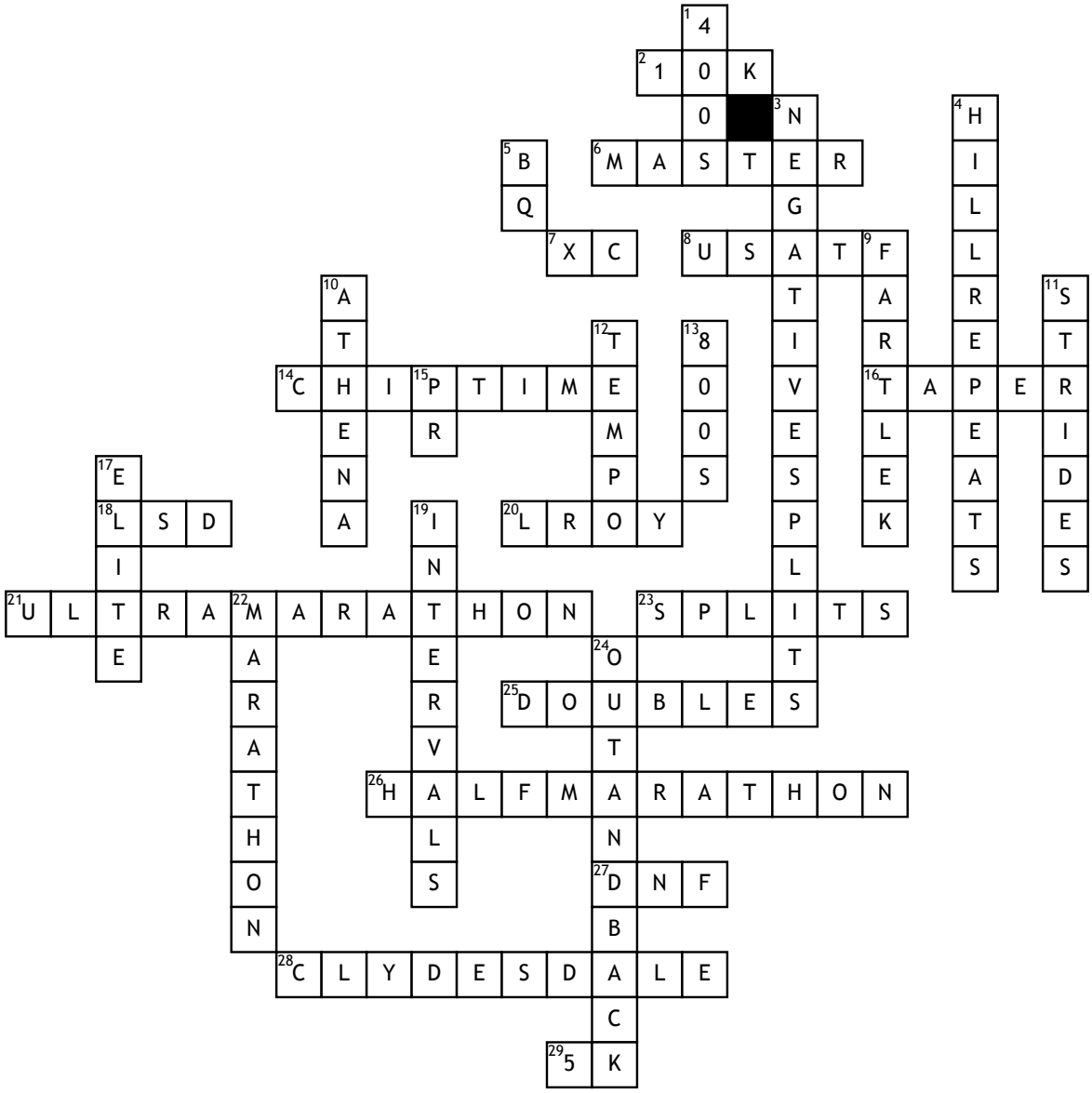
Running Jargin



Across

2. 6.2 miles
6. Athlete over 40 years old
7. Abbreviation for cross country
8. United States Track and Field Association abbreviation
14. Timing method in a race accounting for when you cross the starting line and when you cross the finish line
16. Cutting back on your training right before a race
18. Long slow distance run abbreviation
20. Longest run of the year abbreviation
21. Racing distance longer than 26.2 miles
23. The time it takes you to run a set distance during a race or workout (typical distance is 1 mile in a race)
25. Two runs in the same day (two-a-days)
26. 13.1 miles
27. Abbreviation representing not finishing the race
28. A racing category for bigger male runners
29. 3.1 miles

Down

1. Interval workout consisting of quarter mile repeats (number)...
3. Where you complete the second half of the race faster than the first half...
4. Running up and down a hill multiple times
5. Abbreviation for a qualifying marathon time to run the Boston Marathon
9. Speed play
10. A racing category for bigger female runners
11. Short sprints at the end of the run with full recovery
12. Anaerobic threshold run
13. Interval workout consisting of half mile repeats (number)
15. Abbreviation for a time representing a personal record
17. Athlete competing at the top level
19. A series of high and low intensity running
22. 26.2 miles
24. Running out and returning the same way you came