

**Listen to the audio as many times as you need to, and then fill in the blanks.**

Researchers from a \_\_\_\_\_ in Manchester in the UK have said that \_\_\_\_\_ as part of a sports \_\_\_\_\_ is the best way to \_\_\_\_\_ all-round \_\_\_\_\_. The researchers said team sport players are as good at \_\_\_\_\_ and have as much stamina as long-\_\_\_\_\_ runners, and are as strong as \_\_\_\_\_. This is because of the \_\_\_\_\_ types of \_\_\_\_\_ team players do. The researchers said the \_\_\_\_\_ to all-round fitness is to \_\_\_\_\_ building your strength with combining your endurance and \_\_\_\_\_. The research team said \_\_\_\_\_, running or swimming was \_\_\_\_\_ for all-round fitness. It also said energetically doing \_\_\_\_\_ and climbing \_\_\_\_\_ was a good \_\_\_\_\_ to going to the \_\_\_\_\_.

The study looked at 228 \_\_\_\_\_ aged 17 to 37 who \_\_\_\_\_ at the Lithuanian Sports University. There were 87 endurance athletes, such as cyclists, skiers and long-distance \_\_\_\_\_; 77 \_\_\_\_\_ athletes, such as sprinters and bodybuilders; and 64 team athletes who played \_\_\_\_\_, football and \_\_\_\_\_. The researchers \_\_\_\_\_ athletes on their \_\_\_\_\_ power and their \_\_\_\_\_ to jump from a standing position. Researchers also tested the athletes' oxygen use \_\_\_\_\_ hard exercise to \_\_\_\_\_ aerobic endurance. Professor Hans Degens said his study \_\_\_\_\_ that "endurance training for power athletes and power training for endurance athletes" was beneficial. He said team players have the best of both \_\_\_\_\_.