cháng pǎo

长跑

nominal verb · long-distance running

Example Sentences

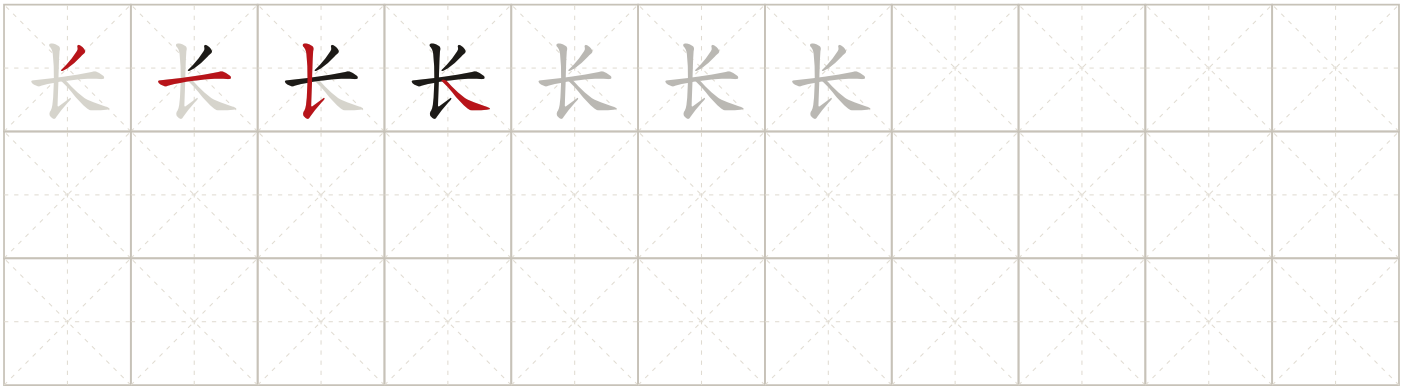
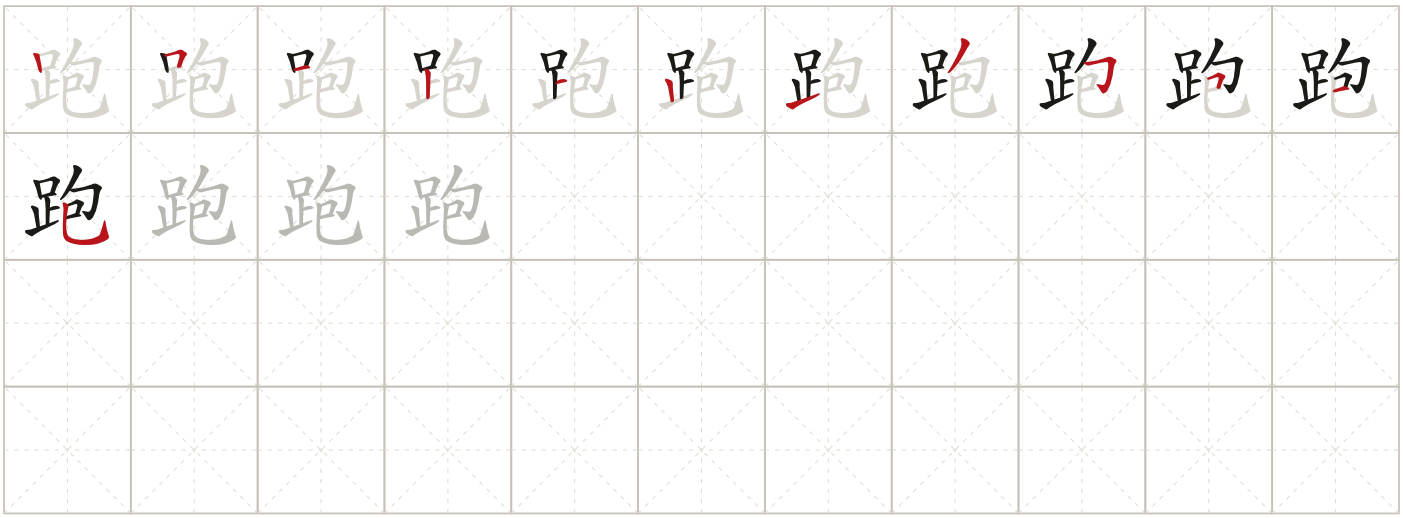
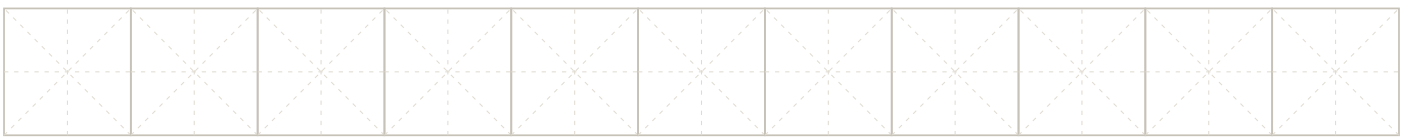
tā měi tiān jiān chí cháng pǎo duàn liàn
他每天坚持长跑锻炼。

He insists on long-distance running every day.

xué xí jiù xiàng yì chǎng cháng pǎo　měi gè rén dōu yǒu zì jǐ de qǐ pǎo xiàn
学习就像一场长跑，每个人都有自己的起跑线。

Learning is like a long-distance race, and everyone has their own starting line.

zài rén shēng de cháng pǎo zhōng　zhēn zhèng de yíng jiā wǎng wǎng shì nà xiē jiān chí dào dǐ de rén
在人生的长跑中，真正的赢家往往是那些坚持到底的人。

In the marathon of life, the true winners are often those who persevere to the end.

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