IVAN BOBERSKYI LVIV STATE UNIVERSITY OF PHYSICAL CULTURE

ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ ІМЕНІ ІВАНА БОБЕРСЬКОГО

Department of Ukrainian and Foreign Languages

Кафедра української та іноземних мов

Nadiia Yurko

Надія Юрко

ATHLETICS
(running)

ЛЕГКА АТЛЕТИКА
(біг)

educational materials
in English
for self-study and academic classes
in "Sports Specialization"

методична розробка
з англійської мови
для самостійної й аудиторної роботи
з теми «Спортивна спеціалізація»



IVAN BOBERSKYI LVIV STATE UNIVERSITY OF PHYSICAL CULTURE

ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ
ІМЕНІ ІВАНА БОБЕРСЬКОГО

Department of Ukrainian and Foreign Languages

Кафедра української та іноземних мов

Nadiia Yurko

Надія Юрко

ATHLETICS
(running)

ЛЕГКА АТЛЕТИКА
(біг)

educational materials
in English
for self-study and academic classes
in "Sports Specialization"

методична розробка
з англійської мови
для самостійної й аудиторної роботи
з теми «Спортивна спеціалізація»

Львів
Галицька Видавнича Спілка
2024

УДК 796.422(076.5)
Ю 75

Рецензенти:
Калимон Ю. О. – кандидат філологічних наук, доцент,
доцент кафедри української та іноземних мов
Львівського державного університету фізичної культури імені Івана Боберського;
Воробель М. М. – кандидат педагогічних наук, доцент,
доцент кафедри української та іноземних мов
Львівського державного університету фізичної культури імені Івана Боберського.

*Ухвалено до друку Вченою радою факультету післядипломної та заочної освіти
Львівського державного університету фізичної культури імені Івана Боберського
(протокол № 4 від 30 січня 2024 р.)*

Юрко Н. Легка атлетика *(біг)* : метод. розробка з англ. мови для сам. й ауд. роботи з теми
Ю 75 «Спортивна спеціалізація» / Надія Юрко. – Львів : Галицька Видавнича Спілка, 2024. – 28 с.

У методичній розробці представлено тему «Спортивна спеціалізація» *(Легка атлетика (біг))* для самостійної й аудиторної роботи студентів. Теоретичний та практичний матеріал закріплюється розширеною системою вправ. Матеріали методичної розробки спрямовані на формування навичок усного та письмового мовлення. Методична розробка призначена для студентів галузі фізичної культури і спорту.

УДК 796.422(076.5)

© Юрко Н., 2024

CONTENTS

Text A. *Running Events* *4*

Text B. *History of Running Events* *11*

Text C. *Rules of Running Events* *13*

Reader *15*

Glossary *22*

Reference list *27*

RUNNING EVENTS

Text A

Pre-text exercises

1. Read and learn the active vocabulary:

- aerobic capacity – аеробні можливості
- agility, *n* – спритність
- baton, *n* – естафетна паличка
- bend, *n* – віраж
- blocks / starting blocks – стартові колодки
- break for the inside – перейти на загальну доріжку
- bunched standing start – старт групою з положення стоячи
- changeover zone – коридор передачі *(естафетної палички)*
- clear hurdles – подолати бар'єри
- collide with, *v* – зіткнутися, зіштовхнутися з
- combined events – дисципліни багатоборства
- cross country running – крос, біг по пересіченій місцевості
- decathlon, *n* – десятиборство
- endurance, *n* – витривалість
- field events *(jumps and throws)* – дисципліни у секторі *(стрибки і метання)*
- finish line – лінія фінішу
- half marathon – напівмарафон, півмарафон
- heat, *n* – забіг *(попередній)*
- heptathlon, *n* – семиборство
- hurdles, *n* – бар'єрний біг *(100 м (жін.), 110 м (чол.) / 400 м)*
- international authority – міжнародний орган керівництва, управління
- knock down, *v* – збити, звалити, знести
- landing area – місце приземлення *(після подолання перешкоди)*
- lane, *n* – бігова доріжка
- lap, *n* – коло бігової доріжки, дистанція
- long-distance – біг на довгі дистанції *(5000/10000 м)*
- marathon, *n* – марафонський біг *(42195 м)*
- measure, *v/n* – вимірювати, вимірювання
- middle-distance – біг на середні дистанції *(800/1500 м)*
- mountain running – гірський біг
- negotiate barriers – подолати перешкоди
- obstacle, *n* – перешкода
- pass, *v* / hand, *v* – передавати
- pentathlon, *n* – п'ятиборство
- precision, *n* – точність, чіткість
- refuelling station – пункт напоїв, зволоження і харчування

- relay, *n* – естафетний біг *(4x100 м / 4x400 м)*
- running/track events – бігові дисципліни
- semi-final, *n* – півфінал
- speed, *n* – швидкість
- sprint, *n* – біг на короткі дистанції *(100/200/400 м)*
- staggered position – лінія старту по доріжках розташована уступами
- standing start – старт з положення стоячи
- start line – лінія старту
- starting pistol – стартовий пістолет
- steeplechase, *n* – біг з перешкодами *(3000 м)*
- strength, *n* – сила
- trail running – трейл-крос, трейловий біг *(по бездоріжжю)*
- ultra running – ультрамарафон *(понад 42195 м)*
- walking, *n* – спортивна ходьба
- water jump – водна перешкода, яма з водою
- World Athletics – Світова легка атлетика

2. Translate without using a dictionary:

athletics, combined, international, distance, association, reaction, federation, false start, position, disqualification, final, semi-final, athlete, championship, barrier, programme, number, second, finish line, station, marathon, step, multiple, event, popular, stadium.

3. Read and translate the text.

Running Events

Athletics, often referred to as ***track & field***, is a sport that includes a number of single or team-based events involving running, jumping, throwing or walking.[1] The events of athletics are divided into track events, field events, and combined events. Track events consist of sprints, middle-distance, long-distance, marathon, hurdles, steeplechase and relays; field events consist of jumps and throws; while combined events consist of pentathlon, heptathlon, and decathlon.[2]

World Athletics (formerly known as the International Association of Athletics Federations (IAAF)) is the sole competent international authority for the sport of Athletics worldwide and is recognised as such by the IOC. The IAAF was formed in 1912 and changed its name to World Athletics in 2019. The Olympic running events recognised by World Athletics are as follows.[2, 3]

Sprint – running events over short distances, such as 100m, 200m, 400m. The race is run on time, with the fastest claiming first, the second-fastest being the runner up, and so on. Placings can be separated by one-thousandths of a second. A reaction time is measured by sensors in the starting pistol and on the blocks. Athletes are deemed to have false started if their reaction time is less than 0.1 seconds. Starting in staggered positions, the athletes run the entire race in a designated lane. Running outside of your pre-designated lane can lead to disqualification.

