

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 _____.