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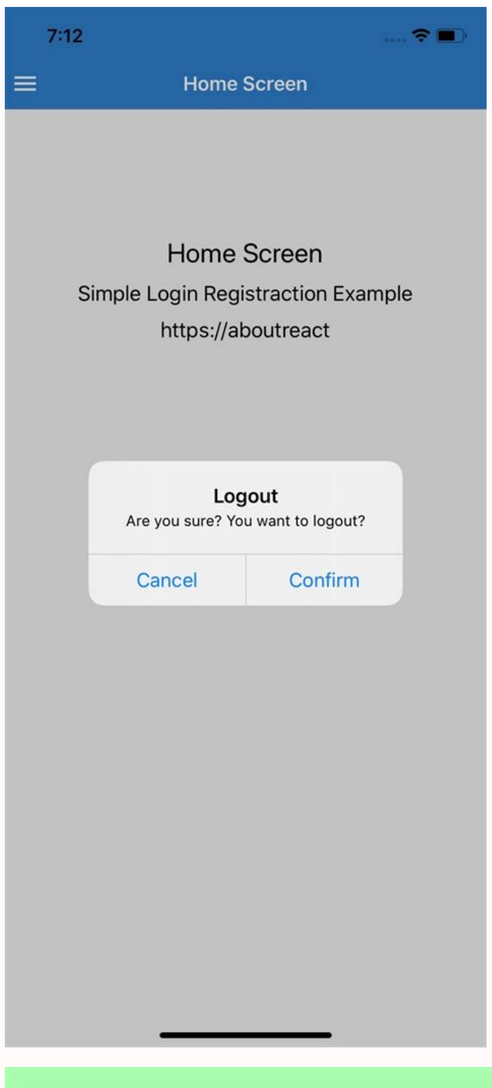

