

Running Revolution - Glossary of Running Terms



5K - 3.1 miles long.

10K - 6.2 miles long.

400 meters – Roughly equivalent to a quarter mile - 1 lap around a standard track.

800 meters - Roughly equivalent to a half-mile - 2 laps around a standard track.

1600 meters - Roughly equivalent to a mile - 4 laps around a standard track.

Ballistic stretching – Do NOT attempt unless you are working with a certified coach or trainer. Ballistic stretching uses the momentum of a moving body or a limb in an attempt to force it beyond its normal range of motion.

Cadence - is often confused with running speed, but they are not the same thing. But your cadence will directly impact your speed. Cadence is the number of times that your feet touch the ground in a minute. In most cases, beginner runners are rarely running at a cadence of 180 steps per minute and the most common reason for this is over striding or too much vertical movement (bouncing). So why is this dangerous? Well, when you take fewer steps per minute, that means that your body mass is suspended in the air for a greater amount of time, and as a result causes a greater force to be applied when your body finally makes contact with the ground. Since most injuries are impact related, stride rate is not something to mess around with. Also known as stride turnover, a runner's cadence is the number of steps taken per minute while running. The fastest and most efficient runners have a cadence of around 180 steps per minute, so find a fast-paced jam on the iPod and keep to the beat!

Cardio Training - A cardiovascular or “cardio” workout is one that is focused on increasing your heart rate to burn fat and strengthen your heart. Some examples of this could be walking, running, biking and roller blading.

Cardiovascular fitness - is the ability of the heart and lungs to supply oxygen-rich blood to the working muscle tissues and the ability of the muscles to use oxygen to produce energy for movement. This type of fitness is a health-related component of physical fitness that is brought about by sustained physical activity.

Cool down - A less-intense exercise that will help your heart rate gradually recover after the end of a workout. The last few minutes of any run should be devoted to a cool down such as jogging at a slow pace. Don't come to an abrupt stop after vigorous exercise. That can make you feel light-headed and dizzy. Cooling down keeps your heart rate and blood pressure from dropping rapidly.

Cross-training - Exercising in other ways to help improve your running performance. Strength training, biking, or swimming, for example, help balance out your body by strengthening

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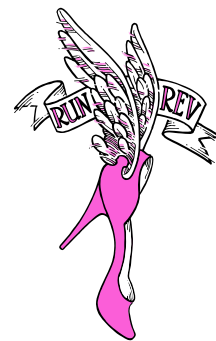
muscles you don't use as much when you run, which improves your running performance. Yoga also helps stretch muscles and hips to help with your form and performance.

DOMS - The pain you feel in your muscles after a workout. Delayed onset muscle soreness, or DOMS, usually happens one or two days after your workout and can happen after any workout and especially if you're new to running or did a particularly intense run. DOMS comes from microscopic tears in the muscles you challenged during your workout. The tears are actually good in that your body repairs them to make your muscles stronger. Get your vitamin D levels checked, a great many folks are low in the "sunshine" vitamin and D is essential for tissue repair. One way to relieve DOMS is to get out and do some light exercise that will push blood into the injured areas. This will remove lactic acid and soothe the symptoms of DOMS.

Dynamic stretch - Dynamic stretches activate and loosen up all your leg muscles, preparing you for your run. Dynamic stretching is a form of stretching beneficial in sports utilizing momentum from form, static-active stretching strength and the momentum from static-active stretching strength, in an effort to propel the muscle into an extended range of motion not exceeding one's static-passive stretching ability.

Dynamic/warm - This is a term we are using on the run training schedules to mean that either dynamic stretching or warm up jog are acceptable.

Easy - Run at an easy pace that you sustain over time. This usually coincides with your current Heart Rate "Aerobic" or "Target" zone.



Fartlek - Fartlek is a Swedish word meaning "speed play." In a fartlek, you would run hard to say the next telephone pole, then slow down, then run hard again to the next object. It's just basically bursts of speed in the middle of a workout. It can be easy or hard. There's no set distance or speed, it's very loose and informal. Fartleks are good for a beginning runner who wants to dabble in speedwork.

