



xùn liàn

训练

Verb · train; drill

Example Sentences

wǒ měi tiān xùn liàn pǎo bù
我每天训练跑步。

I train running every day.

jiào liàn měi tiān xià wǔ dōu xùn liàn wǒ men tī zú qiú
教练每天下午都训练我们踢足球。

The coach trains us to play football every afternoon.

jiào liàn zhèng zài xùn liàn duì yuán men tī zú qiú
教练正在训练队员们踢足球。

The coach is training the team members to play soccer.

Trace each character, then write the word on your own.

训	训	训	训	训	训	训	训				
练	练	练	练	练	练	练	练	练	练	练	练