

The Marathon

Read the text and write the correct word for the blank.

Well, the time has finally arrived. I'm running in my first marathon this weekend and I'm really looking forward to it. Over the past 17 weeks I've (1) _____ following a training plan. This has included four runs a week, each (2) _____ different speeds to improve my overall fitness. Sunday (3) _____ been the long run day and I've slowly increased how far I go each week. Some people argue you should try and get as close to the full 40 kilometers (4) _____ possible to increase your confidence. However, the long runs have become more and (5) _____ painful and I decided to stop at 30 kilometers. I've also been in the gym twice a week, working on strength-building exercises. I think I'm ready for the challenge but of course I won't know for sure (6) _____ I cross the finish line. I'll let you know how I get on next week!

