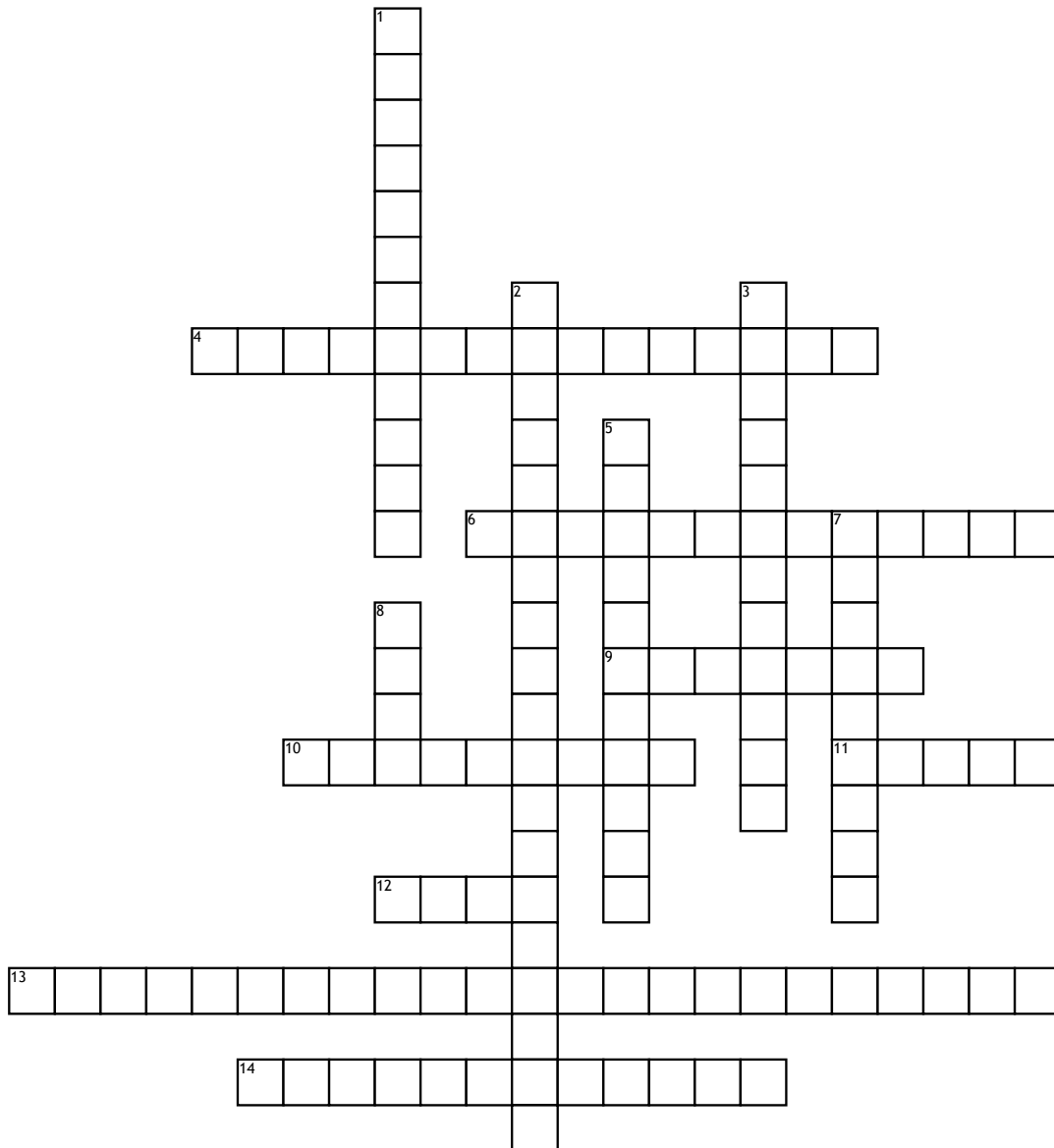


# CROSSWORD FOR SPORT



## Across

4. to let muscles repair and strengthen

6. what happens when you stop training or train less

9. to jog for a minute, walk for 2 minutes and run for 3 minutes (fitness test)

10. how often someone trains

11. how fast you run

12. how long you train for

13. to control your breathing and blood flow during exercising

14. to train at an intensity with limited amount of rest

## Down

1. to track an action with your eyes

2. to increase intensity in training gradually

3. how fast you react to something

5. to agree to the demands of the sport they take part in

7. how hard someone trains

8. specific training you use (fitt)