



## COLUMBIA RIVER DISTANCE RUNNING - Terminology

We will regularly be using some terms that you may not be familiar with yet. It is important that we all understand and are speaking the same language. Use this section as a cheat sheet. Take a photo of it, so that you always have the answers you need on your phone.

- **Gentle Pace:** Easy and conversational. *At least* 2:00 minutes per mile slower than 5k race pace.
- **Swing Pace:** Running with a purpose. Should still be able to talk. 1:30-1:45 slower than 5k pace.
- **Crisp Pace:** Slightly outside of your comfort zone. You should be able to say a full sentence while running. 45-60 seconds slower per mile than your 5k pace.
- **Whimsy Pace:** Hard, but under control. You should be able to say a word or two while running. 8k-10k pace. 15-25 seconds per mile slower than 5k pace.
- **30 Hard Rights:** A short period of time where you pick up the pace during a run. Simply increase your pace to your one mile race pace while counting how many steps you're taking with your right foot. Once you've counted thirty steps, bring the pace back down to where it was previously. These are done some time during the second half of your run (not afterwards).
- **Fartlek Run:** Fartlek is a Swedish term loosely translated to meaning "Speed Play". A fartlek is a run with some sections of faster running mixed in. Ensure that you run 10-15 minutes gentle before your first hard effort and that you give yourself at least 5-10 minutes to cool down.
- **Ghost Run:** An out and back run where the run back is done faster than the run out.
- **Wolfpacks:** An intense running exercise done a few times a week immediately after warmups where we run 98+% for a very short period of time, followed by a jog recovery. These are repeated a few times.
- **Flying 30's (or 10's, 20's, etc):** A speed exercise where the runner builds to top speed and maintains this top speed for 30 meters before gradually slowing down.
- **Cross Training:** Some sort of activity that isn't pure running. Some examples of cross training are:
  - Hiking
  - Bike riding
  - Swimming
  - Soccer
  - Basketball
  - Frisbee