



Running Terminology



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Fartlek & Chips

If you think 'LSD' is a drug, a 'chip time' requires potatoes, and 'negative splits' sound painful...then this summary is for you.

A	
Aerobic	Refers to exercising at a level that is easy enough for your lungs and heart to deliver the oxygen required by your muscles. E.g. long distances, rather than sprinting.
Anaerobic	Refers to exercising at a level where your heart and lungs can't deliver all the oxygen required by your muscles. This results in the buildup of lactic acid in your muscles. E.g. sprinting.
Anaerobic threshold	The maximum exercise intensity that you can maintain without lactate continuously increasing. ie the transition between aerobic and anaerobic exercise. AKA "lactate threshold."
B	
Bandit	Someone who runs in a race without registering or paying.
C	
Carb-loading	When someone increases the percentage of carbohydrates in their diet in the days leading up to a long distance race.

Chip time	A computer chip is tied to your laces or is attached to your number. It records the time you cross the start line and the time you cross the finish line. This means your time isn't affected by a long queue to cross the start line. See "gun time".
Cadence	The number of steps taken per minute.
Cool-down	Slow running or jogging done after a workout or competition to loosen muscles and rid the body of lactic acid.
CR	Course record.
Cross training	This is where you complement your running training by doing a different type of aerobic exercise e.g. swimming or cycling.
D	
DNF	Did Not Finish. A runner who started a race but did not finish it.
DNS	Did Not Start. A runner who entered a race but did not start it.
DOMS	Delayed Onset Muscle Soreness. Muscle soreness that occurs 24-48 hours after exercise.
E	
Elite runner	An athlete who has reached the highest level in their sport.
F	

Fartlek	Swedish for "speed play". A form of training where you constantly vary the pace and terrain.
G	
Gait	The pattern of movement of your limbs as you walk or run.
GPS	Global Positioning System. Using satellites to show your precise location. Usually used to track the distance you have run.
Gun time	The time from when the race officially starts to when you cross the finish line. See "chip time".
H	
Helium balloon	A way to improve your running posture by imagining a helium balloon coming out of the top of your head pulling you upright. http://www.clairepersonaltraining.co.uk/single-post/2016/02/05/Why-everyone-needs-a-helium-balloon
Hitting the wall	The dreaded point during a race when your muscle glycogen stores become depleted and a feeling of fatigue engulfs you.
I	
Intervals	A form of training where short fast repeats are alternated with slower recovery sections.
L	

Lactate threshold	The maximum exercise intensity that you can maintain without lactate continuously increasing. ie the transition between aerobic and anaerobic exercise. AKA "Anaerobic Threshold."
LSD	NOT the hallucinogen. LSD is an abbreviation for "Long, Slow Distance". A form of training where you run at an easy pace but for a longer distance.
M	
Marathon	26.2 miles. The distance was based on the legend of a messenger running from Marathon to Athens (about 25 miles) and the extra bit was added on in the 1908 London Olympics so that the baby royals could watch from their nursery – allegedly.
Metric marathon	A race that covers 26.2km.
N	
Negative split	Running the second half of a race faster than the first half.
NR	National record.
P	
Pace	How fast you're running, usually expressed in terms of minutes per mile or minutes per kilometer.

Pacing	Someone doing a race with the sole intention of going at a constant set pace to help other people reach their goal time. http://www.racemappr.com/2016/04/07/art-pacing-claire-senior/
PB	Personal Best (see 'PR'). Your best time at a specific distance.
Plank	A great exercise for developing core stability http://www.clairepersonaltraining.co.uk/single-post/2016/05/05/Core-Stability-Exercise-The-Plank
Plyometric	Basically a 'jumping' exercise.
PR	Personal Record. AKA 'PB' but more commonly used in America.
PW	Personal Worst. Your worst time at a specific distance. People don't often display these as on Facebook...
R	
Runner's high	A feeling of euphoria and exhilaration associated with vigorous running.
S	
Splits	Your times at mile (or kilometer) markers along your route.
T	

Tapering	When runners reduce their mileage in the lead up to a race to ensure their muscles are rested. The length of taper depends on the individual and the distance of the planned race. http://www.racemappr.com/2016/05/04/what-is-tapering/
Tempo runs	A sustained run at a faster than normal pace for the distance you are running. Often called 'threshold runs', but tempo runs are generally at a slightly slower pace and can be maintained for longer.
Ten percent rule	The generalised rule that suggests not to increase your mileage by more than 10 percent each week with the aim of preventing injury from doing too much too soon.
Threshold runs	This term is often used interchangeably with 'tempo runs'. It is the maximum exercise intensity that you can maintain without lactate continuing to increase. In other words, running at the fastest pace that you can sustain.
Trail running	Any running that is not done on a road or pavement. Lots of fun and lots of variety.
U	
Ultra	Any race that's longer than a marathon. The most popular ultra-distances are 50K, 50 miles, and 100K.
V	
Veteran	You become a 'veteran' at the sprightly age of 35.
VO2 Max	Used as a measure of fitness. The maximal amount of oxygen that you can take from the atmosphere and transport and use in your cells, i.e. maximal oxygen consumption.

W

World best

A term used instead of 'World Record' in events that are not a standard distance.

WR

World Record.

X

XT

Another way to say 'Cross Training'.

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