RUNNING TERMS EXPLAINED

Even A Kid Can Understand



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Running Terms Explained #1

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BPM (Beats Per Minute)

Explanation: This is how fast your heart is beating.

Analogy: Imagine your heart is a drum, and each beat is like a drumstick hitting the drum. The faster the drumbeats, the faster your heart goes.

Threshold

Explanation: This is when you start to get tired while running because your body is working harder than usual.

Analogy: Think of it like a race car. Once the car reaches a certain speed, it starts to use more fuel and gets harder to control. That's your body when it hits its "threshold" it can't keep up at that speed for too long.

Aerobic Endurance

Explanation: This is how long you can run without getting too tired because your body is using oxygen to help you keep going.

Analogy: It's like a battery in a toy. If you have a bigger battery, you can play with the toy longer before it runs out of charge.

Aerobic Power

Explanation: This is how strong you are at using oxygen to run fast or long distances.

Analogy: Imagine you have a superpower that helps you keep running without getting tired too quickly. The stronger your "superpower," the longer and faster you can run!

Recovery

Explanation: This is the time it takes for your body to rest and get back to normal after running.

Analogy: After a long day of playing outside, your body needs time to rest and recharge, just like when you plug in your phone to charge it after it's out of battery.





Anaerobic Power

Explanation: This is how strong you are at doing quick, fast things without needing a lot of oxygen.

Analogy: It's like a sprint — you can run really fast for a short time, but then you need to rest afterward because your body ran out of quick fuel.

Stride Length

Explanation: This is how big each of your steps are when you run.

Analogy: Imagine you're jumping from one square to the next in a hopscotch game. The bigger your jumps, the more ground you cover with each hop.

Elevation Gain

Explanation: This is how much you climb up during a run.

Analogy: It's like walking up a set of stairs. The higher the stairs, the more energy you need to climb them.

Elevation Loss

Elevation Loss

Explanation: This is how much you go downhill during a run.

Analogy: It's like rolling down a slide. Going down is easy, but you still need to watch out for bumps!

Running Power

Explanation: This is how much energy you're using while running, based on your speed and the ground you're running on.

Analogy: It's like when you're playing a video game — the faster you move in the game, the more "energy" or "power" you need to use. The harder the ground or the hill, the more power you need to keep going.

Running Terms Explained #2

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Training Effect
Explanation: This tells you how much a run helped your body get stronger and faster.

Analogy: It's like going to the gym. Every time you lift weights or do exercises, you get a little stronger, and the training effect shows you how much stronger you're getting.

Pace
Explanation: This is how fast or slow you're running.

Analogy: It's like the speed setting on a toy car. You can make it go fast or slow, depending on how much you push it. Pace is how fast you're going while running.

Cadence
Explanation: This is how many steps you take in a minute while running.

Analogy: Think of it like the rhythm of your feet while running, like how you clap to the beat of a song. The faster the beat, the more steps you're taking!

Efficiency
Explanation: This is how well you're using your energy while running.

Analogy: Imagine you're driving a car. If you're driving smoothly, you use less gas and go farther. If you're driving with the brakes on, you use more gas and go shorter distances.

Training Load
Explanation: This is how hard your workouts have been over time.

Analogy: It's like carrying a backpack. If you carry a heavy backpack every day, it starts to feel harder. Training load shows how much effort your body is carrying over time, like how heavy that backpack is.





VO2 Max
Explanation**:** This is the most oxygen your body can use when you're running hard.

Analogy: Think of your body like a race car. VO2 Max is how big the gas tank is — the bigger the tank, the more fuel (oxygen) you can use to go faster for longer without running out.

Fatigue
Explanation: Fatigue is how tired you feel after running.

Analogy: It's like a phone battery that runs low after you've been using it a lot. The more you run, the lower your "battery" gets, and you need to rest to recharge.

Sprints
Explanation: A sprint is when you run as fast as you can for a short time.

Analogy: It's like running really fast to catch the ice cream truck before it drives away — you give it all you've got for a short time!

Heart Rate Zones
Explanation: These are different speeds your heart can beat, depending on how hard you're working.

Analogy: It's like the levels in a game. If you're on the easy level, it's like your heart is resting. If you're on the hardest level, your heart is working super hard, like a superhero in action!

Race Prediction
Explanation: Based on your current running ability, your watch can guess how fast you might run in a race.

Analogy: It's like predicting how many points you might score in a soccer game based on how well you're playing right now. If you're running fast and doing well, your watch guesses that you'll do great in a race!

Running Terms Explained #3

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Fartlek Running

Explanation: Fartlek is a type of running where you alternate between running fast and slower jogging for recovery, all mixed up randomly.

Analogy: It’s like playing tag with yourself while running. You sprint for a bit, then slow down to catch your breath, and repeat.

Cadence Impact on Running Economy

Explanation: This is how the number of steps you take affects how well you run.

Analogy: Imagine you're jumping rope. If you jump quickly with smaller, faster jumps, you use less energy than if you take big, slow jumps that are harder to do. Running with quick, smaller steps saves energy!

Run/Walk Ratio

Explanation: This is how much you run compared to how much you walk.

Analogy: Imagine you're on a treasure hunt, running between clues, but you walk a little between each one to catch your breath. You use the run/walk ratio to keep your energy up for the whole hunt!

Recovery Heart Rate

Explanation: This is how fast your heart slows down after you stop running.

Analogy: It’s like when you’re playing a video game and your character is going really fast. After stopping, you see your character slow down. The faster your character (your heart) slows down, the better shape you’re in!



Gianna Davies

FEED YOUR WILD SIDE

Maximum Aerobic Velocity Shuffles

Explanation: MAV is like your "best speed" for running long distances. It's fast enough that you’re working hard but not so fast that you can't keep going. Shuffles are the tiny, fast steps you take to help you keep that speed for longer without getting too tired.

Analogy: It’s like when you try to run as fast as you can, but you take little steps, so you don’t wear yourself out. It’s like trying to go fast in a video game but making sure you don’t run out of energy before you finish the level!

Cruise Intervals

Explanation: In cruise intervals, you run at a good speed for a set amount of time or distance, then slow down or rest for a short time to catch your breath. After resting, you go back to running at that fast pace again. It helps you build strength and endurance.

Analogy: It’s like when you're playing a video game and you go really fast to get through a tough level, then take a quick break to recharge before going back to the next challenge. You keep repeating that cycle to get better and stronger!

Interval Running

Explanation: In interval running, you run as fast as you can for a short burst, then take a break by walking or jogging slowly to recover. After resting, you do it all over again. This helps you get stronger and faster over time.

Analogy: It’s like playing a game where you have to sprint really fast to catch the ball, then take a short break to rest before doing it again. By repeating it, you get better at running faster and for longer periods!