Middle distance – a set of running events over distances such as 800m, 1,500m, not a sprint and not an endurance race. In 800m race, athletes make standing starts from staggered positions and run in lanes until the end of the first bend, which is when they can break for the inside. In 1,500m race, athletes start in a bunched standing start and can break immediately for the inside. The finishing order is decided on time. At major championships, the schedule typically consists of a heat, semi-final and final.

Long distance – events over distances of 3km and greater. The athletes start from a bunched standing start and can break immediately for the inside. The race demands a high levels of aerobic capacity with the finishing order determined on time. At major championships, the 5,000m schedule typically consists of heats and final; while the 10,000m is typically run as a straight final – it is the longest track event on the major championship programme.

Steeplechase – a distance track running event with barriers and water jumps. This is the only distance event on the programme in which athletes negotiate barriers. Athletes cover a distance of 3,000m, but the precise number of laps depends on the position of the water jump and whether it is placed on the inside or the outside of the track's second bend. Athletes make a bunched standing start and can break immediately for the inside. The finishing order is determined on time. At major championships, the 3,000m steeplechase format typically consists of heats (sometimes semi-finals) and final.

Hurdles – involve running and jumping over regularly spaced obstacles at speed. Athletes run 100m hurdles (women), 110m hurdles (men) or 400m hurdles in lanes and start from blocks. The hurdles are knocked down easily if touched, which allows the athlete to continue the race even if he collides with them. A runner can be disqualified if he steps out of his designated lane. The finishing order is determined on time. At major championships, the hurdles format typically consists of heats, semifinals and final.

Relays – running events in which athletes compete as a team, passing a baton from one runner to the next. Four athletes per team each run 100m (4x100 metres relay) or400m (4x400 metres relay) to complete a lap of the track. Each runner must carry a baton and hand it to the subsequent runner within the changeover zone, which is sited 10 metres either side of what will be finish line. The first team across the finish line, baton in hand, wins.

Marathon – a distance running athletics event over 42km. The longest race on the Olympic programme, athletes run a distance of 26 miles and 385 yards (42.195km). The event takes place on the road and the finishing order of the race is determined by time. Refuelling stations appear every 5km on a marathon course for the athletes. The course can be looped, out and back or run over multiple laps. Sometimes the finish at a major championships marathon takes place in a stadium.

Other popular running events that are not part of the Olympic programme usually include half marathon, cross country running, mountain running, ultra running and trail running.

(Originated from: [1]Athletics. Olympics. [2]Track and Field. Encyclopedia of Sports. [3]Our Sport. World Athletics)

Post-text exercises

4. Find words in the text, which are similar in meaning to the following:

1) each of several particular contests making up a sports competition *(paragraph 1)*
2) a person or organization having power and control *(paragraph 2)*
3) stopping sb from doing sth because they have broken a rule *(paragraph 3)*
4) a plan of a procedure, giving lists of intended events and times *(paragraph 4)*
5) a contest for the position of champion in a sport or game *(paragraph 5)*
6) the last in a series of competitions, which will decide the winner *(paragraph 6)*
7) sth which stands in the way and makes it difficult to go forward *(paragraph 7)*
8) a group of athletes forming one side in a competitive sport *(paragraph 8)*
9) a sports arena with tiered seats for spectators *(paragraph 9)*
10) relating to ancient Olympia or the Games *(paragraph 10)*

5. Form word-combinations and translate them into Ukrainian:

1) starting	a) zone
2) negotiate	b) capacity
3) standing	c) area
4) changeover	d) station
5) landing	e) authority
6) aerobic	f) jump
7) staggered	g) pistol
8) refuelling	h) start
9) water	i) position
10) international	j) barriers

6. Match the synonyms:

1) include, *v*	a) hand, *v*
2) barrier, *n*	b) schedule, *n*
3) pass, *v*	c) negotiate, *v*
4) programme, *n*	d) obstacle, *n*
5) clear, *v*	e) involve, *v*

7. Match the antonyms:

1) single events	a) field events
2) sprint, *n*	b) finish, *n*
3) running, *n*	c) marathon, *n*
4) start, *n*	d) walking, *n*
5) track events	e) team events

8. Match the terms with their definitions:

1) relay race	a) athletics event of running over a short distance
2) steeplechase	b) athletics event of running over 42.2 km distance
3) hurdles	c) athletics event of running with barriers and water jumps
4) marathon	d) athletics event of running and jumping over obstacles
5) sprint	e) athletics event of running and passing a baton to team-runners

9. Write appropriate terms for the following definitions:

1) running which takes place mainly in mountainous terrain
2) running over natural terrain such as dirt or grass
3) running off-road with significant ascents and descents
4) running that is longer than 42.195 kilometres
5) road running of 21.0975 kilometres

10. Form derivatives from the following verbs:

run, jump, throw, walk, determine, place, start, measure, react, qualify, recognise, endure, stand, finish, associate, know, compete, change, refuel, design, chase, combine.

11. Insert prepositions where necessary.

1) The events of athletics are divided _____ track events, field events, and combined events.
2) The IAAF was formed _____ 1912 and changed its name _____ World Athletics _____ 2019.
3) A reaction time is measured _____ sensors _____ the starting pistol and _____ the blocks.
4) _____ 1,500m race, athletes start _____ a bunched standing start and can break immediately _____ the inside.
5) Athletes cover a distance _____ 3,000m, but the precise number _____ laps depends _____ the position _____ the water jump.
6) The long-distance race demands a high levels _____ aerobic capacity _____ the finishing order determined _____ time.
7) Athletes run 100m hurdles (women), 110m hurdles (men) or 400m hurdles _____ lanes and start _____ blocks.
8) Four relay runners _____ team each run 100m or400m to complete a lap _____ the track.
9) Marathon takes place _____ the road and is the longest race _____ the Olympic programme.
10) Half _____ marathon is one _____ the popular running events that are not part _____ the Olympic programme.

12. Complete the sentences with apptopriate terms.

a) track events	*f) track & field*
b) athletics	*g) designated lane*
c) false started	*h) changeover zone*
d) standing starts	*i) bunched standing start*
e) hurdles	*j) refuelling stations*

1) Athletics is often referred to as ____ .
2) ____ consist of sprints, middle-distance, long-distance, marathon, hurdles, steeplechase and relays.
3) World Athletics is the international authority for the sport of ____ worldwide.
4) Running outside of your ____ can lead to disqualification.
5) Athletes are deemed to have ____ if their reaction time is less than 0.1 seconds.
6) The athlete is allowed to continue the race even if he collides with the ____ .
7) In 800m race, athletes make ____ from staggered positions.
8) A runner must carry a baton and hand it to the subsequent runner within the ____ .
9) In steeplechase, athletes make a ____ and can break immediately for the inside.
10) ____ appear every 5km on a marathon course for the athletes.

