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In Flight Running Archives Available

April 03rd 2015: Why We Run: What Draws Us To Running & Racing?

With this episode the Fitness Momentum show shifts to more of a pure running format. Coach Michael Merlino's new show entitled "In Flight Running", will be your guide to everything running whether you are thinking about starting a running program, just embarking on your running journey or are already entrenched in the sport and looking for ways to improve your training and race performance. In this inaugural In Flight Running episode #1, Coach Michael delves into the question: Why do we run? What gravitates people from every walk of life towards one of the fastest growing sports in the wo

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