

Ask the Experts

Q Should I change my stride or form on treadmills?

A On a treadmill, runners tend to simply pick their feet up and place them back down on the moving surface, rather than pushing off the surface as they would outside. The confined space also alters your proprioception, or the awareness of your body in space, which causes you to tense up. And of course when you run inside, there is no wind resistance. To compensate for these three factors, set the 'mill on a 1.5 to 2.5 incline to promote good running form. Lean more forward at the ankles, land more on your forefoot, and concentrate on pushing off the belt rather than letting it carry you along—in other words, run with some spring in your step. —**MATT BARBOSA** is a former coach who blogs about fitness at alittlenoworalotlater.com.



STAY LOOSE
The confined area of a 'mill often makes runners tense up.

Q Can I lose weight by wearing several layers on winter runs?

A Sorry, but no. Bundling yourself up doesn't burn extra calories. It will make you sweat more, so you'll lose water weight; but once you rehydrate, you'll gain the weight right back. It's better (and much more pleasant) to wear the appropriate number

of layers for the weather and shed them as you start to sweat to maintain a comfortable core temperature. If weight loss is your goal, a more effective approach is to slightly cut back on calorie intake as part of a well-balanced diet.

—**NARINA MINASSIAN** is a coach and trainer in Los Angeles (aaybootcamp.com).

Q What besides long runs will improve my endurance?

A A variety of cardio activities can boost endurance. Cycling (at a cadence of 90 revolutions per minute), Nordic skiing, snowshoeing, and brisk hill walks all do the trick, as will rotating among the elliptical, rowing machine, and stationary bike at the gym. Nonrunning workouts to build your staying power should last at least as long as your current long run and be completed at a comparable effort level. A higher-intensity run about three-quarters the length of your long run also improves endurance.

—**LOU ANN BAKOLIA** is a running coach and personal trainer in Raleigh, North Carolina (offtorun.com).



THE WORKOUT

"Easy" as 1-2-3

WHY Practice pace changes and build strength
WHO RECOMMENDS IT Alissa McKaig, 26, of Blowing Rock, N.C., was 8th at the 2012 Olympic Marathon Trials (2:31:56). Complete 13 three-minute segments—run one minute at a moderate pace, one minute moderately hard, then one minute hard. Make each minute of each successive segment slightly harder, so that even your moderate minute doesn't feel all that moderate at the end. "This workout teaches you to run by effort," says McKaig. "It's tough, yet fun."



Submit your questions to asktheexperts@rodale.com.

Photographs by Alamy (treadmill); Victor Sailer/PhotoRun (McKaig)

14% OF RUNNERS FLAT-OUT REFUSE TO RUN OUTSIDE WHEN THE TEMPERATURE DIPS BELOW FREEZING, REPORTS AN RW POLL.