

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

Zen Marathon Training Methods - Answer Key

Difficulty: Hard



Words found:

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|-------------|------------|------------|-----------|
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| ZENMASTER | PRANAYAMA | ANAEROBIC | THRESHOLD |
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