Heart Rate Training Zones - A heart rate training zone is a range that defines the upper and lower limits of training intensities. It is calculated using an age-related predicted maximum heart rate (HRmax) and a special equation called heart rate reserve (see "Calculating a Target Heart Rate Zone" below). The values are expressed as a percentage of maximum heart rate (for example, 70% of HRmax), and the range is based on (1) metabolic systems in your body that

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fuel your muscles during exercise, and (2) how hard you want to train. Training from 40% to 85% of HRmax is aerobic exercise ("cardio"). Aerobic means "with oxygen." Training above 85% of HRmax is anaerobic exercise. Anaerobic means "without oxygen."

Hills - Workouts where a runner runs up a hill fast to develop leg power and aerobic capacity.

Hill repeats - A workout that includes sprinting uphill fast, jogging downhill at an easy pace to recover, and then repeating the sequence. It's thought to be an efficient way to build leg strength, speed, and aerobic capacity. Hill repeats reduce your injury risk because it limits fast-running time and because the incline of a hill shortens the distance your feet have to fall, reducing the impact of each step.

Interval training - Dividing your run into short periods of alternating speeds, such as a slow interval of jogging followed by a high-intensity interval where you sprint as fast as possible. Interval training is important not only because it helps make you a better runner but also because it burns more fat than running at a steady pace alone.

K - is for kilometers, 1,000 meters

Metric Mile – 1500 meters

Mile- 1609 meters, four laps of a standard track

Negative Splits - To run a negative split, you must finish your run at a faster pace than you started. This means that you intentionally run each mile faster than the one before. Negative splits might also mean that you run the first half of a race slower than the second half.

Pace - Pace is the speed at which you run, usually expressed in terms of minutes per mile. Pacing isn't something most of us are born knowing how to do. Instead, like many skills, it takes practice. Developing a better sense of pace will help you conserve energy while running. Working on your pace can help you learn what your goal pace feels like prior to race day. Your running pace at a given effort level will vary greatly from day to day, depending on the weather, your fatigue level, and numerous other factors. While it's good to have a general idea of how fast you're running, it's best not to base your running around hitting certain paces all the time. Doing so usually leads to working too hard, and can drain much of the enjoyment from your running. As you gain fitness, you'll naturally speed up.

PR / PB - Personal record / personal best.

Race Pace - The "Magic Mile" - Running a one-mile time trial workout can help predict potential performances during a training season. By tweaking the pace, the number of repeats, and the duration of the recovery between efforts, runners can adapt mile repeats to any goal—whether it's improving fitness or setting a marathon PR. Running a timed mile provides a reality check on your current goals, helps you determine a safe long-run pace, and gives you a tangible way



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to track your progress during the season.

Rest – Rest is as important a part of your training as your runs. You need both enough hours of sleep a night and enough time off for your muscles to repair from your workouts. You will be able to run better – and limit your risk of injury – if you program some easy training before and after taxing work. Be realistic about your fatigue level – particularly in the closing weeks of the program - don't be afraid to take a day off.

Speedwork - Also called intervals or repeats, speedwork refers to any workout run at a faster-than-normal pace. Often done at a track. Performed to increase cardiovascular fitness.

Static stretching – a stretch is held in a challenging but comfortable position for a period of time, usually somewhere between 10 to 30 seconds. Static stretching is the most common form of stretching found in general fitness and is considered safe and effective for improving overall flexibility. Static stretching at the end of your run can bring your heart down, cut your risk of injury and lessen muscle soreness.

Strength Training - Strength training is a type of physical exercise specializing in the use of resistance to induce muscular contraction, which builds the strength, anaerobic endurance, and size of skeletal muscles.

Taper - Runners usually cut back mileage (or taper) one day to three weeks (depending on race distance) before a big race. Tapering helps muscles rest so that they are ready for peak performance on race day.

Tempo - When runners talk about doing a “tempo run” they usually mean a sustained, faster-than-usual run of 3 to 6 miles at the pace they could sustain for an hour in a race. Tempo runs are said to feel “comfortably hard”—you have to concentrate to keep the effort going, but aren't running with as much effort as a sprint or 5-K race. Tempo runs are a good way to boost your fitness without doing hard track workouts. Another way to gauge the pace of tempo runs: a pace about midway between short-interval training speed and your easy running pace.

Warm-up - A period of walking or easy running or any light activity that is done for 10 to 20 minutes before a workout. It gradually increases heart rate, breathing rate, and blood flow to the muscles, and it prepares the body for more vigorous work. A good warm-up allows the body to work more efficiently and helps prevent muscle pulls and strains.

