WORD FORMATION

Read the text below. Complete it using the words from the speaking activity.

Training for a long-distance running race

The secret of success when preparing to run in a long-distance race is to remain extremely (1) _____ to train sensibly, and to focus on proper nutrition. It takes more than willpower alone to run several kilometres. There is some (2) _____ over the best way of training, however, and studies have not reached any universal conclusions.

Nevertheless, successful (3)_____ tend to approach their training in similar ways. They focus on staying healthy and,(4) _____, you may think, are careful not to overtrain. It is (5) _____ to train slightly less, but remain strong and full of (6) _____ than to train too hard and face (7) _____ or injury.

The (8) _____ of a healthy diet can never be stressed too much, of course, and you should always eat a good helping of carbohydrates soon after exercising. Another crucial (9) _____ is the need to remain hydrated at all times. Listen to your body: if you feel thirsty, then you need a drink.

LIVEWORKSHEETS