

Grade 7 Vocabulary

Week 34: Worksheet 4

**Directions:** Choose the word that best completes each sentence. Write it on the line.

1) You need to count how many times your feet hit the ground while running for a full minute to determine your \_\_\_\_\_ (*stride, cadence, sprints*).

2) Trying to train in three different activities at the same time is the norm for a \_\_\_\_\_ (*triathlete, overtraining, streaker*).

3) To keep your mind and body healthy when running track, it is important to take time for \_\_\_\_\_ (*overtraining, chafing, recovery*).

4) I was showing off to my friends that I could jump a \_\_\_\_\_ (*marathon, hypoxic, hurdle*) but I was wearing the wrong type of shorts so even though I cleared the obstacle, I had an extreme case of \_\_\_\_\_ (*recovery, hydration, chafing*).

5) Drinking soda is not good for the body, so \_\_\_\_\_ (*hurdle, intervals, hydration*) is best accomplished by drinking water.

6) Some coaches push their players too hard which results in \_\_\_\_\_ (*speedwork, overtraining, chafing*).

7) My coach has us working on three-minute \_\_\_\_\_ (*hurdle, intervals, recovery*) which is followed by periods of \_\_\_\_\_ (*overtraining, recovery, speedwork*) when we are actually jogging more than running.



## Answer Key

### Worksheet 4

1. cadence
2. triathlete
3. recovery
4. hurdle, chafing
5. hydration
6. overtraining
7. intervals, recovery