

RUNNER'S WORLD

FEBRUARY 2010



Fast

RISE OF THE MACHINES

Four mills that make indoor miles more enjoyable *BY LISA JHUNG AND SEAN DOWNEY*

THE LATEST BATCH OF TREADMILLS offer enough workout programs, innovative heart-rate functions, and custom settings to keep you going all winter long. While all the basic specs are similar—most treadmills we tested max out at 12

mph and a 15-percent incline—the best mills have a superior ride and offer more useful features. We put nine new models to the test at the Rodale offices, as 14 staffers dutifully logged hundreds of miles on each one. When the belts stopped, these four treadmills delivered more than the same old runaround.

BEGINNERS
COLD-WEATHER
MOTIVATION

Treadmill Survival Guide

Training Tips,
Pedometer Busters,
New Reviews

To Build Speed And Power

**SLOWER,
SHORTER,
EASIER**
The Less-Is-More
Training Plan

10 Best Foods For Your Money

HOW TO SAVE,
WHEN TO SPLURGE

It's All in the Hips
Stretch and Strengthen
Key Running Muscles
(PAGE 44)

Biggest Bang for the Buck

Given its low price tag, the **NORDICTRACK A2750 PRO** (\$1,599) has a lot of bells and whistles. This stable fold-up treadmill comes with a touch-screen console, iPod speakers, and a comfy yet firm deck. It's also the only treadmill we tested that has a built-in fan. Add the optional "iFit Live Module" (\$50 plus \$10/month) and you get something truly unique—a treadmill that wirelessly connects to the Internet to download



new workouts and new running routes you create through Google Maps. What you sacrifice with this budget-oriented machine: A top-of-the-line warranty (parts and labor are covered for one year instead of three or five years) and an incline that goes to 15 percent (this one goes to 12 percent). nordictrack.com



Brities Amok!



athloner
Inside

GAZINE