

## Unit 31 — English for Running

### Blisters

Small fluid-filled pockets on the skin.

"The runner developed blisters on his feet from the friction of his shoes, highlighting the importance of wearing properly fitted and broken-in shoes."

### Boston Marathon

A famous race in Massachusetts.

"The runners dreamed of qualifying for the Boston Marathon, a prestigious race that attracts elite athletes and passionate runners from around the world."

### Carbo-Loading

Increasing carbohydrate intake before a race.

"The runner practiced carbo-loading in the days leading up to the marathon, maximizing his glycogen stores and ensuring ample fuel for the long race ahead, improving performance."

### Chafing

Skin irritation caused by rubbing.

"The runner experienced chafing in his inner thighs from the repetitive motion of running, emphasizing the need for moisture-wicking clothing and anti-chafing balm."

### Cramps

Painful muscle contractions.

"The runner experienced cramps in his legs during the race, likely due to dehydration and electrolyte imbalance, requiring him to slow down and stretch."

### Endurance

The ability to run for a long time.

"The runner focused on building his endurance by gradually increasing his mileage and incorporating long runs into his training schedule, preparing him for the marathon."

### Finish Line

The end of a race.

"The runner crossed the finish line of the marathon, feeling a surge of emotions and a sense of accomplishment after months of training, celebrating his perseverance."

### Fuel

Source of energy for the body.

"Runners need to fuel their bodies with carbohydrates and electrolytes, providing the necessary energy to sustain their performance during intense workouts."

## **Hydration**

The process of providing the body with enough water.

"Proper hydration is crucial for runners, ensuring optimal performance and preventing dehydration during long runs and races in warm weather conditions."

## **Intervals**

Short bursts of high-intensity running.

"The runner incorporated intervals into his training schedule, alternating between periods of high-speed running and recovery to improve his speed and endurance."

## **Marathon**

A long-distance running race.

"The runners trained for months, preparing their bodies and minds for the grueling challenge of completing the 26.2-mile marathon."

## **Pace**

The speed at which someone runs.

"The experienced runner advised the first-timer to maintain a consistent pace throughout the race, conserving energy and preventing early fatigue."

## **Personal Record**

The fastest time a runner has completed a race.

"The runner aimed to set a new personal record in the marathon, pushing himself to run faster and more efficiently than ever before, striving for a new milestone."

## **Recovery**

The process of resting and repairing muscles.

"Adequate recovery is essential for runners, allowing their muscles to repair and rebuild after strenuous workouts, preventing injuries and promoting optimal performance."

## **Route**

The path taken when running.

"The runner carefully planned his route for the long run, considering the terrain, elevation changes, and availability of water along the way."

## **Runner's High**

A feeling of euphoria during or after a run.

"The runner experienced a runner's high after completing a challenging workout, feeling a sense of accomplishment and well-being that motivated him to keep training."

## **Shoes**

Footwear designed for running.

"The runner invested in a pair of high-quality running shoes, providing the necessary support, cushioning, and stability for his feet during long runs."

## **Spectators**

People who watch a race.

"The runner was cheered on by enthusiastic spectators along the marathon route, providing motivation and encouragement as they lined the streets."

## **Tapering**

Reducing training intensity before a race.

"The runner began tapering his training in the weeks before the marathon, reducing his mileage and intensity to allow his body to recover and prepare for the race."

## **Training Plan**

A structured schedule for running.

"The runner followed a comprehensive training plan, carefully balancing his mileage, intensity, and recovery days to optimize his performance and prevent injuries."