

## English translation of important terms: Training Arne Gabius

Nachmittag = Afternoon

Vormittag = Morning

Ges = Kilometer per week

Woche = week

Bahn = track

DL = (normal) Run

TL = Tempo Run

DL lang = long Run

FS (Fahrtspiel) = Fartlek

Runde or Rd = Loop

TDL = Long-Tempo-Run (10k - 30k)

Stadtlauftraining = public Training

Orange = Temporun/Speedwork

Green = Long Run

Yello = medium run

Red = Race

Blue = Stabilisation: Gym or Hurdles or Uphill-sprints

Rad = Bike

Spitzb. = 3,3km loop

Berg = Hill      Bergsprints = Uphill-sprints

RT = 1,9km loop

Sand = Name of a forest

Reise = travel / Anreise = travel to...      Rückreise: travel back

Ruhetag/Ruhe/Pause = rest      kein Training = no training

krank = sick      müde = tired

Halle / Sindelfingen = Indoor track

letzten 5km = last 5k

schnell = fast

locker = easy

ohne Uhr = no watch

Einlaufen (Ein) = warm up

Auslaufen (Aus) = cool down

Auftakt = morningrun before a race

Stadtlauftraining = public training - easy training

Vorlauf / Endlauf = Heats / Final

Steigerungen = straight runs