

Triathlon/Training terminology

To make things a bit easier on the newbies to the sport, here is a list of triathlon and training terms that you might come across on TriDot, Whatsapp groups or random conversations at events. It will also make you sound more bad-ass when you throw it into conversations. E.g. "At my last race I chicked two guys on the red carpet"

For easy reading I divided it into discipline specific terms and training specific terms. Please note that some terms or definitions can be applicable through all three disciplines and will be indicated as such.

Triathlon terminology

Race distances (indicated as swim/bike/run)	
Sprint	600m/ 20km/5km
Olympic also known as 5150 distance	1500m/40km/10km 5150 is trademarked by IRONMAN and used exclusively for IRONMAN events.
Half IRONMAN also known as 70.3	1900m/90.1km/21.1km Events hosted by IRONMAN are mostly referred to 70.3's as it (the actual numbers in this case) is trademarked by IRONMAN. Non- IRONMAN branded race are referred to as an Ultra triathlon or Half IRONMAN distance events
Ironman also known as 140.6 or ultra distance triathlon	3800m/180km/42.2km The original distance event. Exclusively hosted by IRONMAN and is also the official distance at the World Championships in Kona, Hawaii.
Fact: 5150, 70.3 and 140.6 refers to the total distance covered in each race in miles	
Aero Bars	Handlebars facing forward (sometimes shifters are placed here) with places to put your elbows. These bars allow triathletes to maintain a very comfortable aerodynamic position.
Big Gear riding	It's using the bigger gear up front on your bike, making the workout harder at the same cadence.
Bike porn	The photos our colleagues and teammates share of their brand new bikes so that we may covet them.

Bonking or hitting the wall	When you suddenly lose energy and fatigue sets in, usually caused when glycogen stores in the liver and muscles are depleted, resulting in a major performance drop.
DNF	Did Not Finish
DNS	Did Not Start
DNR	Did Not Race
DFL	Dead Fucking Last
DQ	Disqualified from racing - Check rules in race guide ALWAYS
LBS	Little Bike Shop
Mdot	Ironman trademark, can be found in tattoo form of many athletes
Rabbit	The guy or gal that you pick out of the crowd before your swim start that you will chase and try to pass on your way to the finish.
Tri-Bike	A triathlon-specific bicycle designed for riding in the aerodynamic position. This bike features aero bars, a steep seat tube angle to put you farther over the cranks and allow for a comfortable aerodynamic position, and a very light-weight.

Training Specific:

Abbreviation	Term	Explanation
HR Zone (Also indicated as Z1-Z6 in TriDot)	Heart Rate Zone	Indicate at which level you must train. This can be found in your Training Intensities
BT	Base Training	Focus on building aerobic fitness. This is the longest training block and prepares your body for aerobically for the training blocks to come.
BP	Building Phase	This phase looks at building power and speed, with interval sets, sprints and etc. It also means in increase n training set duration.
PP	Peak Phase	The peak phase is the shortest and is reserved for race rehearsals or an actual race. Training volume increases
Intervals/IT	Intervals training	Any cardiovascular workout (e.g. biking, running, rowing, etc.) that involves brief bouts at near-maximum exertion interspersed with periods of lower-intensity activity
Fartlek	Fartlek	Swedish term meaning 'speed play' that is a relaxed method of interval training. Does not refer to farting.
LT	Lactate Threshold	The highest pace at which you can go for an extended period (>30 minutes) without building up lactic acid.
LSD	Long Slow Distance	Long distance riding/running. Usually at Z2 pace. Not

		the drug.
NS	Negative Split	Finish the second half of a workout/race faster than the first half.
RPE	Rate of Perceived Exhaustion/Exertion	Rate of perceived exhaustion – HR Zones are indicated through the rate of perceived exhaustion instead of a numerical indicator. Can be used in combination with HR monitor or without. Focuses more on how an athlete “feels” during a session.
Split	Split	Your time for a portion of your race or workout. For instance, your km splits in a 5k are your times for each individual km.
V02 Max	V02 Max	The highest rate at which oxygen can be taken up and utilized during exercise by a person.
TrainX	TrainX	The training score you get per session and per week. TrainX is TriDot’s proprietary analytic algorithm that evaluates your “training execution” of your prescribed Optimized Training relative to its value and impact on your overall performance improvement. It scores individual training sessions, weekly training, and multi-week training periods.
NTS	Normalized Training Stress™	Normalized Training Stress™ (NTS™) is the consummate method of quantifying the physiological stress from a training session. It considers the session’s discipline type, environment, intensity distribution, intensity levels, intensity durations, and your Training Stress Profile™ or your ability to absorb training stress.
RaceX	RaceX	RaceX® is optimized race execution, a separate application that is fully integrated with TriDot. As TriDot optimizes your training, RaceX optimizes your racing. Race execution shouldn't be a race experiment! RaceX is a one-of-a-kind technology that combines your training and performance data with anticipated race-specific conditions (temperature, humidity, elevation, wind, terrain, and so forth) to identify your optimal Target Power/Pace and produce your exportable optimized Power Plan for spot-on, race-day pacing.