13. Match two parts of the sentences.

1) Athletics is a sport that includes ...	a) ... by one-thousandths of a second.
2) Field events consist of ...	b) ... baton in hand, wins.
3) Combined events consist of ...	c) ... decided on time.
4) Placings can be separated ...	d) ... down easily if touched.
5) The finishing order is ...	e) ... that are not in the Olympic programme.
6) The schedule typically consists of ...	f) ... a number of single or team-based events.
7) The hurdles are knocked ...	g) ... may take place in a stadium.
8) The first team across finish line, ...	h) ... jumps and throws.
9) The finish at major marathons ...	i) ... a heat, semi-final and final.
10) There are popular running events ...	j) ... pentathlon, heptathlon, and decathlon.

14. Answer the questions.

1. How is athletics often referred to?

_____

2. What is the sole competent international authority for the sport of athletics worldwide?

_____

3. When was the International Association of Athletics Federations formed?

_____

4. When did the name of World Athletics appear first?

_____

5. What distances do the sprint running events involve?

6. What kinds of start do the athletes make in the middle distance events?

7. Can the athletes break immediately for the inside in the long distance events?

8. How many athletes per team run in the relays events?

9. Do the marathon events take place on the road or in the stadium?

10. Cross country running is not a part of the Olympic programme, is it?

15. Finish the sentences.

1. World Athletics was formerly known as …

2. Track events consist of …

3. Sprint involves …

4. Middle distance includes …

5. Long distance involves …

6. Steeplechase is a …

7. Hurdles involve …

8. Relays are …

9. Marathon is a …

10. Other popular running events usually include …

Text B

1. Read the text.

History of Running Events

Sprint. The 'stade' (192m race) was regarded as the classic sprint race of the Ancient Olympics. But the blue riband event since the advent of the Modern Olympics in 1896 is the 100m.

A slightly shorter race than the current 200m – the 192m one length of the stadium race – was part of the Ancient Olympics. The 200m (for men) was first added to the Olympic programme at the 1900 Paris Olympics and has featured at every Games since (except 1906). Women have contested the distance at every Olympics since 1948.

The 'diaulos', one of the original events of the Ancient Olympics, was a race around two marks, roughly comparable to the modern day 400m.

The 400m or 'one-lap race' has been contested at every Olympics since the inaugural modern day Games in 1896. Women first contested the 400m at the 1964 Tokyo Olympics.

Middle distance. Races over the 'middle distances' took place in the Ancient Olympic Games and were revived in the middle of the 19th century. A men's 800m has been held at every Olympic Games since 1896. Women first contested it at the 1928 Games, but it was dropped from the roster and reinstated in 1960.

In the USA and Great Britain, the mile (1,609m) was a common middle-distance race. But the metric 1,500m has been contested by men at every Olympic Games since 1896. Women first raced over the distance at the Olympic Games in 1972.

Long distance. The Ancient Greeks organised a number of events akin to today's long-distance races. During the mid-19th century, match races for betting purposes became very popular in Great Britain and the USA.

Every Olympic Games since 1912 has included a men's 5,000m. The women's 5,000m was only introduced into the Olympic programme at the 1996 Olympics as a replacement for the 3000m, which had featured since the 1984 Los Angeles Games.

Every Olympics since 1912 has included a men's 10,000m, with the women's equivalent first featuring at the 1988 Games.

Steeplechase. This event has its origins in Britain; runners would race from one town's steeple to the next, jumping obstacles such as streams and low walls. The current event can be traced to the two-mile steeplechases run at Oxford University in the mid-19th century. It was made a track event, with barriers, at the 1879 English Championships.

The current format has been contested by men – initially over varying distances – at every Olympic Games since 1900. The women's event was introduced as recently as 2008.

Hurdles. The event evolved from wooden barriers being placed along a 100 yard stretch, in England during the 1830s. The universities of Oxford and Cambridge developed the event, increasing its distance to 120 yards (109.7m), which in turn was rounded up to 110m by the French in 1888.

The inaugural Women's World Games of 1922 featured the 100m hurdles, and a slightly truncated event made its first Olympic appearance over the 80m distance in 1932. The distance was increased to 100m at the 1972 Olympics.

The first 440-yard hurdles race was staged in Oxford, England, circa 1860. Competitors had to tackle 12 huge (100cm) wooden barriers that were sunk into the ground.

The 400m hurdles became a standard discipline for men at the 1900 Olympics. Some 84 years later, women contested the event at the Games for the first time.

Relays. Though the concept can be traced to Ancient Greece, where a 'message stick' was delivered via a series of couriers, modern relays emulate the charity races organised by the New York fire service in the 1880s, in which red pennants were handed over every 300 yards.

The first Olympic relay took place in 1908 but was split into two legs of 200m, followed by one of 400m and another of 800m.

The first Olympic 4x100m relay for men was held in 1912; the first for women was held in 1928.

The first Olympic 4x400m relay for men took place in 1912. Women made their Olympic 4x400m debut at the 1972 Munich Games.

A mixed (two men, two women) 4x400m relay featured for the first time at the World Championships in 2019 and was introduced into the Olympic programme at the Tokyo 2020 Games.

Marathon. The event is named after the legendary 26-mile run made by a Greek soldier called Philippides (also known as Pheidippides) from the scene of the battle of Marathon to Athens, where he announced the defeat of the invading Persians. His mission completed, he promptly died of exhaustion after having apparently also run 150 miles back from Sparta the day before.

The organisers of the first modern Olympic Games in Athens in 1896 devised the marathon race over 40km to celebrate the achievements of Ancient Greece.

The distance was later extended to the imperial measurement of 26 miles at the 1908 Olympic Games in London, and increased another 385 yards when the starting line was pulled back so it could be seen by the children in the Royal Nursery at Windsor and still finish in front of Queen Alexandra at the White City Stadium in west London. This distance was standardised at 26 miles 385 yards (42.195km) in 1921. The first women's Olympic marathon took place at the 1984 Los Angeles Games.

(Originated from: Our Sport. World Athletics)

2. Are the sentences true or false? Correct any false sentences.

1) The 'stade' was a race roughly comparable to the modern day 400m.
2) The 'diaulos' was regarded as the classic sprint race of the Ancient Olympics.
3) Races over the 'middle distances' were revived in the middle of the 19th century.
4) The Ancient British organised a number of events akin to today's long-distance races.
5) Steeplechase event has its origins in Britain.
6) The hurdles distance was increased to 100m at the 1972 Olympics.
7) The first Olympic 4x100m relay for women was held in 1912.
8) A mixed 4x400m relay was introduced into the Olympic programme in 2020.
9) The first women's Olympic marathon took place in 1896.
10) The organisers of the first modern Olympic Games devised the marathon race over 40km to celebrate the achievements of Ancient Greece.

3. Work in pairs. Ask and answer your own questions on the text.

4. Write abstract of the text. Pick up 5 keywords.

1. Read the text. Translate it in a written form.

Rules of Running Events

Sprint. *100 Metres.* Traditionally the standard distance over which the 'world's fastest man or women' is determined and the shortest distance contested on the Olympic track and field programme. Competitors line up in lanes down the 100m straight of a standard 400m oval. Participants start in blocks.

