



Glossary

Hera: Wife of Zeus, the king of Greece God.

Pelop: King of Pisa, founder of ancient Olympic with Ipitus

Ipitus: King of Elean , founder of ancient Olympic Games with Pelop

Hercules: Mythological hero of Greece, famous for strength and adventure.

Pentathlon : An Olympic event consisting of five items namely stadia, Discus, Javelin, Long jump and wrestling.

Cleisthenic : Exercises consisting of variety of movements to increase strength, fitness, flexibility without extra weight.

Panhellenic Games :A collective terms for four separate sports festival of Greece ; Olympic, Pythian, Nemean and Isthmus Games.

Biological passport : An individual electronic record for professional athletes, in which profiles of biological markers of doping and results of doping tests are collated over a period of time

Doping : The use of banned athletic performance-enhancing drugs or methods to improve results.