

# Running on a High: How Cannabis Enhances the Runner's Experience

A recent study conducted by researchers at the University of Colorado Boulder has shed light on the potential benefits of using cannabis before embarking on a running session. Contrary to common assumptions about the effects of cannabis on physical performance, the study suggests that its consumption may actually enhance the exercise experience for some individuals.

## The Study

The study involved surveying 49 regular runners about their experiences while running, both with and without the consumption of cannabis. Participants were asked to provide feedback on various aspects of their runs, including their emotional state, enjoyment levels, and perception of pain.

## Positive Effects

Surprisingly, the results indicated that using cannabis before running led to a number of positive effects on participants' experiences. Those who consumed marijuana reported feeling increased positive emotions, a sense of tranquility, and higher levels of enjoyment during their runs. Perhaps most notably, participants also reported experiencing more symptoms commonly associated with the "runner's high" – the euphoric sensation often described by endurance athletes.

## Minor Speed Reduction

While the study did observe a slight reduction in running speed among participants who had consumed cannabis, the difference was found to be statistically insignificant. On average, runners were observed to be approximately 31 seconds slower per mile when running under the influence of marijuana. However, this minor reduction in speed did not detract significantly from the overall exercise experience, according to the researchers.

## Pain Perception

In addition to the psychological effects, participants also reported experiencing lower levels of pain after consuming cannabis. This finding suggests that marijuana may have analgesic properties that could benefit individuals engaging in strenuous physical activity.

## Implications

The study's findings have significant implications for both regular cannabis users and the broader athletic community. Contrary to prevailing beliefs, acute cannabis use appears to have the potential to improve the exercise experience for certain individuals. This aligns with previous research indicating that marijuana users often report a more satisfying workout and engage in more physical activity overall.

While further research is needed to fully understand the effects of cannabis on physical performance and recovery, the University of Colorado Boulder study offers valuable insights into the complex relationship between marijuana consumption and exercise. As attitudes toward cannabis continue to evolve, it is essential for researchers and athletes alike to explore its potential benefits and drawbacks in order to make informed decisions about its use in conjunction with physical activity.

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