

## Running Terms Glossary

In our **TC10K ToolKit**, our training plan and other documents will refer to some of these common terms in running. This should help you interpret the plans.

### ***c/d = cool-down***

Slow running or jogging done after a workout or competition to loosen muscles and rid the body of lactic acid.

### ***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.

### ***intervals***

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.

### ***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 (supposedly), gain more fitness.

### ***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.

### ***PR/PB***

Personal record / personal best.

***repeats*** See “intervals.”

### ***runner’s high***

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

### ***splits***

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

### ***strides***

Short, fast, but controlled runs of 50 to 150 meters. Strides, 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.

### ***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.

### ***w/u = 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.

