

# A GLOSSARY OF RUNNING TERMS

(REPRINTED IN PART FROM THE AAF/CIF COACHING MANUAL)

## **AEROBIC**

EXERCISE OR RUNNING AT A PACE THAT ALLOWS THE BODY TO MEET ITS REQUIREMENT OF OXYGEN.

## **ANAEROBIC**

EXERCISE OR RUNNING PACES THAT DO NOT ALLOW THE BODY TO MEET ITS OXYGEN REQUIREMENTS. THIS CREATES A BREATHLESS STATE, OR "OXYGEN DEBT", WHICH IS REPAID WITH PROLONGED, HEAVY BREATHING UPON THE CONCLUSION OF EXERCISE. THERE IS A POINT IN ALL-OUT RACING AT ANY DISTANCE WHERE RUNNING BECOMES ANAEROBIC. THE TERM LITERALLY MEANS *WITHOUT OXYGEN*.

## **BIOMECHANICS**

THE SCIENCE THAT EXPLAINS HUMAN MOVEMENT AND ATHLETES' ATTEMPTS TO RUN FASTER, JUMP HIGHER AND LONGER, AND THROW FARTHER.

## **C.I.F.**

STANDS FOR THE CALIFORNIA INTERSCHOLASTIC FEDERATION, IT IS THE GOVERNING BODY OF ALL CALIFORNIA HIGH SCHOOL SPORTS AND CONDUCTS CHAMPIONSHIP TOURNAMENTS. IN CROSS COUNTRY, THE CIF CHAMPIONSHIPS CONSISTS OF PRELIMINARY RACES THAT DRAW THE TOP-THREE TEAMS FROM EACH LEAGUE, THEN A CIF FINALS, WHICH IS A RACE OF THE TOP TEAMS IN EACH DIVISION OF SCHOOLS (BASED ON ENROLLMENT SIZES). FROM THERE, THE TOP SEVEN TEAMS FOR GIRLS AND THE TOP SIX TEAMS FOR BOYS ADVANCE TO THE STATE CHAMPIONSHIPS HELD DURING THANKSGIVING WEEKEND IN FRESNO, CALIFORNIA.

## **CONTACT**

A PHENOMENON OF A RUNNER BEHIND BEING PULLED ALONG BY A RUNNER AHEAD. MOST OFTEN, A GAP OF TEN METERS OR LESS MUST BE MAINTAINED BY A FOLLOWING RUNNER TO MAINTAIN "CONTACT". A RUNNER AHEAD "BREAKS CONTACT" BY OPENING A GAP ON HIS OR HER PURSUERS OF MORE THAN TEN METERS.

## **COOL DOWN**

A PERIOD OF SLOW JOGGING FOLLOWING A RACE OR TRAINING SESSION THAT ALLOWS THE ATHLETE GRADUALLY TO REDUCE BODY TEMPERATURE, RETURN RESPIRATION RATE TO NORMAL, AND FLUSH LACTATE FROM THE MUSCLES.

## **DIARY OR LOG**

AN ATHLETE'S RECORD OF TRAINING. DETAILS SHOULD INCLUDE TRAINING AND RACING TIMES, MILEAGE, HOW THE ATHLETE FELT BEFORE AND AFTER TRAINING, AND OTHER IMPORTANT FACTS SUCH AS BODY WEIGHT, RESTING PULSE RATE AND HOURS OF SLEEP.

## **FARTLEK**

A SWEDISH WORD THAT MEANS "SPEED PLAY". IT IS A WORKOUT SCHEME THAT ALTERNATING BURSTS OF SPRINTING AND PERIODS OF EASY JOGGING FOR RECOVERY.

## **GLUCOSE**

BLOOD SUGAR - THE COMPONENT OF THE BLOOD THAT IS METABOLIZED FOR ENERGY DURING EXERCISE. ATHLETES REPLACE GLUCOSE MOST EFFICIENTLY WITH A HIGH CARBOHYDRATE DIET.

