**Sport**

stamina (kondycja) , fatigue (zmęczenie) , sore (ból mięśni/zakwasy) , contraction (skórcz) , resilience (odporność) , breathlessness (zadyszka), hooked up (złapać bakcyla), supple (giętki) , agile (zwinny), knackered (wykończony)

After 5 kilometers I end up with ……breathlessness……………………………………..I am out of breath and feel …knackered………………………..

Riding a bike improves your ………stamina………………………………and ………resilence…………………………performance .By virtue of daily cycling your body becomes more ………supple……………………….and ……agile………………………..

I feel physical……fatique………………….. after the whole day of running

I got …hooked up……………………..by windsurfing. It is trully exhilarating

Due to exertion I got …contraction…………………..and was unable to move

Next day after intensive training I suffered from muscle ……sore…………………