**How to Make Running Less Boring**

Running is one of the very best forms of exercise for improving your health, as well as for building more speed and strength in your legs. It burns a *lot* of calories and you can do it anywhere.

So why isn’t everyone doing it? There are a few reasons, but one of the big excuses people tend to give is that they find it boring. And granted, steady state cardio like running *can* seem a little dull at times. It takes a long time and often you won’t be doing much interesting during that period – just hitting the tarmac over and over again...

So the question is, how can you make running *fun* so that you actually want to do it?

**Take Music and Podcasts**

One way to make running more enjoyable is to distract yourself with something. Good options here include music and podcasts. While a podcast can give you something interesting to listen to – possibly even helping you to learn while you run – music can help to spur you on and give you a bit more drive to keep pushing past your limit.

**Kick a Ball**

Running doesn’t have to mean simply running from one spot to another. A good option then is to try running while kicking a ball – kick the ball out in front of you, run to it, and then kick it out in front of you again! This way, you can make it almost like a game of football as you’re running!

**Run With a Partner**

Running with a partner will likely spur you on to be a little competitive and it certainly makes it a little less lonely.

Oh and there’s no reason that your partner has to be human – running with dogs is perfectly fine too!

**Make Games**

You can create games for yourself while you run to make it a little less boring. These can be mental games you play in your own head (like trying to spot how many red cars you see), or they can be challenges you set that are related to your run. A good example is to try racing other joggers that you see nearby!

In general, just pushing yourself further and trying to beat personal bests will be an easy way to make running more rewarding and more addictive as well!

There are many more ways to make running more fun, all it takes is a little imagination!