

Use the word given in capitals to form a word that fits the gap.

MARATHON DREAMS



The idea of taking part in long-distance running races seems (1) _____ [APPEAL]. After all, who hasn't watched TV (2) _____ [COVER] of the London or New York Marathon and been moved by the stories of (3) _____ [DAY] people tackling that most epic of (4) _____ [ENDURE] races. From the comfort of your armchair, your heart swells with (5) _____ [ADMIRE] for the (6) _____ [CONTEND] as they cross the finish line, on the point of (7) _____ [EXHAUST], yet exhilarated.

Inspired, you vow to (8) _____ [GAIN] your own previous fitness levels and do something similar. In fact, tomorrow you'll put on your (9) _____ [TRAIN] and have a go at 20 minutes around the park.

But when tomorrow comes, the (10) _____ [MOTIVE] is not quite so strong. (11) _____ [POSSIBLE], you give up because you find the wet weather (12) _____ [COURAGE], or you make the effort and ache (13) _____ [TERRIBLE] afterwards. This happens when you try to do too much too soon. Fitness can't be built up (14) _____ [NIGHT], it has to be done (15) _____ [GRADUAL].

Taking part in a marathon is a serious (16) _____ [TAKE] and calls for thorough training and a great level of (17) _____ [COMMIT]. Indeed, top (18) _____ [RUN] say that it's (19) _____ [ADVISE] to begin with a trip to the doctor to see if you are (20) _____ [PHYSICAL] fit enough to embark on the training.

Adapted from: CAE Practice Tests Plus 2