

Power in Motion – Running Terms Glossary

Conversational Pace / CP – Easy, gentle running at a pace that allows you to talk without straining. If you are unable to speak short sentences without gasping for air, you are running too fast.

Tempo Run – Swift, sustained pace, faster than conversational place. This is the fastest pace you could run for 60 minutes. Pace charts list this as between 10K pace and half-marathon pace. You could talk, but you don't want to.

Strides – Short bursts of swift running, 80-150 meters or 30-45 seconds. Start at a conversational pace, build in speed and intensity, and then slowly decelerate.

Warm Up / WU – Easy jog/walk (sub-conversational pace) before main workout

Cool Down / CD – Easy jog/walk (sub-conversational pace) after main workout

Fartlek – Fast bout of running (70-90% pace) followed by bout of active (CP) rest

Interval – A specific number of bouts for a specific distance at a specific pace with a specific recovery between them, e.g. 4 x 400 meters. The distance is often incorrectly called the interval. However, the interval is actually the recovery time.

Goal Pace / GP - The minute per mile pace that you are trying to achieve for your next race.

Cross Training / CT – Any exercise that uses the same muscles or has the same cardiovascular demands as running. Examples would be walking, swimming, cycling, aqua jogging, or elliptical, but NOT yoga or weight lifting, or football.