

Can music really make you run faster?

Costas Karageorghis, a sports psychologist, calls music “sport’s legal drug.” He says that exercising with music can **improve** athletic performance by 15 percent. The music must be carefully chosen so that the tempo or “beat” is synchronized with the exercise you are doing. **According to** Professor Karageorghis, music also makes you feel less pain and makes an exercise session less boring and more enjoyable.

Gym **chain**, *Fitness First*, recognizes the importance of music to workouts and plays music in all its clubs. The most popular song for male gym members is Survivor’s *Eye of the Tiger*, while women love Abba’s *Dancing Queen*.

Music works well with **weightlifting**, and other repetitive actions, but it can also help with running. The best example of this is Haile Gebreselassie, perhaps the world’s greatest distance runner, who used the techno-pop song *Scatman* as a metronome when he broke the world 2,000 meter record. But if music was so important to Gebreselassie, why do other top runners never race with headphones?

Karageorghis says “Research has shown that for most top athletes music is less **effective**. Elite athletes focus more on their **bodies**, and less on outside stimuli like music.” So although music can help amateur runners run faster and further, most top athletes prefer silence.

I decided to try running with music myself. I was going to run a half marathon, and a sports doctor gave me the perfect playlist of songs for running. When I did the race, I found that some of the tracks, like Von Kleet’s *Walking on Me*, made running easier. Others made me want to **throw away** the mp3 player. When I crossed the line, I had **beaten** my previous personal best by one minute, but was it because of the music? To be honest, I felt it was probably because of the extra training.

Warren Pole in The Times



A- Read the text above and decide whether the statements are True (T) or False (F).

- 1 The psychologist says that all kinds of music can help us exercise better. ☐
- 2 He says that exercise is more fun with music. ☐
- 3 Men and women prefer different music when they exercise. ☐
- 4 Music helped Haile Gebreselassie break a record. ☐
- 5 Most top athletes use music when they run. ☐
- 6 Music can help amateur runners to run faster. ☐
- 7 The journalist chose his music for the marathon. ☐
- 8 All the songs helped him run faster. ☐

B- Look at the highlighted words in the text and match them with their meanings. Write the letter on the left.

_____ 1. improve /im'pruv/ *verb*

_____ 2. according to *preposition*

_____ 3. chain /tʃeɪn/ *noun*

_____ 4. weightlifting /'weɪt lɪftɪŋ/ *noun*

_____ 5. effective /ə'fektɪv/ *adjective*

_____ 6. throw away *phrasal verb*

_____ 7. Beat(en) /bi:t/ *verb*

A) to get rid of something by treating it as garbage.

B) to defeat or do better than.

C) successful or achieving the results that you want.

D) to get better, or to make something better

E) as stated by/ used for saying which person, group, piece of information, etc. provides a particular fact.

F) the activity of lifting heavy objects either as a sport or for exercise.

G) a series of things of the same type connected in a line, or a series of people standing in a line.