A. F. Adderley Junior High School
Physical Education Department
Track and Field
Distance Running Worksheet

Word Bank					
7 ½ laps	obstacle race	stamina	2nd curve on the track	1200m	
10,000m	aerobic	Joshua Cheptegi	5000m	13.1 miles	strength

Instruction: Place the correct answer in the spaces provide. Your answers should be written in lower case letters.

1. Three laps around the track is called the?
2. What is the longest distance race run on the track?
3. Where does the 1500m race begin on the track?
4. What is the steeple chase race?
5. How many laps do you in the 3000m race?
6. What is the distance of the ½ marathon race?
7. The race is 12 ½ laps around the track.
8. Long distance races requires athletes to have and .
9. Distance races are considered to be a form of exercise.
10. The world record holder for the 10,000m race is held by Uganda in the time of 26minutes 11 seconds

LIVEWORKSHEETS