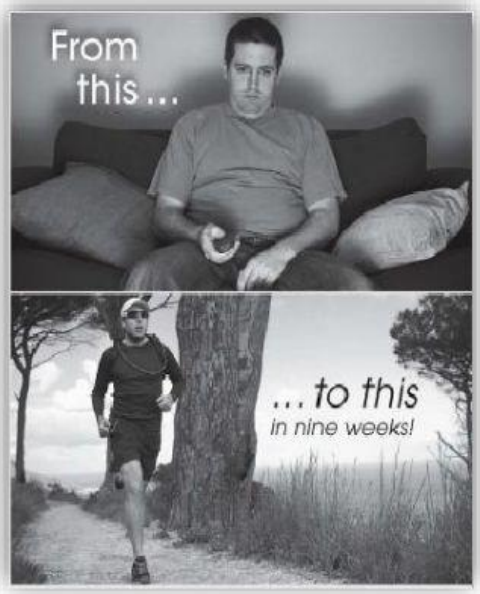
Simple Past

(Irregular verbs)

Fill In the gaps with the past forms of verbs.

Couch potato to 5K

My parents ① ___had___ **(have)** a house near the beach when I was a child and my brother and I ② _____ **(swim)** every day. We also played tennis and we even ③ _____ **(win)** some tennis competitions. However, When I ④ _____ **(leave)** home, this all changed!



I joined a gym to keep fit, but I never ⑤ _____ **(go)**. I ⑥ _____ **(drive)** everywhere and I ⑦ _____ **(eat)** a lot of the wrong food. I was very unfit.

My best friend, James, ⑧ _____ **(tell)** me about a nine-week running plan called Couch to 5K. He ⑨ _____ **(say)** that the plan was the idea of a runner called Josh Clark - Josh ⑩ _____ **(think)** running was a good way to help his mum.

I ⑪ _____ **(find)** more information about Couch to 5K on, the internet and decided to try it. In the first week I walked for five minutes, then I ⑫ _____ **(do)** twenty minutes of walking. and running. In week 9, I ⑬ _____ **(run)** for thirty minutes. without stopping three times a week and I ⑭ _____ **(feel)** great! Now I love running - last week I ⑮ _____ **(do)** a ten- kilometre race!

LIVEWORKSHEETS