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Clinton's running habit was developed before he entered Yale Law School in 1971. When he was governor of Arkansas, a member of the little rock is the runners in the morning. Clinton in Arkansas, each year to participate in the one or two middle and long distance race, he was forty years old, still can reach five km run 25 minutes, 10 km run 48 minutes, visible strength is not general. < p > former secret service agents Nick & middot; Trotta of professional running magazine "runner's world," said, Clinton probably every day five to five and a half speed run four to five miles around the National Mall. Sometimes passers-by Coughing to ask to accompany runs, Clinton generally is generosity, he will to chant: dragging his Arkansas accent! At this time, an agent will come to passers-by for a security check and decide whether to release, Clinton and these people talk about the content is basically running. Tero said Clinton's tower, running speed is pretty good, even if some players will also praised his pace. and Clinton in the White House during the fitness program is like this: on Monday Boulevard runs 5 miles (author note: 1 miles about 1600 meters). The first one mile, jogging, regardless of time. Then with 10 minutes 8 seconds, 8 minutes, 7 minutes and 50 seconds of time to run second, three or four a mile. The last one mile, jogging, regardless of time, until completely relaxed. Tuesday to climb the fastest speed of the Capitol (Note: Capitol Hill and the height of the Jingshan Hill in Beijing), do 10 groups. In the process of down the mountain, jogging. Each group, to relax and run for 3 minutes. Wednesday: rest. climbed the steps of the Lincoln Memorial on Thursday (Note: Lincoln Memorial's steps are about 60-70,,), do 5 groups, the time is not limited. aerobic exercise on Friday. In the White House on the runway, jogging 1 miles, as a preparation. Then use 54 - 52 seconds to run 200 yards (Note: 1 yards about 0.9 meters), do 10 sets. Each group, 30 seconds to relax. Saturday: rest. Sunday running along the Potomac River, running 6 to 8 miles, no time limit. but Clinton's running hobby is not always showing a picture of the people. By the end of January 1993, just when no two days of President Clinton, called at that time from Nebraska Senator Bob Kori Bob Kerrey, on Washington Street in the morning step, because too much accompanying personnel and vehicles, resulting in parts of Washington traffic congestion, complaining. < p > we only to have the news, we are approximately spherical artifact, micro channel "attention" DUNKHOME and slams the service number left angle about? Brother?

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