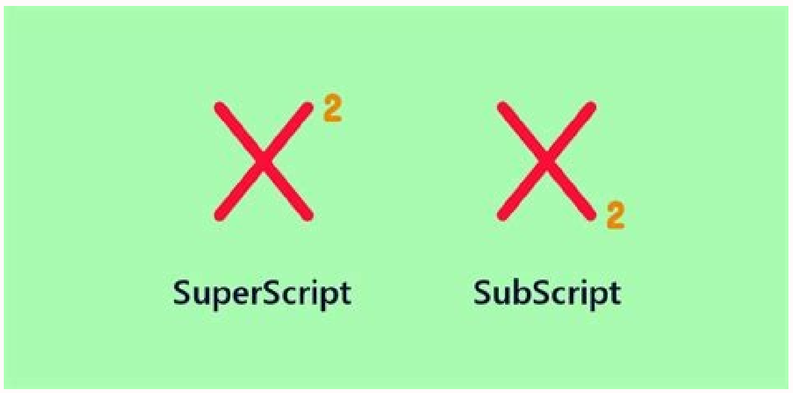

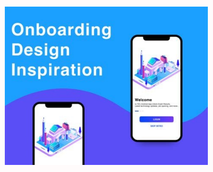

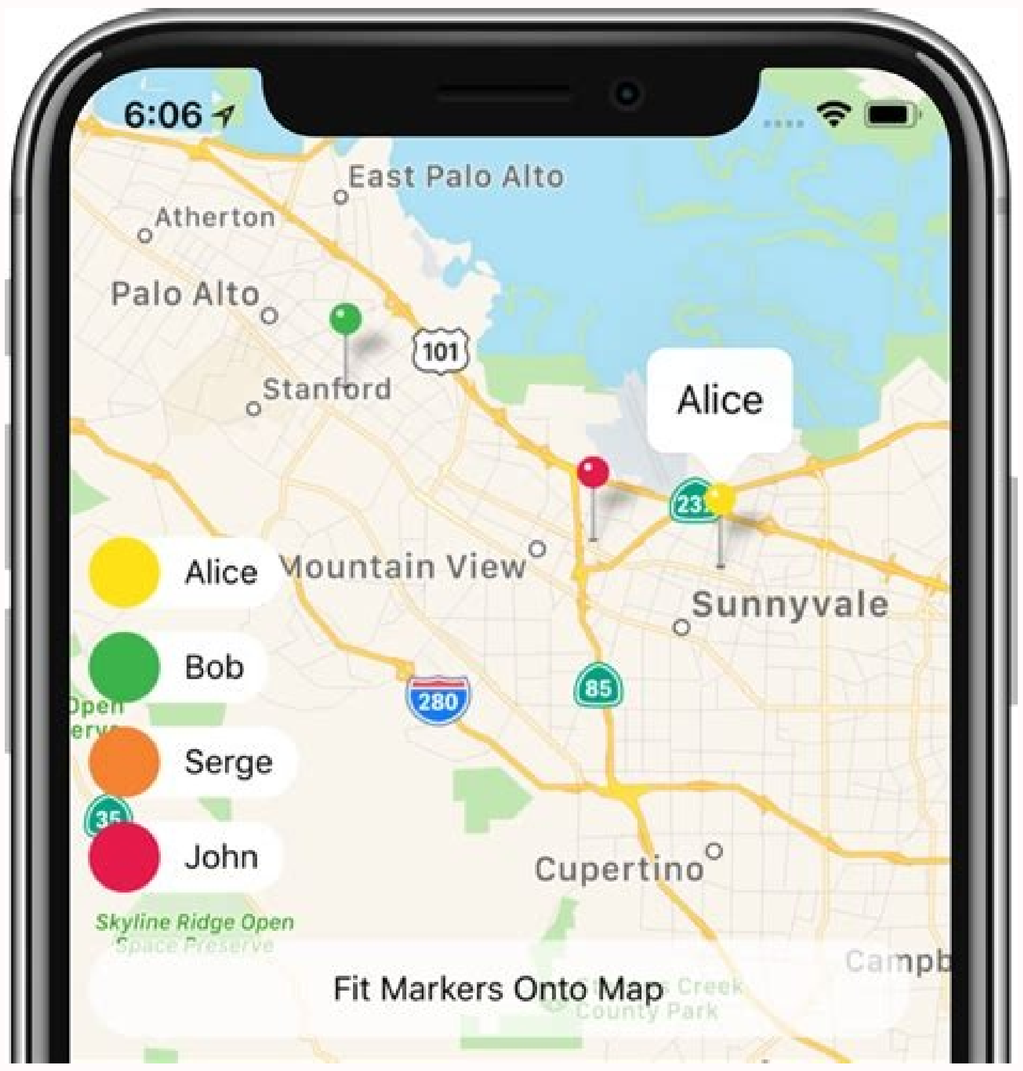

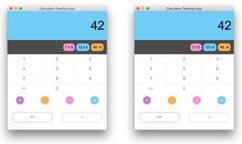

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When you buy through our links, Insider may earn an affiliate commission. Learn more. You can't teach an old dog new tricks, right? When it comes to running and music, that was my thinking. With the exception of the Charge Running app, I've never used music while running, and that's after two decades of hitting the roads. I prefer the quiet sounds of nature and letting my thoughts flow with my feet. But in the midst of a pandemic, I'm game to shake things up, so it was with this somewhat open mind that I gave the RockMyRun app a try.RockMyRun bills itself as the only running slash workout app that customizes itself to your personal preferences and usage patterns. It combines input from DJs, coaches, and runners for playlist designs to fit just about any type of workout. Using AI, the app "gets you moving how you like to move," company CEO, Bill Donohoe, told Business Insider. "It adjusts as you use it, even on the fly."Created in 2011, RockMyRun is available on a subscription basis, either monthly or annually, following a two-week free trial. The trial seems to be a solid selling point for the company, as it reports that 80 percent of users who try it become paid subscribers. Numbers have even been good throughout the pandemic, said Donohoe, and in a recent two-week period, the number of premium users grew by roughly 2,000. At just $7.99 per month or $79 for the entire year, it's an inexpensive way to boost your daily runs. The RockMyRun experienceWhen you download the app, the first step is to create a profile, starting by identifying the type of music you prefer. Genres include hip hop, rock, country, and Latin, among many others. You can also dial in by decade, from oldies to 70s, 80s, or 90s. There are even a seasonal option and a mashup selection for those who like a wide variety.Your next step is to pick an activity. While the app is called RockMyRun, it's designed for a wide range of users, from walking and cycling to group fitness classes, elliptical workouts, and weight training. I picked both running and weights, especially since I'm much more inclined to use music while doing a strength session than I am running. Some pacing issues RockMyRun Because I selected running, I had to identify my running pace on the next screen so the app could sync the music tempo to my body — this is where I felt the app came up short. Choices were limited to "cruzin,'" which was a 15-minute per mile pace; "rockin,'" a 12-minute mile pace; or "flyin,'" an 8-minute mile pace. I tend to run my easy miles in the range of about a 9-minute pace, so I didn't quite fit to the options, and I suspect this applies to many other runners as well, be it those who run in the 9 to 10-minute range, or even runners who clock sub-8. Each of the pace choices aligns with playlists designed to match your running cadence. For the uninitiated, most coaches and experts agree that a range of about 170 to 180 steps per minute is an efficient cadence. Not everyone can hit that range and it gets more difficult to achieve it the slower you run. But, there's research tying music with corresponding beats per minute to run cadence, which is what RockMyRun aims to do with its pace identification. Plenty of variety RockMyRun Once you've been through the preference screens, you can start using the app. Here RockMyRun offers up a huge variety of options and stations. There's a "latest" category, which currently includes "tropical heat," "crunch time" for core work, and a pride station designed by American DJ, Dave Aude.There's also a category of top-rated stations if you want to see what's helping others get through their workouts. Stations included "Divas of the 70s," "Rise and Conquer," and a 170-beat per minute 80s 10k playlist.Users have the option for selecting a discover music playlist before starting a workout, which comes with a wide variety of filters to refine your tastes and the songs the app suggests to you. There's plenty of app-suggested stations, too, which worked well to turning me on to unique new playlists. Metric tracking and adapting RockMyRun As with many apps, RockMyRun allows you to track your workouts by syncing your phone for distance run, total steps taken, and steps per minute. It also syncs to your heart rate monitor if you have one and want to use that metric. "What's nice is that the app can take your goals and pick music to help motivate you to achieve