

CAM 19 - TEST 4 - PART 2

Training programmes for new runners

My 1. _____'s Liz Fuller and I'm a 2. _____ 3. _____ with Compton Park Runners Club.

4. _____ to my 5. _____. If you're 6. _____ about 7. _____ 8. _____ 9. _____ – I'm here to 10. _____.

There are many 11. _____ 12. _____ 13. _____ 14. _____ which 15. _____ to 16. _____ people 17. _____ up to 18. _____ 19. _____. 20. _____ of them are 21. _____ and 22. _____ of people of all 23. _____ are taking 24. _____ in 5-kilometre 25. _____ 26. _____ the 27. _____ as a 28. _____. 29. _____ 30. _____ them because they're 31. _____ to 32. _____ and don't 33. _____ them too 34. _____. 35. _____, they 36. _____ 37. _____ for 38. _____ –

39. _____ if you 40. _____ 41. _____ something like a 42. _____ 43. _____
or 44. _____, because they're 45. _____ at 46. _____ with 47. _____ 48.
_____ and running 49. _____. 50. _____ thing is that everyone is 51. _____ –
and if you have any 52. _____ 53. _____ 54. _____ to your 55. _____, there's
56. _____ 57. _____ to 58. _____ any 59. _____.

I have a 60. _____ of 61. _____ 62. _____ I always 63. _____ to 64. _____
65. _____. I 66. _____ you've been 67. _____ to run very 68. _____ 69.
_____ your 70. _____ 71. _____ – well, I 72. _____ that can 73. _____ 74.
_____. You 75. _____ 76. _____ at a 77. _____ that 78. _____ 79. _____,
but 80. _____ yourself and 81. _____ to 82. _____ a bit 83. _____ 84. _____
85. _____. 86. _____ to 87. _____ can be very 88. _____ – it 89. _____ your
90. _____ 91. _____ 92. _____ and helps your 93. _____ 94. _____ into a
95. _____. I'd say that is 96. _____ than 97. _____ with a 98. _____ –

especially as 99. _____ 100. _____ are 101. _____ and that's 102. _____ 103. _____ you 104. _____ when you're 105. _____ 106. _____. I 107. _____ think the 108. _____ of 109. _____ is especially 110. _____ – some people are 111. _____ in the 112. _____, while 113. _____ are 114. _____ 115. _____ – 116. _____ you 117. _____ to be 118. _____, so 119. _____ to 120. _____ 121. _____ – 122. _____ a 123. _____ is 124. _____ to 125. _____ with.

126. _____ 127. _____ often 128. _____ to 129. _____ that they've been 130. _____ 131. _____ 132. _____ 133. _____ 134. _____ they 135. _____ 136. _____, or they 137. _____ 138. _____ 139. _____, 140. _____ they 141. _____ they 142. _____ running. Ceri, for example, 143. _____ the 144. _____ 145. _____ 146. _____ 147. _____ ago at the 148. _____ of 149. _____.

She'd 150. _____ 151. _____ running at 152. _____ but 153. _____ 154. _____ if she'd be 155. _____ to do it. She was 156. _____ about being 157. _____ 158. _____ and being the 159. _____ 160. _____. But she says she was made to 161. _____ so 162. _____ she soon 163. _____ 164. _____ about that.

James had always 165. _____ the 166. _____ of 167. _____ but a 168. _____ 169. _____ him to 170. _____ 171. _____ for a 172. _____ 173. _____ and he 174. _____ 175. _____ 176. _____. He 177. _____ 178. _____ a 179. _____ 180. _____ 181. _____ having a really 182. _____ job.

Leo was 183. _____ about having to 184. _____ 185. _____ to 186. _____ 187. _____ 188. _____ 189. _____ and 190. _____ 191. _____ he'd be able to 192. _____ 193. _____ 194. _____ his 195. _____ 196. _____. But after 197. _____ a lot of 198. _____ at 199. _____ he 200. _____ 201. _____ to us and 202. _____ it a 203. _____. Now he says he 204. _____ much more 205. _____ and he looks 206. _____ to his 207. _____ 208. _____.

Mark is quite 209. _____ of our 210. _____ 211. _____. He's 212. _____ 213. _____ 214. _____ to be a 215. _____ 216. _____ and it was 217. _____ when he 218. _____ to 219. _____ 220. _____ the 221. _____ of 222. _____ to run 223. _____ 224. _____. It took him 225. _____ to 226. _____ the 227. _____ to 228. _____ us 229. _____ 230. _____ 231. _____ 232. _____ as there were 233. _____ people his 234. _____ who were only just 235. _____ 236. _____ running for the 237. _____ time.

My own **238.** _____ **239.** _____ been **240.** _____. I did my **241.** _____ **242.** _____ when I was **243.** _____, **244.** _____ having had **245.** _____ **246.** _____. My **247.** _____ had been running marathons for **248.** _____, but I **249.** _____ **250.** _____ I'd be doing **251.** _____ **252.** _____ **253.** _____. I **254.** _____ to **255.** _____ it in **256.** _____ **257.** _____, but I felt like **258.** _____ **259.** _____ **260.** _____ – it was **261.** _____ the **262.** _____ of the **263.** _____ that **264.** _____ me **265.** _____.

I do think **266.** _____ **267.** _____ for a **268.** _____ of **269.** _____ **270.** _____ is **271.** _____ – whether it's 5K or 25K – because it's **272.** _____ to **273.** _____ **274.** _____ to **275.** _____ **276.** _____ and it **277.** _____ you a **278.** _____ of **279.** _____. I did my first 10K after only **280.** _____ **281.** _____, which was certainly very **282.** _____ and **283.** _____ something I'd necessarily **284.** _____.

But 285. _____ you've been 286. _____ for a 287. _____ 288. _____, it's 289.
_____ 290. _____ your 291. _____ 292. _____ for a 293. _____ – some
people 294. _____ they only 295. _____ a 296. _____ 297. _____ runs before
298. _____ 299. _____ 300. _____ a 301. _____, but I'd 302. _____ 303.
_____ a 304. _____ of 305. _____ at 306. _____.