



## TRAINING 101

**10-K pace** - 10-K pace, when used in a workout to describe how fast to run, is simply the pace of an athlete's last 10-K race. "10-K pace" is therefore different for every runner; for a 62-minute 10-K runner, "10-K pace" is 10 minutes per mile; for 31:00, it's 5 minutes per mile; for Paul Tergat, it's 4:16 per mile. (The same workout can be translated to 5K pace or Half Marathon pace)

**Aerobic** - Used to refer to running or 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. Generally, you can sustain a slow aerobic pace for long periods of time, provided you have the endurance to go long distances.

**Anaerobic** - Used to refer to running or other exercise 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, thus producing a tired, heavy feeling. The pace associated with anaerobic running cannot be sustained very long.

**Anaerobic Threshold (AT)** - The transition phase between aerobic and anaerobic running. Good training will increase AT by teaching the muscles to use oxygen more efficiently, so that less lactic acid is produced. Also known as "lactate threshold."

**Bonk** - See "hitting the wall."

**Circuit Run** – Run at an easy pace and randomly insert strength or form exercises (30 seconds – 1 minute). Exercises could include push-ups, crunches, form drills, step –ups, etc.

**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 Train** – Cross Training is incorporated into the training program to allow you to take a break from running by incorporating activities such as swimming, biking, strength training, yoga or other fitness equipment at a fitness center (elliptical trainer, rowing machine, etc.). Be sure to cross train at an easy to moderate level of intensity; this is meant to be active recovery day.

**Cut back weeks** - Cut back weeks allow for the body to recover from wear and tear of heavy mileage. Cut back weeks are recommended between your longest runs, approx. every three to four weeks.

**DNF** - Did not finish.

**DNS** - Did not start.

**Easy Run** – Run at a slow, comfortable pace. These days help you recover from your hard (long or fast) workouts. Take it easy and don't run too fast (65% - 75% of Max Heart Rate).

**Elite Runner** - An athlete who has reached the highest level in his/her sport.

**Fartlek** - Swedish for "speed play;" variable pace running; a mixture of slow running, running at a moderate pace and short, fast bursts. Fartlek training is a "creative way" to increase speed and endurance.

**Hill Repeats** – Designed to build running specific strength. Concentrate on proper form as you run up the hill at a moderate threshold pace. Continue all the way over the top of the hill, then relax and take controlled, quick strides as you run down the hill. Recover between each interval.

**"hitting the wall"** - The dreaded point (and awful feeling similar to what your body would feel like if you ran into a wall) during a race when your muscle glycogen stores become depleted and a feeling of fatigue engulfs you.

**Indian Run** – This workout involves group running with short bursts of 30 seconds – 1 minute of fast paced running throughout the workout. Warm up for 10 minutes and cool down for 10 minutes at an easy pace.

**Intervals \ Repeats** - Training in which short, fast "repeats" or "repetitions" often 200 to 800 meters, are alternated with slow "intervals" of jogging for recovery; usually based on a rigid format such as "six times 400 meters fast [these are the repeats] with 400-meter recovery jogs [the intervals]," interval training builds speed and endurance.

**Lactic Acid** - A substance which forms in the muscles as a result of the incomplete breakdown of glucose. Lactic acid is associated with muscle fatigue and sore muscles.

**Lactate Threshold** - See "anaerobic threshold."

**LSD** - NOT the hallucinogen. LSD is an abbreviation for "Long, Slow Distance," which refers to the practice of running longer distances at an "easy" pace rather than shorter ones to exhaustion. The slower pace allows the runner to go longer and, therefore gain more fitness.

**Master Athlete** - An athlete 40 years of age or older is designated a "master" in the U.S. Many other countries use the term "veteran."

**Maximum Heart Rate** - The highest heart-rate reached during a specified period of time.

**Negative Splits** - Running the second half of a race faster than the first half.

**NR** - National record.

**Pick-Ups** - Accelerations done during a run, normally done in shorter durations than fartleks. Pick-ups are simply another way to spice up what would otherwise be an easy-run day.

