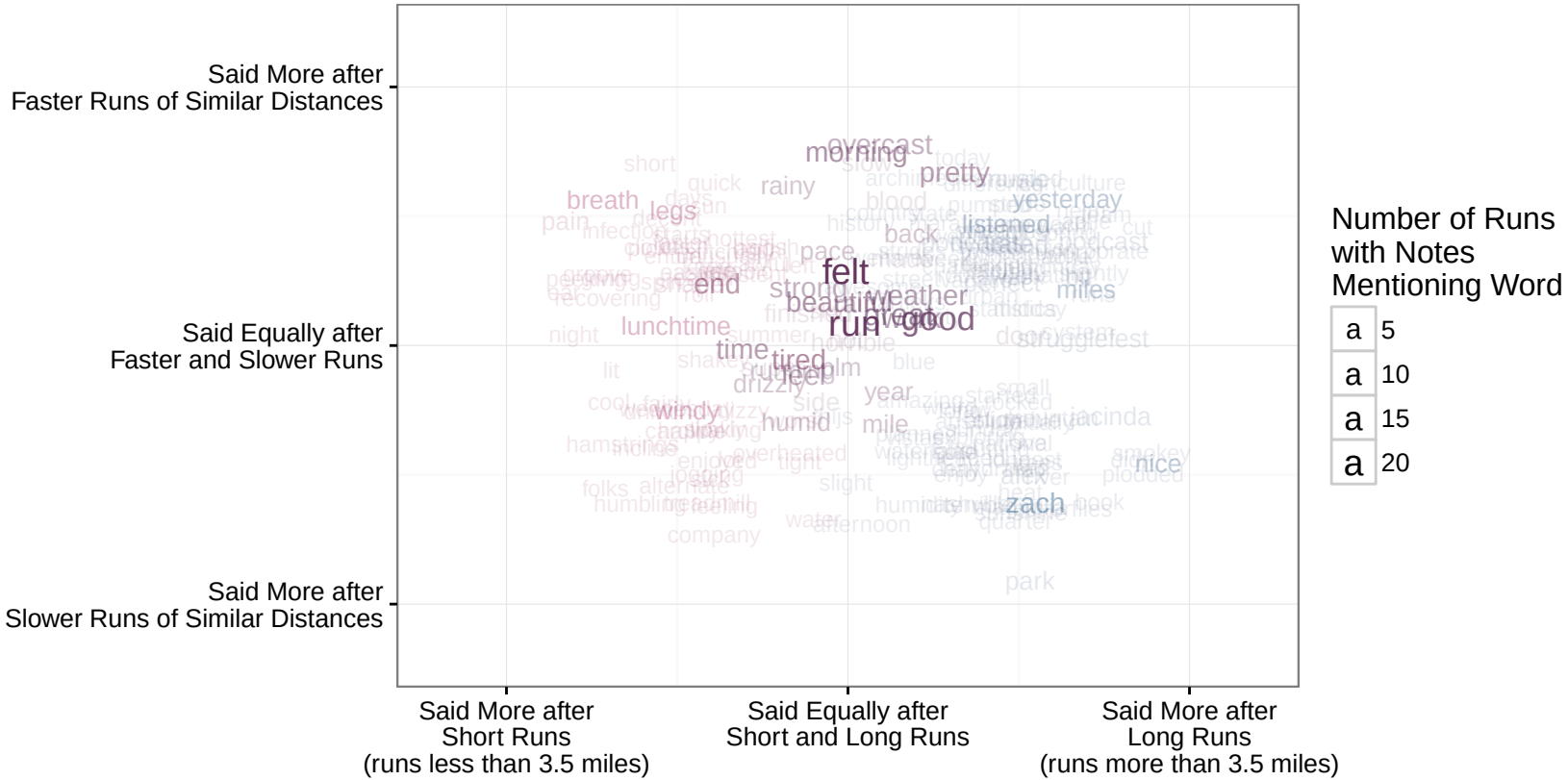Relaxing vs. Strugglefest:
Word use After Different Distances and Paces of Runs