

Grade 7 Vocabulary

Week 34: Worksheet 1

Directions: Use your knowledge of the vocabulary words below to answer the following questions.

commence	cadence	stride	hurdle	overtraining
streaker	triathlete	marathon	speedwork	sprints
intervals	hypoxic	chafing	hydration	recovery

- 1) Wearing improperly fitting clothes when running can lead to _____.
- 2) I have been running at top speed for five minutes straight and now I need to slow down for a brief _____ period so my body is not overstressed.
- 3) My _____ is currently 150, but I am training to get it into the 170-180 range.
- 4) I have trained in running, biking, and now swimming so I can become a real _____.
- 5) Those who fall victim to _____ can ruin their career as an athlete or at least be down until the body recovers.
- 6) The announcer came over the loudspeaker to say the race was about to _____ or begin.
- 7) The race was going well until she tried to jump the final _____ when her shoe got caught and she fell to the ground.
- 8) It is important to focus on _____ before and after a race so your body does not react to its limited water supply.
- 9) I am training for a _____ this summer, but building up to running over 26 miles is intense.



Answer Key

Worksheet 1

- 1) chafing
- 2) recovery
- 3) cadence
- 4) triathlete
- 5) overtraining
- 6) commence
- 7) hurdle
- 8) hydration
- 9) marathon