People, including women, should run. Running doesn’t make you fat it burns fat. If no one ever ran, we would all get fat, the US would drop out of the Olympics, the other countries would laugh at us, and we would have war declared on our squishy country. People have been running since before recorded history. So it must be right to do. Millions of people like running, they watch it on the Olympics every summer games. If so many people like it, it must be good. Running is a thing that everyone should do. Because you don’t care for people I shouldn’t have even read the rest of your argument. Only someone who is not sympathetic would make such a bad argument, so I’m going to discount it.

You said that women should not run for the following major reason: it is physically unhealthy. You had four statements supporting this: it makes you fat, it can decrease muscle mass, it can decrease bone density, and it can decrease strength.

To an extent, I understand the science behind your main points. The research you did on this topic including the studies, tests, and experiments of others is admirable. I can agree that doing the same routine will get you to a plateau, whether it’s sprints or endurance running.

I do disagree on some of the premises though. Even though you said fat stops burning in a certain situation, it won’t always stop burning, so running does burn fat. I think you emphasized that it stops to try to mean that it doesn’t happen at all. Running does break down muscle mass, but only while one is running. Once running stops, the recovery process starts. Most people are smart enough to have protein afterward to avoid muscle borrowing. So muscle is gained back and even increased after running. The same goes for bones. They may wear a little, but with the right nutrients and rest, they are renewed.

People should run. Not only to be healthy, as it can increase strength, muscle, and bone strength, but for other reasons too. Running is fun, it increases release of endorphins which is also a mental health benefit. It opens opportunities, people can get scholarships, enter charity event races, break records, and go down in history. It creates ambition and goal setting skills. For these opportunities to unfold people have to want them and work for them.

I think that my counter argument is strong. I think that I have won this debate. I don’t know the specifics of the science involved, but I know that as far as health goes, it tends to play out that people tend to lose weight when they run. So I think my weakest premise would be the health premise but I thinks it’s still stronger than his health argument. I think that my logical flow was nice and smooth. If I were to criticize my own argument, I would want more reasons than just the ones I provided. I’m sure there are more, but I couldn’t think of any. If I had to diagram my argument, I could do it pretty easily.

The fallacies I used were: slippery slope, appeal to tradition, appeal to popularity, begging the question, and ad hominem.