

Grade 7 Vocabulary

Word Meanings

Week 34

Directions: Look at the words in the list below. There is a definition and two phrases to help you learn the new vocabulary.

Word	Meaning	Examples
commence (noun)	start, begin, initiate	"commence with the race"; "commence with the ceremony"
cadence (noun)	the total number of steps taken for minute	"optimal cadence is about 170"; "cadence of 100 is low"
stride (noun)	strides that are 20-35 second sprints at a mile race pace	"assigned strides after the race"; "strides require less effort to allow for recovery"
hurdle (noun)	series of upright frames that athletes race toward and jump	"cleared the hurdle"; "set up that fallen hurdle"
overtraining (verb)	training too hard or too long with too little recovery	"overtraining for the meet"; "was she overtraining"

Word	Meaning	Examples
streaker (noun)	someone who has won multiple races back to back	"a streaker in the hurdles"; "streaker in the 100 meter race"
triathlete (noun)	an athlete who participates in a triathlon	"a promising triathlete"; "triathlete in training"
marathon (noun)	long-distance, running race that is 26 miles and 385 yards in length	"the Boston marathon"; "training for a marathon"
speedwork (noun)	a type of running workout in which you run for intervals at or faster than your max pace to build stamina and strength	"speedwork has benefits"; "doing speedwork this session"
sprints (noun)	a footrace over a short distance at top speeds, usually the 100, 200, 400 meters or 100,220, or 440 yards	"working on sprints"; "sprints to prepare for the 400"

Word	Meaning	Examples
intervals (noun)	running workouts of a defined distance of higher effort, usually 30 seconds to five minutes then recovery	"doing 30 second intervals"; "working on intervals at practice"
hypoxic (adjective)	describes someone with an oxygen deficiency	"became hypoxic and passed out"; "hyperventilating can cause you to be hypoxic"
chafing (verb)	a part of the body being sore from abrasive rubbing	"poor fitting running gear causes chafing"; "chafing from tight shorts"
hydration (noun)	maintaining enough water in the body to keep it hydrated	"proper hydration"; "hydration is important"
recovery (noun)	a short, slow run to allow the body to rest while still working	"need a long recovery period"; "intervals followed by recovery"