## **HARD/EASY METHOD**

A SYSTEM OF TRAINING THAT ALTERNATES HARD TRAINING AND RACING DAYS WITH DAYS OF "EASY" RECOVERY RUNS. THE FACT THAT ALL IMPROVEMENT OCCURS DURING RECOVERY IS THE MOST DIFFICULT CONCEPT FOR MANY TO GRASP. ONLY DURING RECOVERY DOES THE BODY ADAPT TO THE INCREASED DEMANDS INTRODUCED IN TRAINING AND RACING.

## **HEART RATE MONITOR**

A RECENT SCIENTIFIC DEVELOPMENT THAT AIDS THE RUNNER IN MONITORING THEIR EFFORT LEVEL. IT IS A DEVICE WORN AROUND THE CHEST AND ON THE WRIST WHICH GIVES IMMEDIATE FEEDBACK TO THE RUNNER ABOUT THEIR CURRENT HEART RATE PER MINUTE.

## **HEART RATE**

THE BEATS YOUR HEART MAKES PER MINUTE. THE MAXIMUM FOR MALES IS GENERALLY FIGURED TO BE 220 BEATS-PER-MINUTE MINUS YOUR AGE, SLIGHTLY HIGHER FOR FEMALES.

## **HYDRATING**

A ROUTINE WHERE THE ATHLETE REPLENISHES OR MAINTAINS THE PROPER LEVEL OF FLUIDS IN HIS OR HER SYSTEM. HYDRATING IS ESPECIALLY IMPORTANT PRIOR TO TRAINING OR RACING UNDER HOT, DRY CONDITIONS.

## **INTERVAL TRAINING**

TRAINING DESIGNED TO INCREASE THE BODY'S TOLERANCE OF LACTIC ACID. THIS IS ACCOMPLISHED BY REPEATING BOUTS OF FAST RUNNING WITH VERY SHORT RECOVERY INTERVALS. THE OBJECTIVE OF INTERVAL TRAINING IS TO PERMIT ONLY PARTIAL RECOVERY BETWEEN MULTIPLE REPETITIONS OR SETS OF REPETITIONS. THIS IS, BY DEFINITION, HIGH INTENSITY, HIGH STRESS TRAINING.

## **LACTIC ACID**

A BY-PRODUCT OF ANAEROBIC RUNNING THAT ACCUMULATES IN THE MAJOR MUSCLES OF THE LEGS AND ARMS CAUSING SENSATIONS OF EXTREME MUSCULAR FATIGUE, DYSFUNCTION, AND PAIN.

## **OXYGEN DEBT:**

SEE ANAEROBIC

## **PACK RUNNING**

A CROSS COUNTRY RACING STRATEGY WHEREBY A TEAM KEEPS ITS TOP RUNNERS IN A "PACK" NEAR THE FRONT OF THE RACE FOR AS LONG AS POSSIBLE IN AN ATTEMPT TO FINISH WITH THE LOWEST POSSIBLE TEAM SCORE. PACK RUNNING UTILIZES GROUP DYNAMICS AND THE PREVIOUSLY MENTIONED PHENOMENON OF MAINTAINING "CONTACT".

## **PERIODIZATION**

THE PLANNING OF A TRAINING YEAR OR SEASON INTO CYCLES OR PHASES DEVOTED TO SPECIFIC TRAINING OBJECTIVES.

## **PEAK**

THE TOP LEVEL OF PERFORMANCE THAT ANY RUNNER CAN ACHIEVE IN A GIVEN YEAR OR SEASON. IT IS IDEALLY DESIGNED TO OCCUR AT THE END OF A SEASON, IT IS WHEN A RUNNER RECORDS HIS OR HER FASTEST TIMES OF THE SEASON. GENERALLY LASTS FOR A PERIOD OF THREE WEEKS.

