

# Get training

*Energetically*

Words and music: Barry Gibson

The musical score is written for a single melodic line in treble clef, key of D major (indicated by two sharps), and 4/4 time. The tempo/style is 'Energetically'. The score consists of four staves of music. The first staff begins with a B7 chord and contains the lyrics 'Get train - ing, get train - ing, Get train - ing, get train - ing, For'. The second staff starts at measure 9 with an E chord and contains 'Run - ning and Jump - ing Get train - ing...'. The third staff starts at measure 13 and contains '1.Greeks, pre - pare to do your best In the O - lym - pic Sports - Con - test.'. The fourth staff starts at measure 17 and contains 'Sprint fast with those Gre - cian feet. Legs leap long - jumps, don't get beat!'. Chords B7 and E are indicated above the staff at various points. The lyrics are written below the staff, with hyphens indicating syllables spread across notes. The score ends with a B7 chord in the final measure.

B7 E B7 E B7

Get train - ing, get train - ing, Get train - ing, get train - ing, For

9 E B7 E

Run - ning and Jump - ing Get train - ing...

13

1.Greeks, pre - pare to do your best In the O - lym - pic Sports - Con - test.

17 B7

Sprint fast with those Gre - cian feet. Legs leap long - jumps, don't get beat!

22

E

B7

E

Get train - ing, get train - ing, Get train - ing, get

26

B7

E

B7

E

train - ing, For Dis - cus and Jave - lin Get train - ing...

31

2. Spin that me - tal dis - - cus round. Up it goes, then down to ground.

35

B7

Throw the jave - lin high in air. Watch it land way o - ver there!

40

E

B7

E

Get train - ing, get train - ing, Get train - ing, get

44

B7

E

B7

E

train - ing, For Wrest - ling and Box - ing Get train - ing...

49

3. Watch for bro - ken bones\_\_\_ and blood, Wres - tle ri - - vals to the mud,

53

B7

Hope they don't jump up a - gain,\_\_\_ Box with fists, ig - nore the pain!\_

58

Get train - ing, get train - ing, Get train - ing, get

62

train - ing, For Char - iots with Hor - ses Get train - ing...

67

4. Pound - ing hooves and shouts and squeals, Hear the neigh - ing, hear the wheels.

71

Fo - cus hard and don't look back. Race, race, race a - round the track!

76

E B7 E B7

Get train - ing, get train - ing, Get train - ing, get train - ing, Get

81

E B7 E

train - ing, get train - ing, O - - LYM - PICS!

84

B7 E B7 E

Get train - ing, get train - ing, Get train - ing, get

88

B7 E B7 E B7 E

train - ing, Get train - ing, get train - ing, O - LYM - PICS!