them," Donohoe said. "On the flip side, if you're running slower than your desired pace, the app adjusts your beats per minute downward. It's not motivating to miss your goal, so the app meets you where you are."There's also the option to override the adjustments and do it manually. I used the app for the two-week trial on both shorter and longer runs, and the occasional run with a few pickups in pace to see if it indeed adjusted to my speed changes. I found it was pretty accurate to my cadence and pace and could sense when it picked up or slowed down the beats per minute. A few drawbacksI liked the playlists it chose for me, but I had a couple of runs where it simply stopped mid-way through. This is a bug several users mention in reviews, as well, so it looks like I'm not alone in this. I also don't feel that it turned me on to any new music, but that may be that I chose preferences in line with my usual choices. I have a wide and eclectic taste in music, which may have also played a role. The bottom lineDonohe says that the app is proving to be fairly sticky, meaning that once people get going with it, they're not likely to give it up. For me, even with the bells and whistles, however, it's not sticking. I still prefer a music-free experience, even when the tunes match up to my body in (nearly) perfect harmony.Should you buy it? If you like running with music, then yes. It's fun to see the way the music changes based on your running pace and if you often listen to just one genre, it's a good way to expand what you listen to while running. For runners (like me) who don't prefer running with music, there may not be enough to make you want to stick with it long term. What are your alternatives? Apps like Charge Running or Aaptiv use music and/or coaching to motivate people on their runs, and offer a different experience than RockMyRun. If it's coaching you seek, try Charge Running, if it's a different kind of audio experience, Aaptiv is for you. Pros: Music-based running that can motivate those who like to keep the tunes on while hitting the pavement, offers adaptive workouts and metric tracking, $7.99 per month is an attractive priceCons: Not enticing for anyone who doesn't like listening to music while running Freelance Reporter, Insider Picks When you buy through our links, Insider may earn an affiliate commission. Learn more. When Julie Knippen's running partner moved across the country three years ago, she found herself facing miles of lonely road and losing her motivation to get outside. Turns out, Knippen wasn't alone in that sentiment and out of that desire for shared mileage, she and two partners launched Charge Running.Unique in that it's currently the only live running experience app on the market, Charge Running is having a moment as more people adjust their weekly workout routines. Whether they're spending more time indoors or lacking access to areas they're used to running, they're turning to digital fitness solutions in droves."We won't share specifics but usage has doubled in the past month," Knippen told Business Insider. "The live format helps runners feel connected."I recently gave the app a two-week trial, something Charge Running offers to anyone for free. I left impressed with what the founders have created — and that caught me by surprise. The right app at the right timeI've been running for more than two decades and mix up my weekly miles with a combination of solo efforts and runs with friends. When I run by myself, I never listen to music, don't upload my runs to sites like Strava, and, after many years of racing, rarely put much effort into my training. I'm content to simply run at whatever easy pace I choose, not caring to dedicate myself to specific workouts.For these reasons, I didn't think Charge Running would be a good fit for me. To be honest, if it weren't for the pandemic, it might not have been. But this app found its way onto my phone at just the right time. Charge Running The Charge Running experienceHere's how it works: Using a network of 13 coaches, Charge Running offers 20 different live classes per day. These vary in format with anything from a 40-minute walk-to-run class to a 35-minute interval session and hour-plus runs on the weekend. The classes begin as early as 5 a.m. and continue throughout the day until 9 p.m. You choose the class that best fits your needs and schedule and sign up in advance.Each class is coach led and from what I can tell, the coaches move around time slots and formats from one week to the next. Each brings a little something different to the table, too. One might be a bit more nurturing