

How Training Improved Usain Bolt's Body

(1) When Usain Bolt first began running, his body was not fully trained. He was slower and got tired more quickly. With regular training, his body became stronger, faster, and more efficient. At the start, his muscles were weaker and less developed. Over time, his leg muscles became stronger and more powerful, helping him run faster than other athletes.

1. Highlight the words that show change over time, and highlight comparative adjectives.
2. Complete the table to compare the effects of training on the body and muscles.

	Before the training	After the training
Body		
Muscles		