

## DEFINITIONS of TERMS

### Summer outline: Definitions of Terms

A. **Intensity:** *E* - easy, *M* - medium, *H* - hard

B. **Training Week:** Monday to Sunday

C. **Training Minutes:** Total amount of training time for the week

D. **am** - morning runs

E. **Easy runs:** Runs are done at talking pace. You should be able to carry on a conversation while running.

F. **Tempo Runs:** middle portion of your run is done at medium or hard intensity (you should not be able to talk)

- Example: 1- 10min-1 → 1 means 1 mile easy, 10 minutes medium, 1 mile easy.
- Example: 2-4-2 → 2 miles easy, 4 miles medium, 2 miles easy

G. **Fartlek Runs (Speed Play):** Easy pace called off, Medium/hard pace call on (repeat the designated number of times)

- Example: 4 X (3 on - 3 off)
  - 10 min easy warm-up,
  - 3 min hard (3 on) - 3 min easy (off) repeat 4 times
  - 10 min easy cool down

H. **Main Workout:** Required minutes or mileage for the week

I. **Striders:** Quicker Pace on the balls of your feet - NOT as fast as you can go.