200 Metres. The 'half-lap race' starts at the top of the final bend and sees athletes run around the bend before completing the sprint down the home straight. The race is run in lanes and requires a greater level of strength and endurance than the 100m. It also requires the technical expertise of running a bend at very close to full speed.

400 Metres. The 400m race is exactly one lap of a standard outdoor running track. Often described as the "long sprint", the race is an acid test of sprint endurance. Athletes start the race in blocks.

Middle distance. *800 Metres.* The shortest middle-distance event on the athletics programme – in which athletes complete two laps of a standard 400m track – is sometimes referred to as the 'two-lap sprint'.

1,500 Metres. Often referred to as the 'metric mile', the 1,500m is the marquee middle-distance event. Demanding a balance of aerobic and anaerobic conditioning, athletes complete three-and-three-quarter laps of a standard 400m track.

Long distance. *5,000 Metres.* The 5,000m is one of the classic long-distance track and field disciplines. Demanding great aerobic capacity, competitors take on 12-and-a-half laps of a standard 400m track. Although this event is sometimes referred to as the "5km", technically speaking the 5km is the road equivalent of this race.

10,000 Metres. The 10,000m is a long-distance race with which many recreational runners will be familiar. On the track, athletes compete over a distance of 25 laps on a standard 400m oval. Although this event is sometimes referred to as the "10km", technically speaking the 10km is the road equivalent of this race.

Steeplechase. Competitors must always clear 28 fixed barriers and seven water jumps during the duration of the race. The men's barriers are 36in (91.4cm) high, the women's 30in (76.2cm). The water jump's landing area is 12ft (3.66m) long and 70cm at its deepest. Besides strength, endurance and an impressive aerobic capacity, top steeplechasers also require good agility.

Hurdles. *100 Metres Hurdles.* Athletes run in lanes and start from blocks, negotiating 10 hurdles of 2ft 9in (83.8cm) over a distance of 100m. Once the race is under way, there is 13m to the first hurdle, 8.5m between hurdles thereafter, and 10.5m from the final hurdle to the finish. The event demands speed, explosive power, agility and precision.

110 Metres Hurdles. The men's sprint hurdles event is contested over a distance of 110m. Athletes compete in lanes and start in blocks, negotiating 10 hurdles of 3ft 6in (107cm). Once the race is under way there is 13.72m to the first hurdle, 9.14m between hurdles thereafter, and 14.02m from the final hurdle to the finish. The event requires speed, agility and precision.

400 Metres Hurdles. Athletes run in lanes from staggered positions and start from blocks. They then complete one full 400m lap, clearing 10 evenly-spaced hurdles. Men clear hurdles that are 36in (91.4cm) high, while women negotiate 30in (76.2cm) barriers. Demanding speed, strength, agility and precision, the 400m hurdles is historically regarded as one of track and field's most demanding events.

Relays. *4x100 Metres Relay.* Four sprinters, in the same designated lane, each run 100m to complete a lap of the track. The quality of baton exchanges is typically critical to the outcome of the race and slick baton changes can compensate for a lack of basic speed. Failure to adhere to the baton-changing rules results in a team's disqualification. Baton mishaps are a regular occurrence.

4x400 Metres Relay. The event which traditionally brings the curtain down on the track and field programme at many major championships sees four athletes per team complete one 400m lap each. On the first lap, athletes run in designated lanes. The second lap runner will run in their lane until the beginning of the back straight. From that point on, runners can move to hold the inside line on the track.

Marathon. The longest race on the Olympic programme, athletes run a distance of 26 miles and 385 yards (42.195km). The event takes place on the road and the finishing order of the race is determined by time. Refuelling stations appear every 5km on a marathon course for the athletes. The course can be looped, out and back or run over multiple laps. It is a tradition for the men's Olympic marathon to be the last event of the athletics calendar, with the finish usually inside the Olympic stadium.

(Originated from: Our Sport. World Athletics)

2. Compile a vocabulary of running events terms.

3. Make a presentation of running events.

Olympic History of Running Events

Sprint. Evoking many of athletics' most unforgettable images, the 100m has served up many legends of the sport including on the men's side Jesse Owens, the 1936 Olympic 100m champion; Carl Lewis, the two-time Olympic 100m gold medallist; and more latterly the incomparable Usain Bolt, who triumphed over the classic distance at the 2008, 2012 and 2016 Olympics. On the women's side great 100m champions include: Wilma Rudolph (USA), Gail Devers (USA), Shelly-Ann Fraser-Pryce (Jamaica) and Elaine Thompson-Herah (Jamaica).

The US has proved the world's most dominant force over 100m, but seven of the past eight Olympic 100m titles (four women's and three men's) have been snared by Jamaican athletes.

In Olympic history the 200m event has served up many unforgettable races including world record performances for the likes of Jesse Owens (1936) Michael Johnson (1996) and Usain Bolt (2008). Among some of the great women's Olympic champions are Fanny Blankers Koen (1948), Wilma Rudolph (1960), Marie-Jose Perec (1996) and Allyson Felix (2012).

The medal ceremony following the men's 200m final at the 1968 Mexico City Games served up one of the most iconic moments in Olympic history when the gold and bronze medallists from the USA – Tommie Smith and John Carlos – made the Black Power salute, an action later described by Smith as a human rights gesture.

The 400m event has provided a kaleidoscope of great Olympic memories, from Eric Liddell's 'Chariots of Fire' victory at the 1924 Paris Olympics to Wayde van Niekerk's stunning gold medal success at the 2016 Rio Games. On the women's side, Australia's Cathy Freeman provided the iconic moment of the 2000 Sydney Olympics by striking 400m gold in front of a record TV audience of 7 million people in her homeland. Only two athletes in history have won back-to-back Olympic 400m titles; US great Michael Johnson in 1996 and 2000 and Marie-Jose Perec in 1992 and 1996.

Middle Distance. Athletes from five different continents – North America, South America, Europe, Africa and Oceania – have won gold in the 800m at the Olympic Games. Kenya has dominated the men's 800m at more recent Olympics, winning gold in 2008, 2012 and 2016. David Rudisha memorably struck gold at the London Games in 2012 courtesy of a world record of 1:40.91. European athletes dominated the women's 800m for many years, but African athletes took Olympic gold at the 2000, 2008, 2012 and 2016 Games.

Some of the greatest names in athletics history have taken the men's 1,500m title including Flying Finn Paavo Nurmi, Australia's Herb Elliott and Kenyan great Kip Keino. Current world record-holder Hicham El Guerrouj claimed the Olympic 1,500m title at the Athens Games. The only man in history to claim back-to-back Olympic 1,500m titles is Sebastian Coe, the current President of World Athletics. On the women's side, African-born athletes have claimed gold in 1992, 2000, 2008, 2012 and 2016.

