

Directions: Carl is writing an essay about track and field events for class. Help him fill in the missing words to complete the assignment.

Track and field involves many different events and skills. Depending on the specific meet, some events may be happening at the same time as others. Some track events also happen as singular events like the very long _____ (*hurdle, marathon, triathlete*). This is in part because of how much ground must be covered. Those who are _____ (*hypoxic, streakers, triathletes*) also tend to compete alone because there are multiple events in a single race. No matter how things are organized, track is a trying sport that requires dedication.

There are some concerns when it comes to track. Some runners risk _____ (*cadence, overtraining, recovery*) because they push so hard. It is important for runners to work on various skills at different times. This allows the body to be pushed, but also creates a time for _____ (*stride, recovery, hydration*). As an athlete, it is important to care for the body. For most, this means focusing on _____ (*hydration, speedwork, sprints*) and avoiding _____ (*cadence, stride, chafing*).

When a runner is in training, most work in _____ (*intervals, recovery, overtraining*) or doing _____ (*hypoxic, speedwork, streaker*) to build stamina. This is true whether training for _____ (*sprints, triathlete, hurdle*) or something over a longer distance. The training is tough and must remain consistent, but for those who love track events, it is all worth it.





Answer Key

Worksheet 3

marathon

triathletes

overtraining

recovery

hydration

chafing

intervals

speedwork

sprints