

RUNNER'S DICTIONARY

FARTLEK

An unstructured speed workout, alternating faster pace segments and easy jogging, used to increase speed and stamina. Fartlek runs use landmarks (e.g. the next landmark, the third light pole) to guide how long the speed and recovery is and the runner's judgment on how hard to go. This is different from intervals, which have specific times and/or distances prescribed. The literal translation is "Speed play" (it's Swedish) and this workout should feel fun! Speed up for a bit, slow down and repeat!

INTERVALS

Alternating short and fast segments, typically with a prescribed distance and pace, that are used to increase speed and improve form.

TEMPO RUN

Beginning with a warm up (easy pace) followed by a run just below anaerobic pace (medium-hard pace that you can sustain for 20-40 minutes) ending with a cool down (easy pace). Tempo runs are beneficial when working towards maintaining a faster pace for a longer amount of time.

LONG, SLOW RUN

A significantly longer run (70+ minutes) with a slower pace when compared to your normal training runs (60-120 seconds per mile slower). Long runs are beneficial to build stamina and endurance. Some long runs will last hours, once you get into half and full marathon training.

RECOVERY RUN

Short run at an easy pace usually the day after a harder workout to help flush out the lactic acid and keep legs fresh.

CADENCE

Number of steps you take per minute. It is important for runners to have an idea of their cadence in order to understand their stride and lower their risk of injuries. An "ideal" cadence is 170-180 (but it will vary on the speed of your run).

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LACTIC ACID

Created in the muscle during hard training and can result in sore or heavy legs. Runners often use recovery runs to decrease lactic acid build up.

STRIDES

Also called pick-ups or striders, it's a running drill to improve form, mechanics and cadences. They're short accelerations, about 30-60 seconds (or about 100m), typically performed at the end of a run or before a race to warm up. Gradually pick up speed until you run nearly all out and then slow back down.

FOOT STRIKE

Includes heel strike, midfoot strike, and forestrike- it is the way in which your foot lands on the ground when running. Foot strike varies amongst different runners but is important to identify in order to understand one's stride.

OVERPRONATE

Ankle rotates inward after landing on heel and pushes off with your big toe. Often comes with increased risk of shin splints. More common in people with flat feet.

SUPINATE

Weight is unequally distributed to the outer edge of the foot after contact at the heel causes the outside toes to push off. Often common in runners with high arches and can lead to ankle and tendon injuries

NEUTRAL

heel makes contact with ground and rotates 15 degrees inward and pushes off, sufficiently placing weight evenly in your forefoot.

PACE

The time (minutes and seconds) it takes you to complete one mile (or km).

REST DAYS

days you do not run in order to allow your body to recover and rebuild muscles after hard or long workouts. Rest days are important to plan around workout days.

RUNNER'S DICTIONARY

- PB** Your personal best! Your fastest time in a specific race (can be specific to course/route or distance). Also called PR.
- PR** Your personal record! Also your fastest time in a certain race or route. Also called PB.
- SPLIT PACE** The time it takes to complete a specific segment during a run (often called milesplit when talking about mile time in a multiple mile run).
- THRESHOLD PACE** Pace that is slower than race pace but faster than your easy pace. It's roughly a pace you would race at for 50-60 minutes.
- GLUTE ACTIVATION** Activation of glute muscles used in order to increase power and prevent hip injuries. Oftentimes, dynamic warmups are used to activate these muscles before workouts
- CROSS TRAINING** A different workout than you normally do. So if you're primarily a runner, cross training is anything that's not running. Helps prevent injury, improve overall fitness, aid recovery and avoid burnout. ([Read more here.](#))
- STRAVA** Social network for tracking exercise, primarily biking and running, but you can log all types of workouts. Runners use it to track progress, evaluate runs, connect with others, share workouts, and find new routes.
- VO2 MAX** a measure many use to determine running efficiency and fitness by measuring how much oxygen is consumed during exercise. Best calculated by a test in a lab but some watches will estimate it. ([Read more here.](#))
- HEART RATE ZONES** Mapping your heart rate to zones (e.g. 1-5) to determine how hard your body is working during runs.