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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. I had just set a _____Noun_____ to _____Verb Base Form_____ more miles this month than I ever have before. I _____Verb Base Form_____ out of my bed. I put on the _____Verb Present ends in ING_____ clothes I laid out the night before and I was almost set to go out. I also made a _____Noun_____ specifically for my run_____Verb Base Form_____ I then went downstairs, grabbed my _____Noun_____, and I was out the door. I did some light _____Verb Present ends in ING_____. I took a moment to think about my goal. I was pretty _____Adjective_____ that I could reach my goal of _____Verb Present ends in ING_____ more _____Noun_____ than ever before because this was my first time starting a _____Verb Present ends in ING_____ program. I went to a few _____Noun Plural_____ and I read a couple _____Noun_____ and received tons of _____Noun_____. I was _____Verb Past Tense_____ on which shoes to buy and what types of food to eat. With all of this advice I figured that the actual _____Verb Present ends in ING_____ would be the easy part. Boy was I wrong. After about 5 minutes I though my lung was going to fall out. After 10 minutes, I knew for sure that it had fallen out. After 15 minutes, my _____Noun_____ felt like they each weighed 200 lbs. Then I realized that my _____Noun_____ alone were 200 pounds each.

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