

Grade 7 Vocabulary

Week 34: Worksheet 2

Directions: Use your knowledge of the vocabulary words below to fill in the blanks.

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

1) Most diets stress the importance of _____ during the day, but especially during exercise.

2) My coach wants me to work on 2 minute _____ to build strength and stamina.

3) Learning to jump over a _____ is difficult because you are running at top speeds toward a stationary object.

4) She had won the last three events and was considered a _____.

5) When running, you must learn to breath in the right way because if you are not getting enough oxygen then you may become _____.

6) When I first started running, I had to learn to wear the right clothes to prevent _____.

7) I am working on my _____ for after the race to help my body recover without getting stiff.

8) Training to become a _____ is extremely difficult because you must excel in three different events.

9) With the race about to _____ my heart was racing with anticipation.

10) I am running the 440 and the 100 meter which are both known as _____.



Answer Key

Worksheet 2

- 1) hydration
- 2) intervals
- 3) hurdle
- 4) stalker
- 5) hypoxic
- 6) chafing
- 7) stride
- 8) triathlete
- 9) commence
- 10) sprints