

# TRAINING

*Meaning: Training is the process of teaching or learning skills and knowledge necessary for improving performance or preparing for specific tasks or activities.*

1. Training is essential for developing new skills and improving performance in any job.
2. The athletes attended a rigorous training camp to prepare for the upcoming competition.
3. She found that consistent training not only enhanced her physical fitness but also boosted her confidence.
4. The company invested in employee training programs to foster professional growth and innovation.
5. After months of training, he finally felt ready to take the certification exam.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/training>*