

INRUNNING

Meaning: Inrunning refers to the approach or run-up phase in sports, particularly ski jumping and gymnastics, where an athlete gains speed and momentum before performing a jump or routine.

1. Inrunning is a critical phase in the technique of ski jumping.
2. The gymnast executed a perfect inrunning before launching into a stunning aerial routine.
3. Coaches emphasize the importance of inrunning to achieve optimal speed and height.
4. During the inrunning, the athlete focused on maintaining balance and speed.
5. Inrunning can significantly impact the overall performance in various sports disciplines.

Source: sentences.whatistheurl.com

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