Long Distance. In Olympic history, Finland is the most successful nation in the men's 5,000m. The Scandinavian nation has won six gold medals, including four successive titles from 1924 to 1936. Today East African athletes dominate this event. Ethiopia has been the leading Olympic nation in the women's 5,000m, winning three successive titles from 2004 to 2012.

Six men in Olympic history have claimed two Olympic 10,000m titles: Paavo Nurmi (Finland), Emil Zatopek (Czech), Lasse Viren (Finland), Haile Gebrselassie (Ethiopia), Kenenisa Bekele (Ethiopia) and Mo Farah (Great Britain). Ethiopia has proved the most successful Olympic country in the women's 10,000m with Tirunesh Dibaba winning gold medals for her nation in 2008 and 2012.

Steeplechase. Perhaps no nation dominates any event quite like Kenya does the steeplechase. Since Amos Biwott struck gold at the 1968 Olympic Games, Kenya has won every men's Olympic steeplechase title up to and including 2016 with the exception of two. In the women's steeplechase, Tunisia and Bahrain won the 2012 and 2016 Olympic titles respectively.

Hurdles. The US won Olympic gold in hurdles event in 1984, 2004, 2008 and 2016. It has provided many dramatic moments in Olympic history such as in 1992 when USA's Gail Devers held a clear lead until being knocked off balance at the final hurdle to miss out on a medal. Her compatriot Lolo Jones suffered a similar fate when leading in the 2008 final. She heavily struck the penultimate barrier, lost precious momentum and wound up seventh.

The event has been contested at every modern Olympics since the inaugural Athens Games of 1896. The USA have dominated the event at the Olympics. For the first 23 editions, the US snared 18 gold medals – including two apiece for Lee Calhoun and Roger Kingdom. However, in the six editions between 2000 and 2021, the US claimed one solitary gold.

The 400m hurdles became a standard discipline for men at the 1900 Olympics. Some 84 years later, women contested the event at the Games for the first time with Nawal El Moutawakel of Morocco winning the inaugural women's Olympic title in Los Angeles. In so doing, she became the first female Olympic champion as well as the first woman to win an Olympic gold medal from an Islamic nation.

The US has been the pre-eminent nation in men's Olympic 400m hurdles history. Glenn Davis, Edwin Moses and Angelo Taylor have all taken the title twice from the US. The only double Olympic men's 400m hurdles champion from outside the US is Felix Sanchez of the Dominican Republic, who triumphed in 2004 and 2012.

Relays. For many years the men's 4x100m relay event at the Olympics was dominated by the US – who won 15 out of 19 Olympic titles from 1920 to 2000. Jamaica won the 2012 and 2016 Olympic titles.

At the 2012 Olympics the US quartet of Tianna Madison, Allyson Felix, Bianca Knight and Carmelita Jeter wiped more than half a second from the women's 4x100m world record mark, recording a blistering 40.82 to produce one of the highlights of the track in field programme in London.

The USA has historically dominated both the men's and women's 4x400m at the Olympics.

Marathon. One of the greatest marathon runners of all time was Abebe Bikila of Ethiopia, who became the first black African to win Olympic gold by winning the marathon in a world record time at the 1960 Rome Games. Four years later he became the first man in history to successfully defend the title. Joan Benoit of the US made history at the 1984 Los Angeles Games by taking the inaugural women's marathon title.

(Originated from: Our Sport. World Athletics)

Other Popular Running Events

Half Marathon. With the steady growth of recreational running in the 1950s, race organisers looked to offer an alternative to the standard marathon distance, and so the half marathon was born.

The first world best, as listed by the sport's global governing body, was Ron Hill's 1:05:44 clocking in Freckleton in 1965, although it should be noted that Abebe Bikila's half-way split of 1:04:28 from the 1964 Tokyo Olympics was quicker.

Zersenay Tadese of Eritrea is a five-time world half marathon champion and Geoffrey Kamworor of Kenya secured a hat-trick of world half marathon titles from 2014 to 2018. Kenya and Ethiopia have also been to the fore in women's half marathon running. Kenya's Peres Jepchirchir is the reigning world half marathon champion, achieving the feat in a women's only world record time of 1:05:16.

A road race of 13.1094 miles or 21.0975km is exactly half the distance of a full marathon. The half marathon has become a hugely popular distance, with many thousands of events taking place globally every year.

The finishing order is determined on time.

The half marathon is not part of the World Athletics Championships or Olympic programmes but the World Athletics Half Marathon Championships is a biennial event which first took place in 1992.

Cross Country Running. Races, for both teams and individuals, are run on either grass or woodland courses and might also include stretches of gravel paths, road and hills. Races usually take place in the winter months, outside the usual track and field season.

The IAAF recommend for international competitions that there is a main course loop of between 1750m and 2000m with natural obstacles used where possible, and the likes of deep ditches, dangerous ascents and descents as well as thick undergrowth should be avoided.

The first international cross country race was staged in 1898 at Ville d'Avray, France. The first International Cross Country Championships (the forerunner to the IAAF World Cross Country Championships) was held five years later at Hamilton Park Racecourse in Scotland. The inaugural IAAF World Cross Country Championships took place on 17 March 1973 in the Belgian town of Waregem. Men's cross country races have also taken place at three summer Olympics, in 1912, 1920 and 1924.

The oldest gold medallist at the IAAF World Cross Country Championships is Jack Foster, who was part of New Zealand's triumphant 1975 team at 42 years and 297 days. Portugal's Carlos Lopes became the oldest individual winner when he won the third of his trio of titles in 1985 at 38 years and 34 days. At the other end of the spectrum, the youngest individual winner is Kenya's Lydia Cheromei, who took the 1991 junior women's title when she was just 13 years and 317 days.

Ethiopia's Kenenisa Bekele has won 16 gold medals at the IAAF World Cross Country Championships, 12 individual and four team wins. He achieved five consecutive double victories between 2002 and 2006 in both the long course and now-discontinued short course races. In addition, he got an unprecedented sixth senior men's long course victory in 2008 and won the 2001 junior title.

Although Kenenisa Bekele has gone on to win more gold medals, between 1995 and 1999 the affable and erudite Kenyan reigned utterly supreme and became the first man to win five consecutive world cross-country titles. His victories came in wildly varying conditions and on some different courses. Arguably Tergat's most impressive and memorable win was in 1996, when Cape Town was the host venue, when he won by 12 seconds after going through 10km in a stunning 27:57.

Grete Waitz found more international fame as a marathon runner during the early years of the boom in this event but the Norwegian was also a dominant figure at cross-country running. Winning five times in her seven outings at the IAAF World Cross Country Championships, and finishing third on the other two occasions she competed, the average margin of her victories was 24.6 seconds. Waitz has the largest margin of victory in any race in the history of the championships when she came home 44 seconds ahead of her nearest rival in 1980.

Mountain Running. The philosophy of mountain running is based on the time factor, how to reach the finish taking the defined way as fast as possible.

Mountain races take place over an infinite variety of distance, ascent, descent and terrain. Distances range from short 15-minute sprints to long several hour treks, and there are courses that suit every ability and age group, and are designed to eliminate danger. Equipment is not allowed, so bags, sticks, ropes, compasses or similar equipment are not allowed.

