Reading

8 Read the interview. Choose the correct words.
(10 marks)

Hi, Rita. What's your favourite sport?

I love running marathons! I run in the London Marathon every year, and I sometimes run in the New York Marathon.

Really? A marathon is more than forty kilometres, right?

Yes. It's a very long race. I can run a marathon in three hours.

That's fast! Are you really fit?

Yes, I am. I run in the park every day.

How do you prepare for a marathon?

It's important to sleep well the night before the marathon. I always have a good meal, too. I don't drink any fizzy drinks, but I drink a lot of water.

I want to run a marathon. What advice can you give me?

Don't run a marathon without training! Start with shorter races – maybe five or ten kilometres. Eat healthy food. Don't be lazy!

Rita runs in the **New York** / ***London*** Marathon every year.

1 Rita **likes** / **hates** running marathons.
2 Rita **never** / **sometimes** runs in the New York Marathon.
3 A marathon is a very **long** / **short** race.
4 Rita **can** / **can't** run a marathon in three hours.
5 Rita is very **unfit** / **fit**.
6 Rita runs **at the sports centre** / **in the park** every day.
7 It's important to **sleep** / **read** well before a marathon.
8 Rita always has a good meal **after** / **before** a marathon.
9 Rita drinks a lot of **water** / **fizzy drinks**.
10 It's **important** / **not important** to train before you do a marathon.

LIVEWORKSHEETS