



The Runner's Glossary



Every runner should know the jargon of jogging, the language of the sport we love. So here is a handy guide to some common running terms you may come across.

BPM

Beats per minute: a measure of heart rate that can be monitored in order to optimize your training.

Cadence (Gait)

Generally defined as the total number of steps you take in a set period of time, usually measured per-minute.

Carbo-Loading

When a large amount of carbohydrates are consumed prior to a race or instance of great physical activity, in order to increase the stores of glycogen in the muscle.

DOMS

Delayed Onset Muscle Soreness: usually occurring within 48-hours after a hard run, it is the sore, stiff feeling in your muscles after physical exertion.

Dynamic Stretch

An active stretch that is performed where momentum is used to facilitate the stretch and the end position is not held.

Fartlek

A method of training for longer distances where the pace and terrain of training are continually varied to keep the athlete physically and psychologically engaged.

Interval Training

A method of training that involves switching between high and low intensity exertion for short periods of time.

LSD

Long Slow Distance: a run, generally the longest in your training schedule for the week, which is performed at a slower than normal pace.

Pace

The time it takes to cover a set distance (generally one mile or kilometer), usually measured in minutes.

Static Stretch

A stretch that is performed without additional movement and held in a stationary end position.

Recovery Run

A slow, relatively short run that occurs generally within 24-hours after a long run, meant to aid in recovery.

Now you can hit the road! Armed with your new vocab and Voltaren Emulgel, you'll be ready for anything that you come across on your running journey.