## **P.R.**

STANDS FOR 'PERSONAL RECORD'. IT IS THE BEST TIME FOR A RUNNER ON ANY GIVEN COURSE, RACE, SEASON, AGE, OR CAREER. A DEFINITE MARK OF ACHIEVEMENT, AND THE ONLY TRUE STANDARD ANY RUNNER SHOULD COMPARE HIMSELF OR HERSELF TO.

## **PLYOMETRICS**

DYNAMIC EXERCISES DESIGNED TO IMPROVE STRENGTH AND POWER BY IMPROVING THE EXPLOSIVE NEUROMUSCULAR AND ELASTIC CHARACTERISTICS OF THE MUSCLES.

## **RACING FLATS**

VERY LIGHTWEIGHT SHOES DESIGNED SPECIFICALLY FOR RACING.

## **R.I.C.E.**

AN EFFECTIVE METHOD OF TREATING INJURIES (NAMELY ANKLE SPRAINS AND LOWER LEG INFLAMMATION). IT STANDS FOR REST, ICE, COMPRESSION, ELEVATION.

## **RECOVERY RUN**

A RELATIVELY SHORT DURATION RUN, AT EASY EFFORT, ALLOWING THE ATHLETE TO RECOVER FROM A PREVIOUS DAY'S HARD TRAINING OR RACING EFFORT.

## **RUNNER'S HIGH**

A PHENOMENON THAT RUNNERS EXPERIENCE AFTER A PERIOD OF TRAINING AND THE ATTAINMENT OF A STRONG FITNESS LEVEL. IT IS A FEELING OF EUPHORIA AND COMPLETE RELAXATION AND ENERGY THAT COMES SOMETIMES DURING A RUN, BUT OFTEN AFTER THE COMPLETION OF A RUN OR RACE. SCIENCE EXPLAINS IT AS THE NATURAL CONDITION THAT RESULTS FROM THE RELEASE OF ENDORPHINS INTO THE BODY THAT COME FROM EXERCISE. IT IS SOMETIMES ADDICTIVE.

## **SHIN SPLINTS**

POINT-SENSITIVE PAIN AND INFLAMMATION BETWEEN THE CALF MUSCLE AND LOWER LEG BONES. SHIN SPLINTS MAY BE CAUSED BY POOR FOOT STRIKE MECHANICS, MUSCLE IMBALANCE, MUSCLE FATIGUE OR OVERUSE. THEY CAN ALSO BE AGGRAVATED BY POOR OR WORN-OUT SHOES. TREATMENT INCLUDES ANTI-INFLAMMATORIES (ADVIL, NUPRIN...), ORTHOTICS, ICE AND REST.

## **SURGING**

A RACING TACTIC OF INCREASING FIT PACE UNEXPECTEDLY AND QUICKLY. IT IS DESIGNED TO TEAM CONTACT' WITH THE PACK AND LEAVE COMPETITORS BEHIND. MOST SURGES LAST ONLY FOR A FEW HUNDRED YARDS WHEN THE SURGING RUNNER WILL SETTLE DOWN TO THE PREVIOUS PACE, BUT HAS BROKEN THE CONTACT WITH THE OTHERS, THUS GAINING A HUGE ADVANTAGE.

## **THRESHOLD RUN**

A COMMONLY USED TRAINING METHOD THAT ALLOWS THE RUNNER TO TRAIN RIGHT AT HIS/HER THRESHOLD OF PAIN, OR AT THE POINT WHERE LACTIC ACID/ANAEROBIC RUNNING WOULD QUICKLY SETTLE IN. ONE'S THRESHOLD CAN BE MOVED BY TRAINING CONSISTENTLY AT "THRESHOLD PACE.' WHEN A THRESHOLD LEVEL MOVES UP, THE RUNNER HAS GAINED THE ABILITY TO RUN LONGER AND FASTER AT AN ANAEROBIC PACE, THUS MAKING HIM/HER A BETTER AND FASTER RACER. HEART RATE ON TYPICAL THRESHOLD RUNS IS 80% TO 90% OF MAXIMUM HEART RATE.