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web v tr 1 to move by shoving bumping or jerking jar a rough wagon ride that jogged the passengers 2 to give a push or shake to nudge jogged her dozing companion with her elbow 3 to rouse or stimulate as if by nudging an old photo that might jog your memory 4 to cause a horse to move at a leisurely pace web jul 15 2019 flexibility longevity best time bottom line somewhere between a quad burning sweat lathered sprint and a leisurely stroll there s a sweet spot known as the jog jogging is often defined as web may 7 2021 jogging no matter the pace will burn more calories than walking for example so depending on your weight pace and experience level jogging can help you lose weight or maintain your current web aug 23 2018 jog mix it up and rest in general average jogging speed is 4 to 6 mph it s faster than walking and slower than running when you jog you may need to stop and catch your breath before web synonyms go jogging go for a jog run go running go for a run more collocations went for a long light quick jog a jog around the block track neighborhood town a jog on along by the beach more forum discussions with the word s jog in the title a jig jog brick wall after a jog off the main road battery jog brisk jog web 1 to rouse to alertness jogged his memory 2 to give a slight shake or push to nudge 3 to cause an animal such as a horse to go at a jog 4 to align the edges of piled web synonyms of jog see definition jog 1 of 2 verb 1 as in to trot to go at a pace faster than a walk had to jog to catch up to them synonyms similar words relevance trot run sprint gallop speed race skip trip hurry rush scamper dash scoot leap scurry zip lope spring hustle bound zoom breeze shag canter bowl course hasten hare rip tear hump blaze web dec 9 2022 how to jog properly with correct jogging way and techniques improving your jogging form is one of the best ways to take your running to the next level jogging and running are aerobic exercises that give the body positive health benefits such as weight loss and decreasing blood pressure levels web jogging is a form of trotting or running at a slow or leisurely pace the main intention is to increase physical fitness with less stress on the body than from faster running but more than walking or to maintain a steady speed for longer periods of time performed over long distances it is a form of aerobic endurance training contents web mar 16 2022 jog with a buddy whether jogging with a person or even just a dog this is significantly safer this will help keep you safe from people who may want to take advantage of you 2 decide how far you want to jog do a test run do a basic jog and see how it makes you feel test how far you can get before you feel super gross

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