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for most people running includes moving at a speed of about six mph or being able to complete a 10 minute mile with these parameters running a 5k would take about 30 minutes whereas jogging a 5k would naturally take longer than 30 minutes due to a person s slower pace when jogging

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a study from the journal of the american college of cardiology found that running just five to 10 minutes per day and at speeds of less than six miles per hour read a 12 minute mile or slower was associated with significantly reduced risks of death from all causes and cardiovascular disease

word usage when to use run vs when to use ran english Oct 25 2022

2 answers sorted by 5 it is being used with a perfect tense has been which usually means present perfect progressive but not always see below so it requires the past participle for completed action or present participle for continuous still commencing action

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