really looking to make some improvements in your form and sport, head to equinox.com to learn more. The class will be rolling out across different Equinox gyms nationwide through this year.

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