

CAM 19 - TEST 4 - PART 2

My name's Liz Fuller and I'm a running 1. _____ with Compton Park Runners Club. Welcome to my podcast. If you're thinking about 2. _____ running – I'm here to help. There are many 3. _____ programmes available 4. _____ which aim to help people build up to running 5. _____ kilometres. Some of them are great and thousands of people of all 6. _____ are taking part in 5-kilometre 7. _____ across the 8. _____ as a 9. _____. People like them because they're 10. _____ to follow and don't 11. _____ them too 12. _____. However, they don't 13. _____ for 14. _____ – especially if you 15. _____ from something like a 16. _____ condition or 17. _____, because they're aimed at people with 18. _____ fitness and running 19. _____. Another thing is that everyone is 20. _____ – and if you have any specific 21. _____ 22. _____ your needs, there's 23. _____ one to 24. _____ any 25. _____.

I have a couple of simple 26. _____ I always give to new runners. I 27. _____ you've been told to run very 28. _____ until your fitness 29. _____ – well, I find that can 30. _____ progress. You should run at a 31. _____ that feels 32. _____, but 33. _____ yourself and try to run a bit 34. _____ 35. _____ time. Listening to 36. _____ can be very 37. _____ – it takes your 38. _____ off things and helps your body get into a 39. _____. I'd say that is 40. _____ than running with a 41. _____ – especially as 42. _____ people are 43. _____ and that's 44. _____ what you 45. _____ when you're just 46. _____. I don't think the 47. _____ of day is especially important – some people are 48. _____ in the 49. _____, while others are 50. _____ people – but you need to be 51. _____, so aim to train 52. _____ 53. _____ a week is enough to begin with.

New members often say to me that they've been **54.** _____ running either because they lack **55.** _____, or they don't have **56.** _____, or they think they **57.** _____ running. Ceri, for example, joined the club **58.** _____ years ago at the age of **59.** _____. She'd always **60.** _____ running at school but wasn't **61.** _____ if she'd be **62.** _____ to do it. She was **63.** _____ about being left behind and being the **64.** _____ runner. But she says she was made to feel so **65.** _____ she soon **66.** _____ all about that.

James had always **67.** _____ the idea of running but a friend **68.** _____ him to come along for a taster session and he hasn't looked **69.** _____. He never **70.** _____ a training **71.** _____ despite having a really **72.** _____ job.

Leo was **73.** _____ about having to **74.** _____ himself to training sessions every week and wasn't sure he'd be able to **75.** _____ training into his busy **76.** _____. But after experiencing a lot of **77.** _____ at **78.** _____, he came along to us and gave it a **79.** _____. Now he says he feels much more **80.** _____ and he looks **81.** _____ to his **82.** _____ run.

Mark is quite **83.** _____ of our new **84.** _____. He's never considered himself to be a **85.** _____ person and it was only when he **86.** _____ that he decided to take up the **87.** _____ of trying to run **88.** _____ kilometres. It took him **89.** _____ to find the **90.** _____ to **91.** _____ us but felt **92.** _____ **93.** _____ as there were other people his **94.** _____ who were only just taking up running for the **95.** _____ time.

My own **96.** _____ hasn't been **97.** _____. I did my first **98.** _____ when I was 37, after having had **99.** _____ kids. My **100.** _____ had been running **101.** _____ for **102.** _____, but I never dreamed I'd be doing one with him. I managed to **103.** _____ it in **104.** _____ hours, but I felt like **105.** _____ **106.** _____ through – it was only the **107.** _____ of the **108.** _____ that kept me **109.** _____.

I do think **110.** _____ **111.** _____ for a **112.** _____ of whatever **113.** _____ is **114.** _____ – whether it's 5K or 25K – because it's good to have something to work towards and it gives you a sense of **115.** _____. I did my first 10K after only six months, which was certainly very **116.** _____ and **117.** _____ something I'd necessarily **118.** _____. But after you've been training for a few **119.** _____, it's **120.** _____ putting your **121.** _____ **122.** _____ for a 5K – some people find they only need a few practice runs before taking **123.** _____ in a **124.** _____, but I'd give yourself a couple of **125.** _____ at **126.** _____.