

## Useful Danish for Runners

When you begin running with Sparta in the weekly groups, you will soon learn some useful Danish words and phrases.

You will run in a particular team (*hold*) based on your speed or pace (*tempo*). If you run at a 6 minutes per kilometer pace (so will run 10 km in an hour) this is the *6:00 hold* (shortened to 6:00 and said “*seks nul*”). Listen out for these numbers – they will tell you which team is which and what is being planned for that day.

Begynderhold	10 week beginners training team
7:00 syv nul /Indslusningshold	Intermediate team
6:30 seks tredive	
6:00 seks nul	
5:45 fem femogfyrre	
5:30 fem tredive	
5:15 fem femten	
5:00 fem nul	
4:45 fire femogfyrre	
4:30 fire tredive	
4:00 fire nul	

As you run you will learn the etiquette of runners in Denmark. Runners in front shout information to runners behind so that there are no accidents. Useful phrases that you will soon learn include:

stoppe	stop (accompanied by a stop hand signal)
pas på!	look out! (when encountering an obstacle)
se ned!	look down! (can be accompanied by pointing)
til højre	to the right
til venstre	to the left
fodgænger	pedestrian
cyklist, cykel	cyclist, cycle
bagfra	from behind
forfra	from the front
vand	water (a puddle)
stolpe	post/bollard
kant	edge/kerb

Your coach might use some of the following words

Gang(e)	times (as in do something three times “tre gange” )
hurtigt, hurtigere	quickly, faster
langsomt, langsommere	slowly, slower
godt arbejde	good work
stille og rolig	nice and easy, relaxed
fart	speed
fartlek	training that combines fast and slow running (or running and walking)

And of course it is nice to be able to use the following phrases:

Det ser godt ud!	Looking good!
God tur!	Enjoy your run!
Tak for turen!	Thanks for the run!