# Zen Marathon Training Methods

Difficulty: Hard

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

**Find these words:**

MINDFULNESS
MEDITATION
DISCIPLINE
BREATHING
ZENMASTER
PRANAYAMA
ANAEROBIC
THRESHOLD
INTERVAL
TAPERING
RECOVERY
CADENCE
POSTURE
LACTATE
STRIDE
MANTRA
SPLITS
RHYTHM
GAIT
DOJO
YOGA
CHI