

# HOMWORK

INTERMEDIATE - DAY 21

## 1. Reading:

a Read the ten tips about running in a marathon.

Which give advice for before the race? 2.

Which give advice for during the race? 1.

b Read the ten tips again and mark the sentences T (True) or F (False).

1 If you have an injury, you should stop running. T

2 Buy a pair of new running shoes especially for the race. —

3 You shouldn't run far the day before the race. —

4 Spend the day before looking round the city. —

5 If you don't have a shower on the day of the race, you may become dehydrated. —

6 Have a rest every five miles or five kilometres. —

7 It's a good idea to start the race fast and then slow down. —

8 You shouldn't eat a lot the day before the race. —

9 You should drink a little water at regular intervals. —

10 Don't arrive too early for the start of the race. —

**You've done your training – now you have to run the race. Here are our top ten tips to help you succeed in any big city marathon.**

**1** Be determined to finish. Your mind needs to be as strong as your body! Don't give up unless you have an injury.

**2** Check all your gear carefully three or four days before the race. Then you'll know you haven't forgotten anything. Don't wear any new gear, especially shoes.

**3** Have a gentle run the day before the big race. Two or three miles will not affect your energy reserves and it will relieve any pre-race nerves you may be feeling.

**4** Resist the temptation to spend the whole day before the race sightseeing or shopping. It's easy to do that at the big city marathons like London or New York, especially if you go with a partner. Take it easy the day before.

**5** Have a shower the morning of the marathon. This removes body oils and helps the body stay cool, which is important to prevent dehydration.

**6** Split the race into 'chunks' in your mind. Concentrate on each five-mile or five-kilometre section, so that you feel you are making progress. Instead of running 26 miles, you just have to run five miles five times!

**7** Run at a steady pace that you know you can maintain. Don't get too excited at the start – if you set off too fast, you'll suffer later.

**8** Eat a large balanced dinner in preparation for the race. This could include protein, carbohydrate, and some fat. A nice dessert would be fine. No alcohol!



**9** Don't drink too much during the race. You should sip water at every stop but not too much. Never try glucose supplements if you haven't used them before in training.

**10** Plan how to get to the start of the race carefully and arrive at least half an hour before so you have time to warm up properly.

## 2. Grammar:

### HOW WORDS WORK...

1 Look at the two uses of *so*. Match them with their uses.

- 1 It's **so** frustrating!
  - 2 The classes were free, **so** I joined.
- to emphasize an adjective or adverb  
 to connect a cause and a result

2 Look at the sentences below. Is *so* use 1 or use 2?

- A I love Paris – it's so beautiful.
- B The bus didn't come so I walked home.
- C Why does he talk so much?
- D I was so tired that I went to bed at 9.00.
- E I was tired so I went to bed.

Match the sentence halves.

- |   |                                     |
|---|-------------------------------------|
| 1 I was very late for work                  | <input checked="" type="checkbox"/> |
| 2 I was so tired                            | <input type="checkbox"/>            |
| 3 I'm frightened of flying                  | <input type="checkbox"/>            |
| 4 I was so disappointed with the restaurant | <input type="checkbox"/>            |
| 5 I didn't want to speak to anyone          | <input type="checkbox"/>            |
| 6 I was so worried about the exam           | <input type="checkbox"/>            |
- a so I always travel by car.  
b (that) I studied until 3.00 a.m.  
c (that) I went straight to bed.  
d so I took a taxi.  
e (that) I never went there again.  
f so I turned off my mobile.