



Name _____

Training For A Run Word Search

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



Intervals
 Tempo
 Fartlek
 Sprints
 Long runs

Recovery
 Hill work
 Threshold
 Strides
 Repeats

Endurance
 Pacing
 Warmup
 Cooldown
 Progression