



### Training for your first marathon

You don't have to be a world-class athlete to run a marathon. Just follow these simple rules.

- You must start training six months before your first race.
- You have to plan a training programme and train every week.
- You don't have to run every day and you can take a break during your run if you feel tired.
- You mustn't run if you feel pain. Stop straight away.
- You can't run long distances without lots of water. Drink it all the time!

## Presentation

To talk about rules, we use the verbs *must*, *mustn't*, *have to*, *don't have to*, *can* and *can't*:

- To say something is obligatory, use *must* or *have to*:  
*You must start training. You have to plan.*
- To say something is allowed, use *can*:  
*You can take the day off.*
- To say something is not obligatory but allowed, use *don't have to*:  
*You don't have to train every day.*
- To say something is not allowed, use *can't* or *mustn't*:  
*You mustn't run if you feel pain. / You can't run long distances without lots of water.*

### **must, mustn't, can, can't**

*Must*, *mustn't*, *can* and *can't* are modal verbs. They never change form and we don't use *do*, *does* or *did* to make questions and negatives:

I / You / He / She / It / We / They	must / mustn't can / can't	run every day.
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Can	I / you / he / she / it / we / they	run every day?
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You can also ask questions with *must* (*Must I run?*), but it's uncommon.

### **have to, don't have to**

*Have to*, *don't have to* are normal verbs. They change form and we use *do*, *does* or *did* to make questions and negatives:

I / You / We / They	have to / don't have to	run every day.
He / She / It	has to / doesn't have to	

Do	I / you / we / they	have to run?
Does	he / she / it	

**Exercises****1 Choose the correct verb form.**

- 1 You have to / mustn't train a lot for a marathon.
- 2 You must / don't have to see a doctor if you feel pain.
- 3 You can / can't smoke in this building. Go outside.
- 4 You can't / don't have to run the whole race. You can walk some of the way.
- 5 You must / mustn't eat a big meal before a long run.
- 6 I like to run early in the morning, but you have to / can train at any time of day.

**2 Write sentences to explain the signs using *can* and *can't*.**

1 You can't eat or drink here.  
 2 \_\_\_\_\_  
 3 \_\_\_\_\_

4 \_\_\_\_\_  
 5 \_\_\_\_\_  
 6 \_\_\_\_\_

**3 Complete the texts using *have to*, *don't have to* and *mustn't*. Then listen and check.**

I like my job. I <sup>1</sup> \_\_\_\_\_ wear a uniform. I can work in jeans and a T-shirt. I <sup>2</sup> \_\_\_\_\_ get up early. I start work at 12. But I <sup>3</sup> \_\_\_\_\_ be late! The boss gets really angry if I'm late.



I love chess. You <sup>4</sup> \_\_\_\_\_ be tall, or fast or strong to play! Of course, you <sup>5</sup> \_\_\_\_\_ be quick and intelligent. And you <sup>6</sup> \_\_\_\_\_ let yourself get distracted. That's a sure way to lose the game!

**4 Complete these sentences with rules in your life.**

- 1 In my English class, I have to \_\_\_\_\_.
- 2 At home, I must \_\_\_\_\_.
- 3 At the weekend, I don't have to \_\_\_\_\_.
- 4 During an exam, I can't \_\_\_\_\_.