



WORD INDEX

- Acceleration** Increase in rate of speed, i.e. acceleration building up to to 95% SP_{max} .
- Act. Rec.** Recovery training mainly involves non-weight bearing exercises (e.g. cycling, gliding/stepping, rowing at 70% HR_{max}), very easy training.
- Agility** Agility training consists of short sharp sprints and of maximal effort. However, changes of direction are incorporated into the exercises. Thus training the ability to accelerate, decelerate, change direction and then accelerate away again. Work to rest ratio of 1:10, easy to moderate training.
- Bpm** Beats per minute represent an indication of the workload.
- Ext. Speed** On these sessions, the work:rest ratio falls between that of conventional speed and speed endurance training sessions, i.e., 1:7. Thus the demands of these sessions are greater than normal speed sessions due to shorter recovery periods and also longer distance of sprints.
- High Int.** High intensity running pace should be a 'tempo run' or a $\frac{3}{4}$ pace of a maximal run (± 18 km/h or 85-95% HR_{max}), hard to very hard run.
- HR_{max}** Heart rate maximal is used as the reference to express the workload.
- % HR_{max}** Workload expressed as percentage of the maximal heart rate.
- % SP_{max}** Running speed is expressed as a percentage of the maximal speed.
- Lap** Number of laps to be performed around the track or around the field.
- Low Int.** Low intensity running (65-75% HR_{max}) for the purpose of improving aerobic capacity and recovery, easy to comfortable run, ± 12 km/h.
- Max. Effort** Maximal speed running (>95% HR_{max}) for the purpose of improving speed and/or speed endurance, maximal run.
- Medium Int.** Medium intensity running (76-85% HR_{max}) for the purpose of improving aerobic capacity and basic speed, uncomfortable to stressful run, ± 15 km/h.
- Min (')** Total duration of a particular exercise given in minutes.
- Pass. Rec.** Passive recovery (< 65% HR_{max}) in the form of either complete rest, massage, sauna/jacuzzi or stretching, very easy.
- Rep.** Number of repetitions to be performed within 1 set.
- RPE** Ratings of perceived exertion, expressed on a scale from 0 to 10.



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Sec (“)	Total duration of a particular exercise in seconds.
Set	Number of sets to be performed of a particular exercise. Normally made up of a particular number of laps or repetitions.
Speed	100% effort, followed by full recovery.
Speed End.	Speed endurance training ($> 95\% HR_{max}$), almost maximal, incomplete recovery, hard to very hard run, ± 21 km/h.
Sprints	Maximal speed run over a limited distance.
Strength	Use of weights or resistance exercises to build power and strength.
Tempo run	Typical run during which the running speed needs to be maintained.