



RUNNING TERMINOLOGY

GUIDE



HEALTH & FITNESS

#BETHEBESTYOU

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DISTANCES

METRIC MILE	1500m, which is the international racing distance closest to the imperial mile
100 METERS	Shortest common sprint race distance that is held outdoors
200 METERS	1/2 lap around a standard distance track
400 METERS	1/4 mile, one lap around a standard distance track
800 METERS	1/2 mile, two laps around a standard distance track
1200 METERS	3/4 mile, three laps around a standard distance track
1500 METERS	0.93 mile, a metric mile, 3 3/4 laps around a standard track
5K	3.1 miles; 5,000 metres
10K	6.2 miles; 10,000 metres
HALF MARATHON	13.1 miles; 21097 meters
MARATHON	26.2 miles; 42,195 meters
ULTRA MARATHON	26.2 miles + (anything longer than a marathon)

ACRONYMS

BQ	Boston qualifier, this refers to any marathon that's certified to award you a ticket to the coveted Boston Marathon, based on your time
CR	Course record, the fastest time run on a specific course
DFL	Dead freaking last. But don't be disheartened, it's still better than not running at all!
DNF	Did not finish
DNS	Did not start

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DOMS	Delayed onset muscle soreness. You typically experience this type of muscle soreness around 24-48 hours after completing a particularly intense or long distance run
FKT	Fastest known time
ITB	Iliotibial band, the fascia band that runs from your hip to the knee
LSD	Long, Slow Distance
MUT	Mountain/ultra/trail runner
NR	National Record. The fastest time recorded for any given distance within that country
PR/PB	Your personal record or personal best time for a distance or course

MISC RUNNING TERMS

AEROBIC	Aerobic respiration is when you're running or doing other exercise at an intensity that's sufficiently easy for your respiratory and cardiovascular systems to deliver all or most of the oxygen required by your muscles, and slow enough that lactic acid doesn't appreciably build up in your muscles. With enough endurance, a slow aerobic pace can be sustained over long distances.
ANAEROBIC	Anaerobic respiration is when you are exercising at an intensity that makes it impossible for your respiratory and cardiovascular systems to deliver all or most of the oxygen required by your muscles, and fast enough that lactic acid begins to build up in your muscles. The build up of lactic acid quickly leaves muscles feeling tired and heavy, and as a result anaerobic running is difficult to sustain.
ANAEROBIC THRESHOLD (AT)	This is the transition phase from aerobic and anaerobic running. You can increase AT by training your muscles to use oxygen more efficiently, and as a result produce less lactic acid. Also sometimes known as "lactate threshold."

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CHIP TIME	At many organised running events you will be given a chip with a unique ID that records your running time. It's a much more accurate way to measure times and can help to deal with the issue of several runners finishing a race all at once. You attach the chip to your shoelace and it sends a signal to an electronic reading device when you cross the start line and again when you cross the finish line
COOL-DOWN	A slow run, jog or walk done after a run to loosen your muscles and rid the body of lactic acid. Cooling down is important for avoiding injuries
FARTLEK	Swedish for "speed play". A fartlek run uses a mixture of slow running, running at a moderate pace and short, fast bursts to help build up speed and endurance
FUEL	Fuel is all about getting the right nutrition to sustain your run. Fuel for running comes in all kinds of forms, such as energy gels, chews, bars, and even jelly beans. We recommend that you try to eat around 100 calories after an hour of running
INTERVALS	An interval running plan helps to build up speed and endurance through alternating between periods of intense, fast paces followed by less intense recovery periods. During the intense bursts you push yourself close to your peak heart rate, then allow it to fall back down as you slow your pace to a jog
LACTIC ACID	Lactic acid is the acid that is produced in the muscles as a result of the incomplete breakdown of glucose, usually during anaerobic respiration. Lactic acid causes muscles to feel sore and heavy
MAXIMUM HEART RATE	Your maximum heart rate is the highest number of beats per minute your heart can pump whilst under maximum stress
NEGATIVE SPLITS	Running the second half of a race faster than the first half
OUT AND BACK	A course that entails running out to a turnaround spot, and then returning back to the starting point
PACE	The number of minutes it takes you to cover a mile or kilometre
POINT TO POINT	A run or race that starts and ends in different places

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RUNNERS HIGH	The feel-good feeling directly associated with vigorous running and caused by the release of endorphins
SPLITS	Your times at mile or kilometre markers or other pre-planned checkpoints along the way to the finish line of a race
STRIDES	Strides are short, fast, but controlled runs of 50 to 150 meters used both in training and to warm up before a race to build speed and efficiency
TAPER	Before big races, runners usually cut back their mileage (known as tapering) to help their muscles rest so that they are ready for peak performance on race day. Depending on the race distance runners can start tapering from a day up to few weeks before their race
TARGET HEART RATE	A range of heart rate reached during aerobic training, which enables an athlete to gain maximum benefit
TEMPO RUNS	Tempo runs are sustained effort training runs. They are usually 20 to 30 minutes in length and run at 10 to 15 seconds per mile slower than your 10-K race pace. When doing tempo run training you should aim for a pace about midway between short-interval training speed and your easy running pace.
THE WALL	The wall is a mental and physical blocker experienced by runners that makes you feel like you can't possibly move another step. It is however, usually possible to fight through and find your second wind
THRESHOLD RUNS	Threshold runs consist of 5 to 20 minutes at a pace just a little slower than your 10K racing pace, a pace that is roughly equivalent to being at your lactate threshold. This is the point just before your muscles start to burn energy anaerobically, producing lactic acid. Running at or near lactate threshold is believed to raise your lactate threshold, which should allow you to run faster in the future
VO2 MAX	The maximum amount of oxygen that a person can extract from the atmosphere and then transport and use in the body's tissues
WARM-UP	A warm-up is an important pre-workout to raise your heart rate so that your body (and its muscles) are looser before a tough workout begins