Running	
<i>Term</i>	<i>Definition</i>
Easy	Easy pace – should be able to have a conversation
Endurance	Endurance pace – should be able to hold the pace for longer distances (marathon distance) and conversation should be one brief sentence every 10-20 steps
Tempo/Race	10km race pace
Threshold	5 km race pace (no conversation should be happening here)
Interval (Zone 5)	Sprints, 200m builders etc. should be done at this pace (throwing up after or during the sessions are normal)
Brick	Running directly after your bike set
Strides	Steady increase in pace lengthening your strides until you reach significant faster pace than your easy pace
Running Drills	The exercises in your warm up that you never do.

Swimming		
Abbreviation	Term	Explanation
E	Easy	Recovery
S	Smooth/Slow	Smooth strokes and kicking – Used for warm ups
M	Moderate	Building pace to warm up for race pace
T	Threshold	Race pace swimming
F	Fast	Sprint pace – (think of chasing someone)
AO	All Out	As fast as you can – think shark chasing you.
DPS	Distance per Stroke	The distance you travel in the water from each individual stroke
SR	Stroke Rate	The time it takes to complete one full cycle
Drills	Drills	The part of warm up and cool down that you skip
Swim pace is according to TIME and not HR as with running and biking. HR is not as reliable because your body is functioning horizontal.		
SD	Sink Downs	Sink to the bottom of the pool, letting out air evenly until surfacing. You should not be gasping for breath when you resurface – The goal is to get comfortable in the water
Torpedo	Torpedo	Dropping under water and pushing yourself off the wall as hard as possible. Moving like a torpedo through the water. Don't kick or move arms – just resurface

		naturally. Swim back to starting point with big toes touching
B	Build	Increasing speed throughout the effort. Easy in the beginning, gradually building to fast at the end while still maintaining good form.

Cycling		
Abbreviation	Term	Explanation
Bike	Bike	That machine you own and that sleeps in your house/bed
CPM/RPM	Cadence or Revolution per minute	Garmin/Suunto has different terms on the watch face, but it means the same. This is the amount of times you leg pedals a 180 degrees or does one turnover per minute.
SU/PU	Spin ups/Pick ups	Cycling at a cadence more than 100rpm WITHOUT bouncing your bum in the saddle.
SLD	Single Leg Pedaling	Unclipping your one foot and pedaling only with one leg for the indicated amount of time. Goal is to work on balance of leg strength.
HCP	High Cadence Pedaling	High-cadence pedaling helps to develop pedaling efficiency (decreases wasted effort) and increases "natural" pedaling cadence (increases capacity to produce power). During HCP sets, you'll pedal as fast as you can, in race position, without bouncing in the saddle. The force exerted on the pedals should be extremely light.

Swim, Bike and Run sets explained

Swim Example set	What you have to do
3 x (3 x 50) 20"	3: 3 sets of (3 x 50): 3 laps of 50 m (150m) 20": 20 seconds rest after each set of 150m
Run Example Set	What you have to do
5 x 3' @ T (60" jog)	5: 5 sets 3': 3 minutes T: Threshold pace

Balance of the time @E	(60" jog): 60 Seconds jog- for recovery between sets Balance of the time that is left over of the session at an Easy pace
Bike Example Set	What you have to do
<p>Warm up: 10' @ Z2 with 3 x 30" (30") spinups and 3 x 1' (1') @ Z4</p>	<p>Warm up: 10': 10 minutes @Z2: Zone 2 Heart rate 3 x 30": 3 sets of 30 seconds each (30"): Rest 30 seconds after each set 3 x 1': 3 sets of 1 minute each (1'): rest between each set @Z4: Zone 4 Heart rate</p> <p>So this means that your warm up is 10 min and in the 10 minutes you need to do 3 sets of 30 second spin up efforts with 30 seconds of rest after each one and 3 sets of 1 minute efforts at Zone 4 with 1 minute of rest between each.</p>