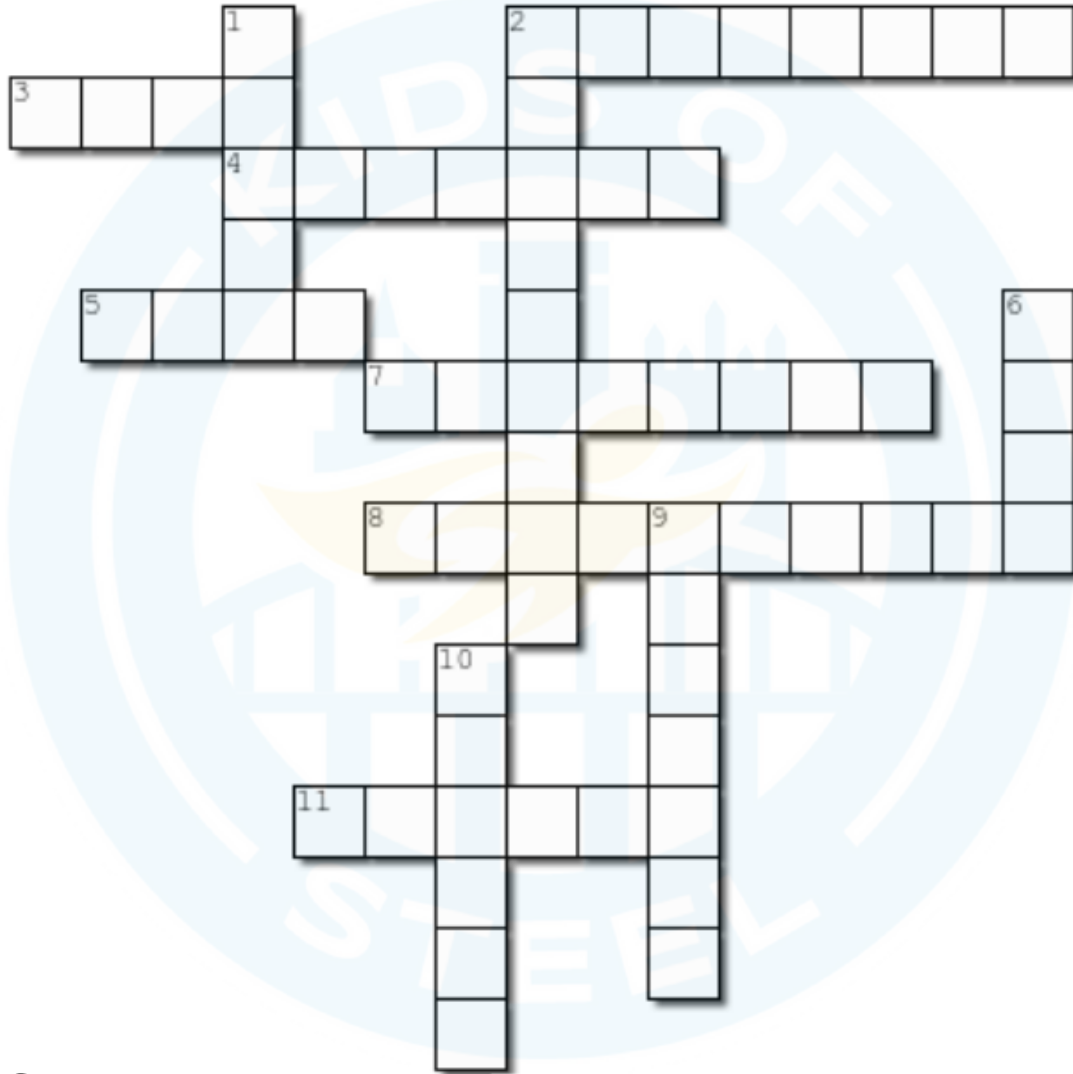


KIDS of STEEL

Crossword Puzzle



Across

2. Drinking enough water before you run will keep you _____
3. Doing sit-ups and planks are a great way to strengthen your _____
4. Two types of stretching are static and _____
5. 4 Laps around a track is equal to 1 _____
7. This running event is 26.2 miles
8. The race is over when you cross the _____
11. Running as fast as you can for a short period of time

Down

1. When you finish your race you put this shiny award around your neck
2. Lunges and toe touches stretch this muscle in your legs
6. If you run at the same speed over a long period of time you are maintaining a steady _____
9. You do this to make sure your muscles are loose before you run
10. Slow and easy running before a workout that raises your heart rate and prepares you for more intense activity