IAAF rule 250.10 defines the distances and heights for men, women, and juniors for both uphill only and uphill/downhill courses.

Mountain running is a worldwide sport and a discipline of athletics. The World Mountain Running Association (WMRA) was born in 1984 as the International Committee of Mountain Running (ICMR).

In 1985, it first staged 'the World Trophy', attracting entries from more than 30 countries. In 2002, the IAAF Congress officially recognised it as an International Competition as defined by IAAF Rule 1 and in 2009 the name was changed to the Mountain Running World Championships, with nowadays more than 40 nations taking part.

Four mountain running continental championships (Africa, Europe, North America, South America) are held every year, plus Commonwealth Championships and Balkan Championships. WMRA annually stages a Long Distance Challenge, a Youth International Cup and a Grand Prix, while a World Masters Mountain Running Championships is organised together with the WMA.

Many races in the Alpine region take place in ski resorts where there are high-level facilities and ski lifts for transport down. Here the races start in the resort and finish at a high level – called 'uphill only' races. In many other regions, interest in mountain running centres on the mountain village or town where the race starts and finishes, usually where there are no high level facilities – these are referred to as 'uphill/downhill' races. There are also races that have considerable descent but finish at a high level – a mixture of both of the above courses.

Jonathan Wyatt won six World Championship individual titles: 1998, 2000, 2002, 2004, 2005, 2008 and one silver medal (2006). All the races were uphill races except 2005 in Wellington when he won an up and down race, on home soil. He won also one silver medal (2005) and two bronze medals (1999 and 2000) as member of New Zealand team. In total, he won nine medals: six gold, one silver and two bronze. Wyatt also won the Grand Prix series and the Long Distance Mountain Running Challenge.

Marco De Gasperi won six individual gold medals at the World Championships: five in the senior category (1997, 1999, 2001, 2003, 2007 – all up and down races) and one in the junior division (1996 – uphill race). As a member of the Italian team he also won a lot of gold medals, 11 gold as a senior (1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2007, 2008 and 2011) plus two gold as a junior (1995 and 1996). Note: in 2005 he didn't run the World Mountain Running Championships. De Gasperi also won three silver medals (2006, 2009, 2012) and one bronze as a member of the Italian senior team (2010). In total, he won 23 medals (19 gold, three silver and one bronze) at the World Championships.

At the World Championships Isabelle Guillot won four gold medals (1989, 1991, 1993 and 1997) which is the same as two other women, Austrians Gudrun Pflueger (1992, 1994, 1995, 1996) and Andrea Mayr (2006, 2008, 2010 and 2012). Individually Guillot won also three silver (1994, 1995 and 1996) and two bronze (1988 and 2006). As a member of the French team, Guillot won four gold, one silver and three bronze, while as members of the Austrian Team Pflueger won one gold and two silver and Mayr won only two silver medals.

Ultra Running. Ultra races are contested over two different types of race modalities, either over a set distance or a set time. Examples of the former would be 50km, 100km and longer events while illustrations of the latter would be something like 6hr, 24hr, and multi-day events. Both are gaining popularity with the masses and bring their own unique challenges to the racers.

Races are organised on a) trails where athletes get to enjoy the serene environment of a forest. b) track when athletes do not have to venture too far from their start/finish areas and are always within visible region. c) road where athletes can enjoy their road running days and run through both quiet and busy streets.

Some ultra races are a combination of two or more of the available terrain, and some also span a few stages and are run over a course of days.

The history of ultra running can be traced back two million years when the Homo species evolved and started exploring. Without the luxury of stop watches or distance markers, one can only imagine how far the first athletes travelled before stopping.

What modern times started as a younger cousin of the marathon has quickly risen to a graduated move for many marathon runners. Today there are hundreds of thousands of runners who participate in several thousand ultra races around the world.

The International Association of Ultrarunners (IAU) was officially recognised by the IAAF in 1988. The IAAF recognises the IAU as the governing body for the sport of ultra running around the world.

Mike Morton, 24 Hour world champion in 2012, ran a total distance of 277.543km when taking that title. That is a staggering 6.6 marathons in one full day. Michaela Dimitriadu, in winning the women's World Championship crown, accumulated 244.232km which translates to 5.8 marathons in a day.

Italian athlete Giorgio Calcaterra (2008, 2011, 2012) joined Russian runner Konstantin Santalov (1992, 1993, 1996) as the only three-time men's champion at the 100km World Championships. In the women's 100km field Russian runner Tatiana Zhirkova (2002, 2004, 2008) stands atop with three championship wins.

Ryoichi Sekiya (JPN) has the distinction of most IAU wins at a World Championships with four at the 24 Hour events. He scored victories in 2004, 2006, 2007 and 2008. In the women's event, Lyudmila Kalinina (RUS) in 2005 & 2007 and Cecile Fontaine (FRA) in 2009 & 2010 are two-time winners.

Giorgio Calcaterra has had the distinction of being a three-time champion of the 100km World Championships. A native of Rome, Calcaterra has continuously posted fast times in the 100km race sitting close to the top of the rankings for the last few years. His personal best over the centenary distance is 6:23:20.

Japanese runner Mami Kudo is the queen of world's best performances. In 2012 she established a world best mark over 24 hours of 255.303km. The same year she also established the outdoor 48 hour world's best mark with a distance of 368.687km.

Trail running. Trail running takes place on different types of natural off-road terrain (sand, dirt roads, forest paths, single track footpaths, snow trails etc), and in various kinds of environment (mountains, forests, plains, deserts, etc). Trail running races do not have limits on the distance or elevation gain or loss, and the properly marked course must represent a logical discovery of a region.

Trail running races do not require the use of specific equipment to complete the course, such as rock climbing or mountaineering equipment. However, the use of hiking poles may be permitted. Competitions shall be based on the concept of self-sufficiency, meaning that the athletes will have to be autonomous between aid stations in terms of gear, communications, food and drink.

Since the mid-1990s, the popularity of trail running has grown at a rate of 15% each year for the past decade and the future looks even brighter as new countries and entrants discover the joy of running in the environment, with the current estimates at 20 million trail-runners worldwide. The International Trail Running Association (ITRA) was founded in 2013, with the aim to promote trail running around the world and give voice to all parties involved in the sport. In 2015, trail running was recognised by World Athletics as a discipline of athletics. Today ITRA is World Athletics' partner for the management of trail running worldwide.

It is difficult to pinpoint the exact birth date of trail running; however, the first organised races took place in the United States in California with the Dipsea Trail Race. The Western States 100 Mile Endurance Run (1974) and Leadville Trail 100 (1983) are also among the pioneers of this sport, followed closely by the Marathon des Sables in Morocco (1986) and the Grand Raid de La Réunion (1989).

