Running terminology may not be the most fascinating topic at first glance. However, running, like any other sport or profession, has a language of its own and it is very important to understand the definitions and terms that will be referred to. This is certainly not an exhaustive list, but covers the basic terms that you should know.

- **10% Rule**: a general guideline which discourages increasing your weekly mileage by more than 10% each week.
- **Aerobic Capacity/VO2 Max**: maximum amount of oxygen that can be utilized by your body.
- **Aerobic**: using oxygen to generate energy.
- **Anaerobic**: without oxygen, usually used to describe very high intensity exercise.
- **Anterior**: front.
- **Bandit**: someone who runs a race who hasn't registered, this is frowned upon.
- **BQ (Boston Qualify)**: the Boston Marathon requires runners to meet certain time standards based on age and gender.
- **Carbo Load**: a dietary habit of eating high carbohydrate diet (60-70% total calories) for three days before a race to maximally fill glycogen stores.
- **Chicked**: a man who gets passed by a woman in a race.
- **Chip**: a device you tie to your shoe that measures your finishing time when you cross a mat in the race.
- **Clydsdale**: a heavier runner.
- **Cool Down**: slowing your pace for a few minutes at the end of your run to slowly lower your heart rate, then walking to avoid blood pooling in your extremities.
- **CR**: course record.
- **Cross Training (XT)**: a low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, walking, weight-training, yoga, exercise video.
- **Cushioned**: a shoe designed for a neutral foot that does not over-pronate or that may supinate.
- **Cutdown**: decreasing intervals; 800m- 600m- 400m- 200m.
- **DNF**: did not finish.
- **Doubles** = doing two runs in one day
- **Easy Run/Recovery Run** = an easy, steady pace for recovery or enjoyment; improves aerobic conditioning; intensity should permit conversation and be no more than 60-75% maximum heart rate.
- **Endorphins** = brain chemicals which cause feelings of euphoria and the "runners high"
- **Endurance** = the ability to run for long periods of time
- **Fartlek** = Swedish word meaning "speed play"; an informal speed workout; example: run hard to next telephone pole, then slow pace, run hard to next pole
- **Foot Strike** = how your foot impacts the ground as you run: heel strikers, mid-foot striker, forefoot striker
- **Heart Rate (HR)** = the contraction of the heart, usually measured as beats per minute (bpm)
- **Heart rate Monitor (HRM)** = a device that measures the electrical activity of the heart
- **Hill Repeats** = run up hill at fast pace then jog down, repeat for determined number of times
- **Hills** = important to build leg strength and endurance; run in a hilly area or set the treadmill at an incline.
- **Hitting the Wall/Bonk** = a state of exhaustion where your glycogen stores are depleted and blood sugar levels are low; this sometimes hits around mile 20 if you don’t replace carbohydrates at an adequate rate
- **IAAF** = International Amateur Athletic Foundation; the world wide organization that governs running
- **Iliotibial Band Syndrome (ITBS)** = inflammation of IT band which runs on the outside of the leg from the hip to just below the knee; most often occurs where the band crosses over the outside of the knee and also at hip.
- **Intervals** = a type of workout where a set distance is run repeatedly with recovery jogs in between to build speed and aerobic capacity
- **Kick** = a fast finishing sprint at the end of the race
- **Lactic Acid** = a byproduct of the body’s use of carbohydrates; usually associated with muscle stiffness and burn after a hard workout
- **Ladder Intervals** = a workout where increasing intervals are run with recovery jogs in between; 200m- 400m-600m- 800m
- **Lateral** = outside or facing the side of the body
- **Log** = a training record to increase your motivation, monitor progress, and spot trends in your running
- **Long Run** = the weekly mileage buildup, the most important run of the week consisting of 25-30% of your weekly mileage, done at a steady and comfortable pace; depending on goal race it could be from 5-20 miles.
- **Loop**: starting your run at one point and then running in a big circle to end at the same location
- **Marathon Pace**: a slow, steady pace similar to what you'll do your long or easy runs at; use online calculator at The McMillian Calculator
- **Master**: an athlete 40 years of age or older
- **Maximum Heart Rate (MHR)**: the highest number of contractions your heart can make in one minute; 220 - your age = max HR (220 - 31 = 189)
- **Medial**: inside or facing the middle of the body
- **Motion Control**: the ability of a shoe to limit over-pronation (the foot rolling inward) and provide stability
- **MPM**: minutes per mile
- **MPW**: miles per week
- **Muscle Soreness/DOMS (Delayed Onset Muscle Soreness)**: pain, stiffness, or soreness of a muscle related to microscopic tears of a muscle doing more work than it's used to.
- **Negative Split**: running the second half of a race faster than the first half
- **Orthotics**: shoe inserts to correct biomechanical problems
- **Out And Back**: course you run out a certain distance and then turn around and run back
- **Over-Pronation**: foot rolls over to the inside too far during the running stride which can lead to injury
- **Overtraining**: training too much, too soon which can lead to fatigue, injury, or burn out
- **Pace**: a measurement of speed of running, usually measured as how many minutes it takes you to run a mile
- **Peak**: scheduling your training so that your best performance is timed for a race
- **Piriformis Syndrome (PS)**: pain in the buttocks
- **Plantar Fascitis (PF)**: inflammation of the tendon running along the bottom of foot; can be very painful
- **Point to Point**: a course that begins and ends at widely separated locations
- **Posterior**: back
- **PR/PB**: Personal Record or Personal Best; the fastest time you've done for a given distance
- **Pronation**: the natural inward roll of your foot during your running stride
- **Plyometrics**: a type of exercise designed to produce fast, powerful movements; the muscle is loaded and contracted in rapid sequence
- **Pyramid**: combining intervals; 200-400-600-800-600-400-200
- **Rabbit**: someone who goes out with the intention of setting a fast pace but then often drops out
- **Rest Day**: no running or intense physical activity, an important day to rest your body and mind
• **Resting Heart Rate (RHR)** = your heart rate when you first wake up in the morning and before getting out of bed

