



Name \_\_\_\_\_

### Sprinting Strategies Word Search

H V W G U B D C D N X I I U B G K M H H X U I L E N  
 L D E W L R I M N V V F U E Q F A A Q H A B L Z T A  
 W R T J F E S L G Z J S T J Y F R C F E K V W N Y V  
 L I R E L A X A T I O N C O N T R O L A F V I B G X  
 E V I J S T O S E A S Y H U K O G N L D M X N V B V  
 Y E U Q Q H L L A T E R A C E P U S H P U E D K N O  
 D P M N C I R Z Z F R U F Y G D B I D O K P R A T X  
 G H E C F N N S C C X Z P F K E H S W S M O E L M R  
 P A C I N G S T R A T E G Y E H P T A I O N S O I K  
 P S K T Q C W I L X E H X D U U Q E T T W Z I T H X  
 A E P G G O B W M F Z F O C U S O N F I N I S H F N  
 U E N K E N A R M C O O R D I N A T I O N M T T H Z  
 L X O K E T P O K N Z H R N V A E A M N P U A N K V  
 L E Y S T R I D E E F F I C I E N C Y S F B N J I G  
 K C L H C O S U W J P L Q R R J D C M X H S C S T A  
 U U E X P L O S I V E S T A R T R E K Y J L E O M W  
 F T C G F D D O A P V B E D A J A L W S D B M L U X  
 J I Q P F P A I S G F J M K I K C E L N G Y A X S W  
 R O O X U B C R I M A B H T P Q E R X N N S N W O V  
 U N Q P A M G P V N W F M Z B I L A V Z F B A Y T J  
 R H Y T H M M A I N T E N A N C E T K C P U G V Q T  
 K F W I W T G E A Q K S Q M F C A I G Q O O E R O M  
 U Q B L F N K R L Z C D R I E D N O H B Q Y M P R F  
 C W F Z J E G B B V S B R U I A Q N Q Y Z S E O J O  
 U C N H C O M P E T I T I V E S P R I N T I N G N B  
 P X D K Y O A O B N E Y A H Y H N I Z B A I T Q S M



Wind resistance management  
 Consistent acceleration  
 Competitive sprinting  
 Explosive start  
 Pacing strategy

Late-race push  
 Relaxation control  
 Drive phase execution  
 Rhythm maintenance  
 Breathing control

End-race lean  
 Head position  
 Focus on finish  
 Stride efficiency  
 Arm coordination