



Words to know when viewing: [Como mejorar mi tiempo | A correr se ha dicho](#)

Learn how you can improve your running speed with this fun video. The tips will come in very handy if you're preparing for a race anytime soon!

sencillo = simple

carrera = race

entrenando = train

desarmar un reloj = take apart a watch

conómetro = stopwatch

registro = record

desempeño = performance

consejos = tips

ganador = winner

metas = goals