while another might have a more traditional, go get it-type of approach. All are certified coaches and some even work with high school or college running teams."We found our coaches through the Road Runners Club of America website and we've assembled an amazing team," Knippen added.When you enter the class at your appointed time, the coach acknowledges you along with the other participants. There's music playing in the background and once it's go time, he or she gets you started with some easy warm-up drills. The next step might be a minute or two of walking, then onto some easy-paced base miles. All about effortNo matter which type of run you choose, be it an easy jog or a longer multi-mile run, they're all effort-based courses."We designed the classes this way so everyone can participate in whichever one they prefer," Knippen said. "Even if it's a hard class, runners can modify it to their level and feel comfortable."Throughout the class, the coach changes up the intervals and effort levels, depending on its purpose. I participated in a few different types of classes in my two-week trial, including the moderate base run and a light tempo run.With both, I logged a couple of miles before starting in order to round my overall mileage up closer to six or seven miles. I discovered that I wasn't the only one with this practice as I'd sometimes hear the coach giving a shout out to participants doubling up with consecutive classes.A moderate base run generally shook out with a warm up followed by three or four sets of varying paces. These ended up being nice pushes for me, stretching out to around four or five minutes a piece and separated by an easier minute or two. Then a cool down. Charge Running/Facebook Motivation doesn't stop when the race doesThroughout the run, your coach let's you know your pace and miles run. If you're the competitive type, you'll start paying attention to who's on your heels and find that motivating. I say this as someone whose long-dormant competitive alter ego came to life. I'm looking at you, Darcy — thanks for the push.When you finish, you get an email telling you how you stacked up against the other participants, along with a read out of your average paces. You can rate your run and your coach, and there's even a chat option as well. Many participants send in a quick selfie and acknowledgement to the group and coach before signing off.The app goes beyond the live, scheduled runs, too. There are occasional virtual races, including a half marathon during the time I used the app and another scheduled roughly a month after. There are even training programs designed to help runners prepare for and meet race goals.The cost for using the app after your two-week trial is $9.99 per month for a year-long contract ($119.88), or $14.99 if paying on a month-by-month basis. It's like paying for a Spotify or Hulu membership but something that allows you to be a bit more active. The bottom lineGiven that I was a skeptic of the app before trying it, I was blown away by how much I enjoyed the experience. Again, for me, I think timing had a great deal to do with this.The Charge Running app filled a void for me. Missing my usual running partners, it served as a nice substitute. I looked forward to the runs I had scheduled with the app and welcomed the variety of paces and formats. I can't say for sure if it would be something I'd use in more normal times but I'm happy I discovered it. And yes, I signed up for the paid version as soon as my free trial expired.Should you try it? If you like the motivating nature of running with people, then yes. Charge Running combines the feeling of being pushed by a running group while also including a coach that helps along the way, too. The classes vary in length and effort, making it easy for runners of all types to not only join a class but to enjoy it, as well.What are your alternatives? For a run-specific app that pairs you with a group of people and a motivating coach, the exact competition is about non-existant. You could sign up for run classes via an app like Aaptiv or even the Peloton Digital Membership, though both of those offer a slightly different experience.Pros: Lets you feel like you're running with a team of people, coaches are highly motivating and make you feel like they're working directly with you, wide variety of run types and times, all runs are effort-based so anyone can participate in any eventCons: $10 monthly cost may seem unnecessary for something that just urges you to run

$9.99 from Charge Running Freelance Reporter, Insider Picks

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