## **LSD-Long Slow Distance**

1.	Adjective
2.	Adjective
3.	Noun
4.	Verb Base Form
5.	Verb Base Form
6.	Verb Present Ends In Ing
7.	Noun
8.	Verb Base Form
9.	Noun
10.	Verb Present Ends In Ing
11.	Adjective
12.	Verb Present Ends In Ing
13.	Noun
14.	Verb Present Ends In Ing
15.	Noun Plural
16.	Noun
17.	Noun
18.	Verb Past Tense
19.	Verb Present Ends In Ing
20.	Noun
21.	Noun

## **LSD-Long Slow Distance**

It was a	Adjective ,	Adjective	morning. l	had just set	a Noun	to	Verb Base Form	
more miles	s this month than	I ever have be	fore. I	erb Base Form	out of my	bed. I put	on the	
Verb Pro	esent ends in ING	_ clothes I laid o	out the night	before and I	was almost s	et to go ou	t. I also made	a
Noun	specifically	for my run	Verb Base Form	I then v	vent downsta	iirs, grabbe	ed myNo	un ,
and I was o	out the door. I di	d some light	Verb Present er	nds in ING	. I took a mo	ment to thi	nk about my ş	goal. I
was pretty	Adjective	_ that I could re	each my goal	ofverb	Present ends in ING	more	Noun	than
ever before	e because this wa	as my first time	starting a	Verb Present e	nds in ING	program. I	went to a few	V
Noun Pl	ural and I re	ead a couple	Noun 2	and received	tons of	Noun .	I was	erb
Past Tense	_ on which shoe	es to buy and wl	nat types of f	ood to eat. V	Vith all of thi	s advice I t	figured that th	ie actual
Verb Pro	esent ends in ING	would be the e	asy part. Boy	y was I wron	g. After abou	ıt 5 minute	s I though my	/ lung
was going	to fall out. After	· 10 minutes, I k	new for sure	that it had fa	allen out. Aft	ter 15 minu	ites, my	
Noun	felt like the	y each weighed	200 lbs. The	n I realized t	hat my	Noun	alone were 20	)0
pounds eac	ch.							

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