

## Grade 7 Vocabulary

### Use of Vocabulary Words in Context

#### Week 34

Directions: Read the passage below to better understand the vocabulary words.

#### The Track Meet Trauma

#### Vocabulary Words

commence

cadence

stride

hurdle

overtraining

streaker

triathlete

marathon

speedwork

sprints

intervals

hypoxic

chafing

hydration

recovery

**Hint:** When learning new terms, look for context clues to help determine the meaning. If the sentence you find the word in is not helpful, keep reading to see if it can be understood.

The track meet was just about to **commence** when the coach ran up to the announcer to say they needed to postpone for a few minutes. His **streaker** had been working on **intervals** all week to build up her **cadence**, but while in a **recovery** period she had made a wrong **stride** and pulled a muscle. She was screaming as she sat on the track surrounded by the team doctor and several fans. The injury was bad enough, but she was up first in **sprints** and was scheduled to do **hurdles** later in the day. The team would be at a disadvantage if she could not compete.

One runner, a teammate, stepped up and said she could take the star's place. Though she had been benched after **overtraining** as she worked toward becoming a **triathlete**. Her body needed time to recover, but it had been two weeks and she was already back doing limited **speedwork**. The coach agreed she could run if she promised to focus on **hydration** between races and watch her breathing to make sure she did not become **hypoxic**. The runner agreed knowing this would be great practice for a **marathon** she wanted to run.

The substitute runner warmed-up and got ready to compete. The race started and while the coach did not expect a win, but his benched runner surprised him winning by several lengths. The same happened in the hurdles. Other than a bit of **chafing**, the formerly benched runner made the day perfect.

