

HURDS

Meaning: HURDS (noun): obstacles or barriers, typically in the form of lightweight barriers, that athletes leap over during races or obstacle courses.

1. The athletes raced around the track, skillfully leaping over the hurds set along the way.
2. During the obstacle course, participants had to navigate through a series of hurds that challenged their agility.
3. The coach emphasized the importance of technique when training for the hurds in preparation for the championship.
4. As the runner approached the final hurds, the crowd erupted with cheers, urging them to finish strong.
5. She practiced daily to improve her speed and precision while tackling the hurds in her training sessions.

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