

Name: _____

Date: _____

FSR Fargo Marathon Training Group

V J C R O S N U R G N O L Y A D R U T A S L V M
C P R H O Z S W E A T J U O D S R E K A E N S Q
W R U E L K N T A G Z X F B S R O X E L F P I H
W O N N G R U G K Z C V A L C O V V X Z N U R K
Q T S I H K Z R G K N E S D E N D U R A N C E I
F E L L F R Z R P C F R T Y O E J S Y A G U G C
K I I H Q H O P R D U O E C N A T S I S R E P A
E N A S C T I Z Q S G C R O T P F U G B D P C K
E S N I Z S W Q L V R W H Z Z J U C H Q E J Y W
E H E N H C T E R T S Q C F O A M R O L L I N G
E A O I N O H T A R A M F L A H Z Q A H U V J W
M K T F U E K V Q J I C O U R A G E V C O T Y I
B E N F G I N V J G V R Z P Y O I H Z B Z C R S
R S H W L S B C I F R P D R E G N O R T S H E D
O X Z W Y E B R E O S T F V K M F L N W G S N O
C X Y W L G Z B F R F Y C C M L C G H P E N N M
A S O D C P H G E E X W T R R A L B O C B X U S
T F Z S E W L O J V T S U C C E S S F L Z X R C
I Y P T R E F L O E R G K C H J S H Q P S N J A
O I S S E N S P Y R D D X X U R M G Y T R E T R
N X T Z T R D I O R K U F J N O H T A R A M Q B
S O E D A S R J F C S K O T E S I P F B E T C S
E Y T A W D X V J I T R A I N E R S M Z T D C L
E H Y A V N L A U G H T E R O A G H Y K L A W X

saturday long runs
hip flexors
endurance
sneakers
success
runner
carbs
run

protein shakes
persistance
laughter
marathon
stretch
faster
water
gu

Half Marathon
finish line
toenails
stronger
courage
tears
core

foam rolling
embrocation
trainers
forever
wisdom
sweat
FSR