

# Interface `java.lang.Runnable`

public interface **Runnable**  
extends [Object](#)

This interface is designed to provide a common protocol for Objects that wish to execute code while they are active. For example, `Runnable` is implemented by class `Thread`. Being active simply means that a thread has been started and has not yet been stopped.

In addition, `Runnable` provides the means for a class to be active while not subclassing `Thread`. A class that implements `Runnable` can run without subclassing `Thread` by instantiating a `Thread` instance and passing itself in as the target. In most cases, the `Runnable` interface should be used if you are only planning to override the `run()` method and no other `Thread` methods. This is important because classes should not be subclassed unless the programmer intends on modifying or enhancing the fundamental behavior of the class.

**See Also:**  
[Thread](#)

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The method that is executed when a `Runnable` object is activated.

## Methods

- o **run**

```
public abstract void run()
```

The method that is executed when a `Runnable` object is activated. The `run()` method is the "soul" of a `Thread`. It is in this method that all of the action of a `Thread` takes place.

**See Also:**  
[run](#)

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