

Run, read, recharge

Books and the open road give this honcho his dose of downtime

OFF-DUTY

For a man who travels for over 12 days a month across the country and overseas the smooth running of logistics for his clients, being centred is essential. Vineet Agarwal gets his downtime from two distinct passions — running and writing. “Wherever I am, I try to go for a morning run. It clears my head. Long distance running is quite meditative. It sets the rhythm of your heart,” he says.

His running calendar is defined by weekly goals — usually 25 km a week, and when preparing for a long distance running event, 100 km a week. He ran his first full marathon in December 2013 at Gurgaon. Not one to depend on apps or coaches, he sticks to a workable training schedule. “I have done enough reading and research

to train on my own.

Sometimes I am the only person running at 6 am at Nehru Park, and continue till past 9 am if I am training,” he says. “I am a calm person by nature, and running calms me further.”

Reading — old-school, with no Kindle or iPad — also helps him unwind. “I love to hold a book and read. I can’t do without paperbacks.” An avid reader, he tries to complete two books per month. “This way, in 60 years, I would have completed close to 1,600 books. I never re-read books and am very selective about the titles I pick up.” He just completed Jhumpa Lahiri’s *Lowland*, and his second book is always a non-fiction title. “I make notes when reading, which my secretary types out and I refer to.” Agarwal also keeps a keen tab on developments in the logistics sector from sites such as *The Economist*. The TED.com newsletters too are a favourite, as are inspirational blogs. “My passions keep me going,” he says, simply.

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