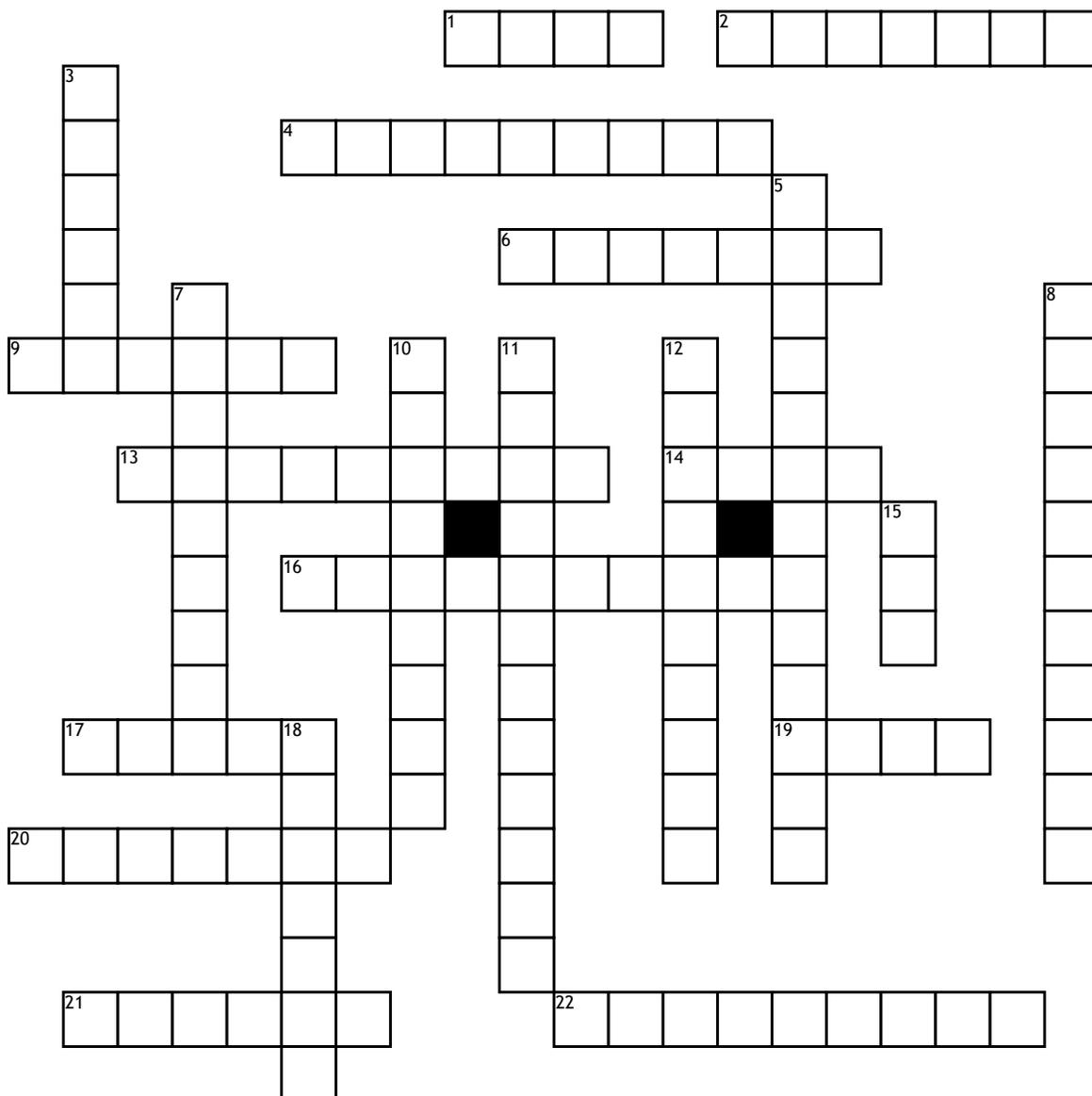


CROSS COUNTRY CROSSWORD



Across

1. A finishing sprint at the end of a race
2. What is the name for the Swedish work out that means speed play?
4. What is the ability to run for long periods of time called?
6. Short, fast but controlled runs lasting under a minute that gradually speed up are?
9. A side cramp is also called?
13. The inward roll off your foot during part of your stride is?
14. What is the small object tied to runners shoes that track their movements across the finish line?
16. The end of a race where all runners stop

17. Name of a cross country event when three or more teams compete?
19. Name of a course in which the start and finish line are in the same place?
20. The ability to combined speed and endurance is called?
21. A type of shoe that has metal spikes on the bottoms
22. What are movements called designed to increase a muscles flexibility?

Down

3. What is a runner called that did not register for the race? (this is usually frowned upon)
5. What is it called when a runner runs the second half of the race faster than the first half ?

7. The beginning of a race where all the runners start?
8. What happens when an athlete does not drink enough water?
10. The degree of effort or exertion is called?
11. Sport that typically runs 5k for a race?
12. The stiffness of muscles due to the cause of by product of the body's use of carbohydrates is called?
15. The name of the piece of paper pinned to the front of a runner usually with numbers printed on it is?
18. What is the light weight tank top most runners wear called?