

Read the text and think of the word which best fits each gap.

RUNNING



Running is one (1) _____ the cheapest and (2) _____ effective forms of exercise. When you first (3) _____ up the sport, it is important to build (4) _____ your strength slowly. You should, however, plan to go out for (5) _____ least thirty minutes, running for a minute (6) _____ walking for a minute. If this seems (7) _____ a long time, you should try running (8) _____ a partner as this will help you to (9) _____ going.

It (10) _____ a good idea to run on grass rather (11) _____ hard surfaces. This will help you (12) _____ avoid injury to your muscles, (13) _____ may not be (14) _____ to this kind of exercise. You ought to wear clothes that are (15) _____ waterproof and lightweight, and you should (16) _____ care over your choice of footwear. This is because the right kind of shoes (17) _____ absolutely essential (18) _____ running.

Make (19) _____ you buy them from a shop (20) _____ the staff are trained (21) _____ help you match the shoe to things (22) _____ the weight and shape of your foot. Don't be influenced (23) _____ brand names, but look (24) _____ comfort. (25) _____ should allow a centimetre (26) _____ the tip of your big toe and the end (27) _____ the shoe. The average shoe is good (28) _____ 200-300 miles, so you should (29) _____ prepared to by a new (30) _____ regularly.