

## Patrick Henry Cross Country Training Definitions

**Easy** - Easy is just that, easy. This will vary from person to person and from day to day. The emphasis on an easy day is recovery and relaxation.

**Easy Aerobic** - This pace is fast and consistent enough to insure aerobic development, but still on the easy end of the scale. Usually a relaxed, steady run.

**Aerobic** - This is a more moderately paced aerobic run. You may push yourself a little, but should never be exhausted or completely out of breath.

**Anaerobic Threshold (AT pace)** - Pushing yourself, yet still running efficiently. You should still have a gear to go to if you have to pick up the pace. Used primarily for longer interval workouts or control runs.

**Max V02 Pace** - Pushing yourself. A pace that will exhaust you relatively quickly. Usually faster than race pace.

**Hilly** - Placing emphasis on hills during your run.

**Fartlek** - Varying pace. A Swedish word for "speed play." Using all of your gears during a run.

**Control Run** - A run where you control your pace, usually run at AT pace, for a specific period of time or distance. An effort where you push yourself, but not exhaust yourself (it is not a race).

**Interval Training** - Alternating efforts of pushing yourself, followed by an easy recovery period. Interval training controls the time or distance, the effort level, and the recovery period. Usually a more demanding workout run at AT or Max V02 pace. Many different benefits can be accomplished with interval training based on altering the components.

**Strides** - A 70-100 meter, fast but relaxed effort. Used to complete the warm-up process or to practice running fast when you are tired. A perfect place to work on your running form.