

Running Planet's

Christmas Crossword Puzzle

Use the clues on the left side to solve this Christmas Crossword Puzzles for runners. All words are related to running and fitness. The solution is on page two, but no cheating.

Across

- 2 Lactic (4)
- 5 elongated group of muscle cells (5)
- 6 power up (3)
- 8 more produced at faster paces (7)
- 9 protein, fat, (5)
- 12 at the end of your race (4)
- 13 one of two primary muscle fibers (4)
- 14 ...grouper (3)
- 15 eating plan (4)
- 17 age.... (5)
- 19 removes carbon dioxide (5)

Down

- 1 easy endurance running acronym (3)
- 2 with oxygen (7)
- 3 fast repeats (9)
- 4 Change of position (8)
- 5 B Vitamin acid (5)
- 7 inelastic connectors (7)
- 10 between the tibia and talus (5)
- 11 endurance training increases its volume (5)
- 12 energy storage form (3)
- 13 essential mineral (4)
- 16 running destination (4)
- 17 peak performance (2)