• **RICE** = Rest, Ice, Compression, and Elevation; used to treat certain injuries

• **Runner’s High** = brain releases feel good chemicals called endorphins after strenuous exercise

• **Runner’s Knee (Chondromalacia Patella) or (Patello-Femoral Syndrome)** = the kneecap (patella) rubbing on the front of the thigh bone (femur); caused by overuse, doing too much too soon, osteoarthritis, insufficient muscle development, running on slanted pavement, improper alignment, and worn out shoes.

• **Runners Trots (Code Brown)** = gastrointestinal (GI) problems (loose stools or diarrhea) on the run

• **Second wind** = feeling more energy and using less effort after running for at least 15-20 minutes

• **Singles** = doing one run per day

• **Speedwork** = increasing the pace of your run according to a schedule to improve leg power, strength, and confidence; training yourself to go faster

• **Stability** = a shoe designed for an average arched foot and offers some degree of control for over-pronation

• **Stitch** = side cramp

• **Stress Fracture (SFX)** = a hairline crack in the bone

• **Stretching** = movements to increase muscle, ligament, and joint flexibility; best done after exercise when the muscles are warm

• **Strides** = short, controlled bursts of running (50-150 meters) to work on form and efficiency; sometimes done at the end of a workout

• **Supination** = foot rolls too little during the running stride

• **Taper** = decreasing mileage for several days to three weeks before a race to ensure peak performance

• **Technical Shirt** = a running shirt made of wicking fabric

• **Tempo Run** = alternating increased speed with an easier effort; maintaining a comfortably hard or challenging pace; builds speed and teaches the body to run at a certain pace; maximum of 80-85% HR

• **Tendinitis** = inflammation of a tendon; tendons connect muscle to bones can occur related to running in groin, buttocks, legs, feet, and lower joints

• **TM** = treadmill

• **USATF** = USA track and field

• **Warm Up** = walk for at least 2 minutes before starting a slow jog to warm up and loosen the muscles prior to workout
• **Weight Training/Strength Training** = used to develop the strength and size of muscles; used to increase muscle, tendon, and ligament strength, increase bone density, muscle tone and posture
• **Wicking** = the ability of fiber to move moisture from the skin to surface of fabric so it can evaporate and keep you dry
• **XC** = cross country

**Lap and Race distances:**
• **100 Meters** = shortest sprint race held outdoors
• **200 Meters** = 1/2 lap around track
• **400 Meters** = 1/4 mile, one lap around track
• **800 Meters** = 1/2 mile, two laps around track
• **1200 Meters** = 3/4 mile
• **1500 Meters** = .93 mile, metric mile, 3 3/4 laps around track
• **5k** = 3.1 miles; 5,000 meters
• **8k** = 4.97 miles
• **10k** = 6.2 miles; 10,000 meters
• **12k** = 7.456 miles
• **15k** = 9.3 miles; 15,000 meters
• **Half-Marathon** = 13.1 miles; 21.1k
• **Marathon** = 26.2 miles; 42.2k
• **Ultra Marathon** = any distance greater than 26.2 miles

*Having a grasp of these running terms will enable you to read and understand running books and articles as well as talk intelligently about your favorite sport.*

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