Trail running experienced a boom in the 2000s in Europe with the first edition of the UTMB® in 2003, then followed by many other races. Today trail running is quickly expanding into Asia and South America and has become one of the fastest growing sports in the world.

ITRA developed criteria to help assess and certify routes, thereby providing an accurate idea of the effort involved. This service certifies the distance, the elevation gain and loss and supplies an evaluation of the race's level of difficulty by rating it on a scale from 0 to 6 points. Discover more here.

Trail running races are also classified according to their distance. You can find a global list of all these races on ITRA's international trail races calendar.

As trail running takes place on different terrain, conditions and technicality, it is not possible to directly compare the times in two different races. To overcome this, ITRA has developed a ranking system to evaluate the performance of each trail runner called the performance index (PI). This PI can be used to compare the speed of all trail runners, at all levels, from all around the world, even of athletes who have never run the in same race. See the world's top ranked trail runners on the official ITRA performance index.

Kilian Jornet Burgada has won all the hardest and most prestigious trail races in the world. His wins span a wide range of distances and varying types of terrain, making him one of the true masters of the sport. Kilian has finished more than 50 races with an ITRA score above 900 ITRA. Jim Walmsley is the fastest trail runner in long-distances races. His 2019 victory in the Western States Endurance Run gave him the highest ever ITRA score of 966.

Meghan Kimmel from the United States is the most successful and consistently high performing woman over the past 10 years. She shines in highly technical, medium distance trail races and has many notable victories such as Marathon du Mont Blanc in 2017. New Zealander Ruth Croft currently represents the highest level of trail running. With a general performance index of 800, she won the CCC® in 2015 and the OCC® twice, first in 2018 and again in 2019 where she attained an ITRA score of 820.

Between 1989 and 2003 Ann Trason recorded 14 victories and held the course record for 18 years at the Western States Endurance Run, one of the most sought-after races in the world, placing her amongst the legends of trail running.

Dawa Dachhiri Sherpa from Nepal has been competing in trail races for more than 20 years and has marked his place in the history of trail running with more than 100 career wins, including the symbolic first edition of UTMB® in 2003.

(Originated from: Our Sport. World Athletics)

Achilles tendon: The tendon along the back of your foot that attaches your calf muscles to your heel bone. Achilles tendinitis can occur in new runners who increase their distance and/or intensity too quickly.

Aid station: Also called a water stop. Any point along a race course that offers water and sports drinks, handed out by volunteers. Often, at bigger races, people also hand out gels, energy bars, and other items.

Altitude training: Elite runners train at altitude to increase their number of red blood cells, improving oxygen delivery to their muscles. Runners find they can train harder and perform better for several weeks after they return from about a month-long stay at altitude.

Aquajogging: Running against the water's resistance in the deep end, where you can't touch the bottom, provides many of the benefits of running on land. A flotation belt will help keep you upright and give you stability.

Bandit: Someone who is participating in the race unofficially, without having registered or paid for an entry.

Bib: The sheets printed with numbers (called "bib numbers") used to identify each runner in a race.

Brick workout: A workout that includes consecutive biking, then running. Often used by triathletes and duathletes to prepare for their goal events.

Cadence: The number of steps runners take per minute.

Carb-loading: The practice of increasing the percentage of carbs in your diet during the days leading up to an endurance event such as a marathon, half-marathon, or even a long training run. Carb-loading stores glycogen in the muscles and liver so that it can be used during the race; it is most effective when done along with a taper. Make sure your food choices are carbohydrate-rich, not full of fat.

Chip: A small plastic piece attached to a runner's shoelace that's used to track a runner's progress and record times during a race. Timing chips are activated once you step over the electronic mat at the start and finish of a race, and at various points in between.

Clydesdale: Races will often have divisions designated as "Clydesdale" for male runners who are over a certain weight. The minimum weight to qualify for that division varies from race to race.

Cool-down: A period of light physical activity, like walking, after a longer or harder run. Done to help bring the heart rate down gradually and prevent the blood from pooling in the legs.

Corral: A sectioned area at the lineup of a race that helps separate athletes into different pace groups. The faster an individual is, the more likely he or she will end up in one of the first few corrals. These corrals are especially important at large races, such as marathons, where elite athletes are running.

DNF: Did not finish, as in not completing a race.

DFL: Dead freakin' last, as in the very last person to cross the finish line.

Fartlek: Speed play, or fartlek in Swedish (the concept originated in Sweden), is a speedwork format in which you run faster for however long (or short) you want.

Hamstrings: The long muscles along the back of your legs. Strong, supple hamstrings are crucial for running your best, because they help to flex your knees and extend your hips. New runners whose daily lives involve a lot of sitting should include hamstring strengthening and flexibility exercises in their routine from the start.

Heart rate: How many times your heart beats in a minute. Training by heart rate accounts for many variables that affect how you feel from day to day. The key is to know what your maximum heart rate is; once you know that, you can figure out the range of heart rates that correspond to the effort level you want for a given run.

Hill repeats: A workout that includes sprinting uphill fast, jogging downhill at an easy pace to recover, and then repeating the sequence. It's thought to be an efficient way to build leg strength, speed, and aerobic capacity. Hill repeats reduce your injury risk because it limits fast-running time and because the incline of a hill shortens the distance your feet have to fall, reducing the impact of each step.

Ice baths: Typically taken after long runs, races, and hard workouts, ice baths involve immersing one's legs in ice water for 15 to 20 minutes. The ice constricts blood vessels and decreases metabolic activity, which reduces swelling and tissue breakdown.

Iliotibial band: A thick, fibrous band that connects your hips and knees. It helps to flex and rotate your hips and stabilize and extend your knees. It can become easily strained, leading to iliotibial band syndrome, if you increase your mileage too quickly. It is also often irritated on the leg farther away from traffic if you regularly run on canted roads.

Interval training: Technically, this refers to the time you spend recovering between speed segments. But the term is commonly used to refer to track workouts in general or fast bouts of running.

Long slow distance runs: Any run that's longer than a weekly run, which is the foundation of marathon and half-marathon training. These workouts help build endurance and psychological toughness that can help you get through race day.

Negative splits: Running the second half of a race faster than the first half.

Orthotics: Devices worn inside running shoes to help treat or prevent injuries. Orthotics can be hard or soft, and of varying length, depending on what injury they're trying to address. You should wear orthotics only if advised to by a sports medicine professional who says you need one to address a specific underlying imbalance or weakness.

Out-and-back: A course that entails running out to a turnaround spot, then running back to the starting point. Out-and-backs are a convenient way to get in runs in unfamiliar locales. They're also a good option when you're trying to run a little farther than you have before, because you don't have the option of cutting the run short.

Overuse injury: Any injury incurred from doing too much mileage before the body is ready. Examples of common overuse injuries among runners include runner's knee, IT-band syndrome, and plantar fasciitis.

Overpronation: Excessive inward roll of the foot, which can cause pain in the foot, shin, and knee.

