

READING

1 Read the article and label the sections (a-e) with the headings in the box.

Clothing Fitness and training The mind Charity Night Run Nutrition

Personal challenges: Charity Night Run

Marsha Miller is aiming to raise money for a cancer charity by doing a "Charity Night Run." She will be joining 5000 other people in a 15k run at night on the university grounds in her city. She has two months to prepare. Here, she outlines her training plan.



a Charity Night Run?

The Charity Night Run is a 15K run set up by the local Cancer Society, a global charity that raises money for cancer treatment and awareness.

5 Participants wear T-shirts with a white background and multicolored cancer ribbons to signify the fight against all types of cancer.

b _____

10 As you can see, I'm not a health nut, but for the Charity Night Run I need to be in good general health, so I'll be working on my stamina and general fitness levels. I'll be going to the gym four times a week, doing a combination of cardio, aerobics, and strength training.

c _____

15 I love to eat, so I'm a little worried about the diet. Apparently, carbohydrates are crucial for keeping energy levels up when you're training for a run like this, but they have to be the right carbs. I'll be supplementing my diet with protein drinks and vitamins.

20 During the run it's important to maintain blood sugar levels, so I'll be eating energy bars, bananas, and other

fruit snacks at regular intervals. Of course, it's also vital to stay hydrated, so I'll be drinking plenty of water along the way.

25 d _____

The right gear is also very important. Clothes must be light to allow the air to circulate and your skin to breathe. I'll definitely be investing in a good pair of sneakers. Although a 15K is not as hard on the joints as a full marathon, it's still essential to have the right support for the soles of your feet and your ankles. Most of the heat from your body escapes from your head, so I'll be wearing a hat. And like everybody else, I'll be wearing the official event T-shirt.

35 e _____

Any exercise is a huge mental challenge for me. It's a constant battle for me to stay motivated enough to keep up with the training. I need to visualize myself reaching the finish line ... hopefully not on my hands and knees!

40 Also, in the back of my mind I need to remember the reason for doing this: when I've completed this Charity Night Run I'll have contributed a sum of money to a very good cause, and that's what will keep me going.

2 Choose the correct collocation to complete the comprehension questions. look back at the article, if necessary.

- a Which good cause does the Charity Night Run **earn / raise** money for?
- b What will Marsha be doing to improve her general **fitness / health** levels?
- c How will she be supplementing her **diet / food**?
- d Why will she need to eat snacks at **constant / regular** intervals during the walk?
- e Why will she be investing in a good **pair / set** of sneakers?
- f What will be in the back of her **brain / mind** when she is doing the Charity Night Run?