

## CAM 19 - TEST 4 - PART 2

My name's Liz Fuller and I'm a running 1. \_\_\_\_\_ with Compton Park Runners Club. Welcome to my podcast. If you're thinking about 2. \_\_\_\_\_ running – I'm here to help. There are many 3. \_\_\_\_\_ programmes available 4. \_\_\_\_\_ which aim to help people build up to running 5. \_\_\_\_\_ kilometres. Some of them are great and thousands of people of all 6. \_\_\_\_\_ are taking part in 5-kilometre 7. \_\_\_\_\_ across the 8. \_\_\_\_\_ as a 9. \_\_\_\_\_. People like them because they're 10. \_\_\_\_\_ to follow and don't 11. \_\_\_\_\_ them too 12. \_\_\_\_\_. However, they don't 13. \_\_\_\_\_ for 14. \_\_\_\_\_ – especially if you 15. \_\_\_\_\_ from something like a 16. \_\_\_\_\_ condition or 17. \_\_\_\_\_, because they're aimed at people with 18. \_\_\_\_\_ fitness and running 19. \_\_\_\_\_. Another thing is that everyone is 20. \_\_\_\_\_ – and if you have any specific 21. \_\_\_\_\_ 22. \_\_\_\_\_ your needs, there's 23. \_\_\_\_\_ one to 24. \_\_\_\_\_ any 25. \_\_\_\_\_.

I have a couple of simple **26.** \_\_\_\_\_ I always give to new runners. I **27.** \_\_\_\_\_ you've been told to run very **28.** \_\_\_\_\_ until your fitness **29.** \_\_\_\_\_ – well, I find that can **30.** \_\_\_\_\_ progress. You should run at a **31.** \_\_\_\_\_ that feels **32.** \_\_\_\_\_, but **33.** \_\_\_\_\_ yourself and try to run a bit **34.** \_\_\_\_\_ **35.** \_\_\_\_\_ time. Listening to **36.** \_\_\_\_\_ can be very **37.** \_\_\_\_\_ – it takes your **38.** \_\_\_\_\_ off things and helps your body get into a **39.** \_\_\_\_\_. I'd say that is **40.** \_\_\_\_\_ than running with a **41.** \_\_\_\_\_ – especially as **42.** \_\_\_\_\_ people are **43.** \_\_\_\_\_ and that's **44.** \_\_\_\_\_ what you **45.** \_\_\_\_\_ when you're just **46.** \_\_\_\_\_. I don't think the **47.** \_\_\_\_\_ of day is especially important – some people are **48.** \_\_\_\_\_ in the **49.** \_\_\_\_\_, while others are **50.** \_\_\_\_\_ people – but you need to be **51.** \_\_\_\_\_, so aim to train **52.** \_\_\_\_\_ **53.** \_\_\_\_\_ a week is enough to begin with.

New members often say to me that they've been **54.** \_\_\_\_\_ running either because they lack **55.** \_\_\_\_\_, or they don't have **56.** \_\_\_\_\_, or they think they **57.** \_\_\_\_\_ running. Ceri, for example, joined the club **58.** \_\_\_\_\_ years ago at the age of **59.** \_\_\_\_\_. She'd always **60.** \_\_\_\_\_ running at school but wasn't **61.** \_\_\_\_\_ if she'd be **62.** \_\_\_\_\_ to do it. She was **63.** \_\_\_\_\_ about being left behind and being the **64.** \_\_\_\_\_ runner. But she says she was made to feel so **65.** \_\_\_\_\_ she soon **66.** \_\_\_\_\_ all about that.

James had always **67.** \_\_\_\_\_ the idea of running but a friend **68.** \_\_\_\_\_ him to come along for a taster session and he hasn't looked **69.** \_\_\_\_\_. He never **70.** \_\_\_\_\_ a training **71.** \_\_\_\_\_ despite having a really **72.** \_\_\_\_\_ job.

Leo was **73.** \_\_\_\_\_ about having to **74.** \_\_\_\_\_ himself to training sessions every week and wasn't sure he'd be able to **75.** \_\_\_\_\_ training into his busy **76.** \_\_\_\_\_. But after experiencing a lot of **77.** \_\_\_\_\_ at **78.** \_\_\_\_\_, he came along to us and gave it a **79.** \_\_\_\_\_. Now he says he feels much more **80.** \_\_\_\_\_ and he looks **81.** \_\_\_\_\_ to his **82.** \_\_\_\_\_ run.

Mark is quite **83.** \_\_\_\_\_ of our new **84.** \_\_\_\_\_. He's never considered himself to be a **85.** \_\_\_\_\_ person and it was only when he **86.** \_\_\_\_\_ that he decided to take up the **87.** \_\_\_\_\_ of trying to run **88.** \_\_\_\_\_ kilometres. It took him **89.** \_\_\_\_\_ to find the **90.** \_\_\_\_\_ to **91.** \_\_\_\_\_ us but felt **92.** \_\_\_\_\_ **93.** \_\_\_\_\_ as there were other people his **94.** \_\_\_\_\_ who were only just taking up running for the **95.** \_\_\_\_\_ time.

My own **96.** \_\_\_\_\_ hasn't been **97.** \_\_\_\_\_. I did my first **98.** \_\_\_\_\_ when I was 37, after having had **99.** \_\_\_\_\_ kids. My **100.** \_\_\_\_\_ had been running **101.** \_\_\_\_\_ for **102.** \_\_\_\_\_, but I never dreamed I'd be doing one with him. I managed to **103.** \_\_\_\_\_ it in **104.** \_\_\_\_\_ hours, but I felt like **105.** \_\_\_\_\_ **106.** \_\_\_\_\_ through – it was only the **107.** \_\_\_\_\_ of the **108.** \_\_\_\_\_ that kept me **109.** \_\_\_\_\_.

I do think **110.** \_\_\_\_\_ **111.** \_\_\_\_\_ for a **112.** \_\_\_\_\_ of whatever **113.** \_\_\_\_\_ is **114.** \_\_\_\_\_ – whether it's 5K or 25K – because it's good to have something to work towards and it gives you a sense of **115.** \_\_\_\_\_. I did my first 10K after only six months, which was certainly very **116.** \_\_\_\_\_ and **117.** \_\_\_\_\_ something I'd necessarily **118.** \_\_\_\_\_. But after you've been training for a few **119.** \_\_\_\_\_, it's **120.** \_\_\_\_\_ putting your **121.** \_\_\_\_\_ **122.** \_\_\_\_\_ for a 5K – some people find they only need a few practice runs before taking **123.** \_\_\_\_\_ in a **124.** \_\_\_\_\_, but I'd give yourself a couple of **125.** \_\_\_\_\_ at **126.** \_\_\_\_\_.