

# Get training

Get training, get training,  
Get training, get training,  
For running and jumping  
Get training...

1. Greeks, prepare to do your best  
In the Olympic sports contest,  
Sprint fast with those Grecian feet,  
Legs leap long jumps, don't get beat!

Get training, get training,  
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For discus and javelin  
Get training...

2. Spin that metal discus round,  
Up it goes, then down to ground.  
Throw the javelin high in air,  
Watch it land, way over there!

Get training, get training,  
Get training, get training,  
For boxing and wrestling  
Get training...



3. Watch for broken bones and blood,  
Wrestle rivals to the mud,  
Hope they don't jump up again,  
Box with fists, ignore the pain!

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For chariots with horses  
Get training...

4. Pounding hooves and shouts and squeals,  
Hear the neighing, hear the wheels.  
Focus hard and don't look back.  
Race, race, race around the track!

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