**Plyometrics** - Bounding exercises; any jumping exercise in which landing followed by a jump occurs.

**PR/PB** - Personal record / personal best.

**Predictor Race** – Use a race scheduled prior to your goal race to more accurately predict your training paces.

**Race Pace Run** – Warm up with prescribed number of easy miles (or minutes), then run the determined miles on the schedule at your estimated race pace. The key to performing this workout with success is to run no faster than race pace. This is your projected pace for the race. Should be slightly slower than threshold pace (approx. 80-85% of Max Heart Rate).

**Rest** – Complete rest from any activity to allow your body to recover and grow stronger. Without adequate rest, your body will break down and injuries will occur.

**Runner's High** - A feeling, usually unexpected, of exhilaration and well-being directly associated with vigorous running; apparently related to the secretion of endorphins.

**Running Economy** - Refers to how much oxygen you use when you run. When you improve your economy, you are able to run at a smaller percentage of max VO<sub>2</sub> (your maximum rate of oxygen utilization).

**Run \ Walk** – A smart running strategy used by endurance athletes for long runs, recovery runs and building mileage. Follow the prescribed walk to run ratio and repeat for the duration of the workout. (3\2 = 3 minutes of running followed by 2 minutes of power walking).

**Speed Workouts \ Track Workouts** - The first few times you go to the track, do not even take a watch. Run a few laps to warm up and then run half a lap at a hard pace, slow down and jog for a half a lap. Repeat this, bearing in mind that 4 laps is equal to roughly a mile (the exact distance depends on whether you are running on a track measured in meters or yards). The repetition and counting laps in their head is too much to allow for an enjoyable workout. If this is the case with you, that's okay. Get in as many laps as you can and then finish up on the road.

**Splits** - Refers to your times at mile markers or other pre-planned checkpoints along the way to the finish line.

**Stretch** – Stretch to maintain flexibility and promote recovery. Stretches should include all parts of the body.

**Striders** - Short, fast, but controlled runs of 50 to 150 meters. Striders, which are used both in training and to warm up before a race, build speed and efficiency.

**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.

**Target Heart Rate** - A range of heart rate reached during aerobic training, which enables an athlete to gain maximum benefit.

**Tempo Runs** - Sustained effort training runs, usually 20 to 30 minutes in length, at 10 to 15 seconds per mile slower than 10-K race pace. Another way to gauge the pace of tempo runs: a pace about midway between short-interval training speed and your easy running pace.

**Threshold Runs** - Runs of 5 to 20 minutes at a pace just a little slower than your 10-K racing pace (or 5K or Half Marathon pace); Threshold pace is roughly equivalent to what exercise physiologists call "lactate threshold," or the point at which your muscles start fatiguing at a rapid rate. Running at or near lactate threshold is believed to raise your lactate threshold, which should allow you to run faster in the future.

**VO2Max (maximal oxygen consumption)** - The maximal amount of oxygen that a person can extract from the atmosphere and then transport and use in the body's tissues.

**Warm-up** - Five to twenty minutes of easy jogging/walking before a race or a workout. The point of a warm-up is to raise one's heart rate so the body (and its muscles) are looser before a tough workout begins.

**"World Best"** - A recorded best time for an event in which formal world records are not kept. For instance, the fastest time at 150m, a non-standard distance, is a "world best" rather than a "world record." Similar distinctions are made for road races which do not meet certain standards, such as races with excessive amounts of downhill.

**WR** - World record.

**Yasso 800's** – Bart Yasso's signature workout to predict your marathon pace. You try to build up to ten 800's in the same time as your marathon goal. If your goal is for a 4 hour marathon, then you want to get the 800's down to 4 minutes each. If your goal is 3:10, then you want to run each 800 in 3 minutes and 10 seconds each. You begin running the 800's a couple months prior to your goal marathon. The first week do four 800's and add one more per week until you reach ten 800's. The last workout of the Yasso 800's should be completed 14 – 17 days prior to your marathon.