

## Running Music Instalment #1 – 80s

| <b>Song &amp; Artist</b>                             | <b>Single Steps Per Minute</b> |
|--|--------------------------------|
| Careless Whisper - WHAM                              | 80                             |
| 5150 – Van Halen                                     | 80                             |
| Young Turks – Rod Stewart                            | 81                             |
| Take on Me – A-ha                                    | 82                             |
| Wake me Up - WHAM                                    | 82                             |
| Stay the Night - Chicago                             | 84                             |
| Foot Loose – Kenny Loggins                           | 86                             |
| Chiquatita - ABBA                                    | 86                             |
| Drive – The Cars                                     | 86                             |
| Rocket – Def Leppard                                 | 86                             |
| Free Falling – Tom Petty                             | 86                             |
| Don't Dream it's Over – Crowded House                | 86                             |
| Rosanna - Toto                                       | 86                             |
| You Make my Dreams – Hall & Oates                    | 86                             |
| Come undone – Duran Duran                            | 87                             |
| Pour Some Sugar – Def Leppard                        | 87                             |
| The Trooper – Iron Maiden                            | 87                             |
| Keep on Loving You (REO speed)                       | 88                             |
| Here I go again – Whitesnake                         | 89                             |
| Right here Waiting for you – Richard Marx            | 89                             |
| Maneater – Hall & Oates                              | 89                             |
| Why Can't this be Love – Van Halen                   | 89                             |
| Love Walks in – Van Halen                            | 89                             |
| Raised on Radio - Journey                            | 89                             |
| Holding Back the Years – Simply Red                  | 89                             |
| Sowing seeds of love – Tears for Fears               | 90                             |
| Alone - Heart  | 90                             |
| Part time Lover – Stevie Wonder                      | 90                             |
| Rich Girl – Hall & Oates                             | 90                             |
| Tom Sawyer - Rush                                    | 90                             |
| Dodo Lurker - Genesis                                | 90                             |
| What do you want from me – Adam Lambert (ok not 80s) | 90                             |
| You don't love me anymore                            | 90                             |
| Crying in the Rain - Aha                             | 90.5                           |
| Kharma Chameleon – Boy George                        | 91                             |
| Boys of Summer – Don Henley                          | 91                             |
| Amadeus - Falco                                      | 91                             |
| Kyrie – Mister Mister                                | 91                             |
| Red Red wine – Simply Red                            | 92                             |
| Is this Love - Whitesnake                            | 93                             |

*Courtesy of:*

[www.Meet-Your-Running-Goals.com](http://www.Meet-Your-Running-Goals.com)

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|   |           |
|---|-----------|
| <b>Method of modern love – Hall &amp; Oates</b> | <b>94</b> |
| <b>Sexual healing – Marvin Gaye</b>             | <b>94</b> |
| <b>Right now – Van Halen</b>                    | <b>94</b> |
| <b>Paradise city – Guns n Roses</b>             | <b>94</b> |
| <b>Life's what you make it – Talk Talk</b>      | <b>94</b> |
| <b>Summer nights – Van Halen</b>                | <b>95</b> |