



Activity

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Write answers in the empty spaces about pacing. Use the words from the table below.

run

tired

break

fast

Pacing is when you _____ at the same speed without having a _____. When we run long distances, we don't want to run too _____. If we run too fast, we will get _____ and might not finish the race.

Did you know?

Alia Saeed Mohammed

ran 10,000 metres in 31:36 minutes. This is the best she has done for this event.



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