Overtraining: A collapse in performance that occurs when the body gets pushed beyond its capacity to recover. It can lead to fatigue, stale training, poor race performance, irritability, and loss of enthusiasm for running.

Pace: How fast you're running, usually expressed in terms of minutes per mile. Your running pace at a given effort level will vary greatly from day to day, depending on the weather, your fatigue level, and numerous other factors. As you gain fitness, you'll naturally speed up.

Personal record (PR): Term used to describe a runner's farthest or fastest time in a race. Also called a ***Personal Best (PB)***.

Plantar fascia: Thick connective tissue that runs along the bottom of your foot from the heel bone to the base of your toe bones. It can easily inflamed by many of the same things that irritate the Achilles tendon, including too-rapid increases in distance and/or intensity, and poor flexibility of the calf muscles.

Quads/quadriceps: The four main muscles in the front of your legs. They help to stabilize your knees after your foot hits the ground when you're running. Good quad strength and flexibility helps to relieve strain on your knees.

Quality workouts: Any workouts that are faster or longer than daily runs. Within the context of marathon and half-marathon training, the term usually refers to workouts such as long runs, speed sessions, and tempo runs, which all require a day or two of recovery.

Recovery: Walking or easy jogging between faster-paced segments. Recovery lets your heart rate return to the point where you're ready to run fast again, and it helps you regain the energy you'll need for the next burst of speed.

Repeats: The fast segments of running that are repeated during a workout, with recovery in between. If you're training for a marathon, you might run 1,000-meter repeats six times. For shorter races, like 5Ks, you might do shorter repeats of 400 meters or so at your goal race pace.

Run/walk: Method popularized by Olympian Jeff Galloway. Walk breaks allow a runner to feel strong to the end and recover fast, while providing the same stamina and conditioning as a continuous run. By shifting back and forth between walking and running, you work a variety of different muscle groups, which helps fend off fatigue.

Runner's knee: A common running injury marked by inflammation of the underside of the kneecap. A common cause in new runners is building up mileage too quickly. Being at a good running weight and have strong, flexible quad and hip muscles help to lessen your risk for developing runner's knee.

Side stitch: Also called a "side sticker," this is a sharp pain felt just below the rib cage. Stitches normally come on during hard workouts or races. To get rid of a side stitch, notice which foot is striking the ground when you inhale and exhale, then switch the pattern. If that doesn't help, stop running and reach both arms above your head. Bend at your waist, leaning to the side opposite the stitch until the pain subsides.

Specificity: Training should be relevant and appropriate to the sport for which you're training in order to maximize performance. Long runs, for instance, as opposed to cycling, are specific training for marathons and half-marathons because they prepare your muscles for the specific activity that you'll be doing during the race: covering a long distance for hours at a time.

Speedwork: Also called intervals or repeats, speedwork refers to any workout run at a faster-than-normal pace. Often done at a track. Performed to increase cardiovascular fitness.

Splits: The time it takes to complete any defined distance. If you're running 800 meters, or two laps, you might check your split after the first lap to shoot for an even pace.

Streaker: Typically refers to someone who has completed a race multiple years in a row, or somebody who runs every single day.

Stride rate: The number of times your feet hit the ground during a minute of running. This measurement is often used to assess running efficiency. Having a high stride rate can reduce injuries and help you run faster. Typically the number used refers to the total number of times either foot hits the ground.

Strides: Also called striders or "pickups," these are typically 80- to 100-meter surges that are incorporated into a warmup or a regular workout. Strides increase heart rate and leg turnover; they get your legs ready to run. Strides are run near 80 percent of maximum effort, with easy jogging in between.

Supination: The insufficient inward roll of the foot after landing. This places extra stress on the foot and can result iliotibial (IT) band syndrome, Achilles tendinitis, and plantar fasciitis. Runners with high arches and tight Achilles tendons tend to supinate.

Talk test: A way to see if you're running at a comfortable effort level. During most of your runs, you should be able to carry on a conversation, which means you've passed the talk test. If you can't say more than a few words at a time, you're probably running too hard.

Tempo: When runners talk about doing a "tempo run" they usually mean a sustained, faster-than-usual run of 3 to 6 miles at the pace they could sustain for an hour in a race. Tempo runs are said to feel "comfortably hard" – you have to concentrate to keep the effort going, but aren't running with as much effort as a sprint or 5K race.

Ten percent rule: Don't increase mileage or intensity by more than 10 percent from one week to another. This is a classic injury-prevention rule meant to prevent a runner from doing too much, too soon, and getting injured.

Warm-up: A period of walking or easy running or any light activity that is done for 10 to 20 minutes before a workout. It gradually increases heart rate, breathing rate, and bloodflow to the muscles, and it prepares the body for more vigorous work. A good warmup allows the body to work more efficiently and helps prevent muscle pulls and strains.

The Wall: Typically refers to a point when a runner's energy levels plummet, breathing becomes labored, and negative thoughts begin to flood in; this often happens at mile 20 of a marathon. Experts say that it usually happens two-thirds of the way through any race, no matter the distance. Hitting the wall often occurs because you've run out of fuel and need carbohydrates that the body can convert into fuel for the muscles to use.

(Originated from: A Guide to Common Running Terms. A dictionary of running terms for beginners.)

REFERENCE LIST

1. Athletics. *Olympics.* [Електронний ресурс]. – Режим доступу: https://olympics.com/en/sports/athletics/

2. A Guide to Common Running Terms. A dictionary of running terms for beginners. *Runner's World.* [Електронний ресурс]. – Режим доступу: https://www.runnersworld.com/beginner/a20820586/a-guide-to-common-running-terms-0/

3. Macmillan English Dictionary for Advanced Learners / [ed. by M. Rundell]. – London: Macmillan Publishers Limited, 2007.

4. The Oxford Dictionary and Thesaurus / [ed. by S. Tulloch]. – Oxford: OUP, 1993.

5. Track and Field. *Encyclopedia of Sports.* [Електронний ресурс]. – Режим доступу: https://www.topendsports.com/sport/list/track-and-field.htm

6. Our Sport. *World Athletics.* [Електронний ресурс]. – Режим доступу: https://worldathletics.org/our-sport

Навчальне видання

Надія Юрко

ЛЕГКА АТЛЕТИКА
(біг)

методична розробка
з англійської мови

для самостійної й аудиторної роботи
з теми «Спортивна спеціалізація»

Підписано до друку 26.03.2024 р. Формат 60×84/16.
Гарнітура Times New Roman. Папір офсетний. Друк офсетний.
Ум. друк. арк. 1,62. Наклад 50 прим.
Зам. № 2818/1

ТзОВ «Галицька видавнича спілка»
вул. Тугана-Барановського, 24, м. Львів, 79005,
тел.: (032) 276-37-99.
Свідоцтво суб'єкта видавничої справи ДК № 7408 від 27.07.2021 р.

Друк: ФОП Марусич М.М.
пл. князя Я. Осмомисла 5/11, м. Львів, 79008,
тел.: (032) 261-51-31