



Running Lingo

The Basics:

Form: No one wants to be “that awkward runner,” which is why nailing proper form or running technique is key when lacing up. Try to keep the upper body tall yet relaxed and swing the arms forward and back at low 90-degree angles.

Foot Strike: There’s a right way and a wrong way to make every step count. A runner should strike the ground with their mid-foot, not the tippy-toes or heels. Try using light steps that land right under the hip for lower impact— aka fewer injuries!

Pace: When runners talk about running “an 8-minute pace,” they are referring to the amount of time it takes to clock one mile. They also tend to express pace based on the type of run: “long run pace,” “marathon pace,” “5K pace,” etc. Calculate these adjustments with this nifty training tool!

Warm-Up: To increase heart rate and blood flow to the muscles and reduce the risk of injury, runners know to start each workout with a good warm-up. Getting loose for an everyday run can include five to 10 minutes of walking or jogging or some dynamic stretching (which we’ll explain below).

Cool Down: Just as a warm-up preps the body, a cool down transitions it back to a resting state. So before heading straight for the showers, slow down with a series of lighter activity and exercise post-workout.

Static Stretching: Everyone ready to count? Static stretching, or holding major muscle groups in their most lengthened positions for at least 30 seconds, might bring it back to the middle school soccer days. While many still believe static stretches prior to running help prevent injuries, research now suggests stretching it out is more beneficial after breaking a sweat [1].

Dynamic Stretching: Add a little more boom, boom, pow to a warm-up with dynamic stretching, or controlled movements that increase flexibility, power, and range of motion. The best dynamic stretches for runners include lunges, squats, leg lifts, and butt-kicks.

Strides: These are simply the forward steps taken while running. Some “real runners” also use strides (or striders) to refer to a series of short sprints, usually between 50 and 200 meters.

Cadence: Also known as stride turnover, a runner’s cadence is the number of steps taken per minute while running. The fastest and most efficient runners have a cadence of around 180 steps per minute, so find a fast-paced jam on the iPod (like this 1999 one hit wonder) and keep to the beat!

Trail Running: On a trail (duh!) as opposed to a road or track, trail running offers a more natural setting, breaks up monotony, and can even work a whole different set of running muscles.

Barefoot Running: Many modern runners are ditching their sneakers and discovering proper running form thanks to the barefoot movement. Made especially trendy by the book "Born to Run," it emphasizes running like our cavemen ancestors may also help prevent injuries and improve performance [2].

The Workouts:

Easy Run: These light runs are best done at a conversational pace. Meaning, if you can't run and recap last night's episode of "The Bachelor" at the same time, you're going too fast!

LSD: Excuse me?! No, not that LSD. In this case, the acronym stands for long slow distance, or the week's longest run. The only kind of trippin' runners might be doing out on the road is over their own shoelaces.

Recovery Run: Also lovingly referred to as "junk miles," a recovery run is a short, slow run that takes place within a day after a long, harder run. This teaches the body how to work through a fatigued state— a dress rehearsal many runners will be thankful for at mile 19 of a marathon!

Speedwork: Aimed at improving running speed, these types of workouts can include intervals, hill repeats, and tempo runs (all explained below). In addition to getting faster and increasing endurance, speedwork, well, usually hurts a lot, too!

Interval Training: By alternating specific time periods of specific high and low intensity during a run, intervals are just one way to get faster, build strength, and see calories melt away.

Hill Repeats: Runners make like Jack and Jill and go up the hill (again and again) in this other cruel form of speedwork. Heading up at a 5K pace and recovering down at an easy jog or walk, the number of hill repeats per workout depends on experience and fitness levels. But the benefits from the pain? Speed, strength, and confidence!

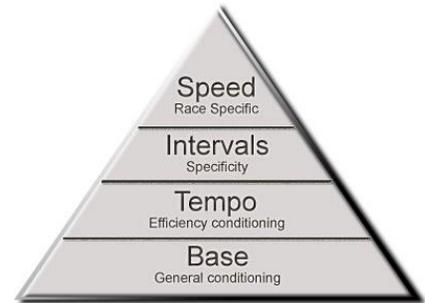
Fartleks: A fartlek not only makes us giggle, it's an easier form of speedwork for beginners. Meaning "speed play" in Swedish, fartleks are easy runs broken up by quick sprinting bursts. When changing speed though, the runner calls the shots (unlike more rigid intervals). So newbies can make it as fast and as hard as they can handle. That's what she said.

Tempo Run: Usually done just once a week, tempo runs are a tougher form of speed training. Runners challenge themselves to hold a "threshold" (or comfortably hard) pace for a 20-minute period during a run— along with a good warm-up and cool down, of course.

Pick-Ups: Short, gentle increases in speed, or pick-ups, at the end of a run help aid recovery. Sorry, they unfortunately have nothing to do with these cheesy lines.

Strength Training: Runners need muscles, too! Among its many other benefits, strength training, or exercises performed with or without weights (think push-ups, squats, and planks), helps runners become stronger and prevent injuries. Their bodies take quite a beating while hammering it out on the road, so they need all the help they can get.

Cross-training: Runners should also squeeze in time for cross-training, or sports and exercises other than running that improve overall fitness and strength. Great examples of cross-training for runners include cycling, swimming, yoga, water running, and weight training



Rest Day: Choosing the couch over the road at least one day a week allows a runner's body to recover and repair muscles. We say rest days can still be all about marathons though— a "Friday Night Lights" marathon, perhaps?