

## CAM 19 - TEST 4 - PART 2

### Training programmes for new runners

My 1. \_\_\_\_\_'s Liz Fuller and I'm a 2. \_\_\_\_\_ 3. \_\_\_\_\_ with Compton Park Runners Club.

4. \_\_\_\_\_ to my 5. \_\_\_\_\_. If you're 6. \_\_\_\_\_ about 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_ – I'm here to 10. \_\_\_\_\_.

There are many 11. \_\_\_\_\_ 12. \_\_\_\_\_ 13. \_\_\_\_\_ 14. \_\_\_\_\_ which 15. \_\_\_\_\_ to 16. \_\_\_\_\_ people 17. \_\_\_\_\_ up to 18. \_\_\_\_\_ 19. \_\_\_\_\_. 20. \_\_\_\_\_ of them are 21. \_\_\_\_\_ and 22. \_\_\_\_\_ of people of all 23. \_\_\_\_\_ are taking 24. \_\_\_\_\_ in 5-kilometre 25. \_\_\_\_\_ 26. \_\_\_\_\_ the 27. \_\_\_\_\_ as a 28. \_\_\_\_\_. 29. \_\_\_\_\_ 30. \_\_\_\_\_ them because they're 31. \_\_\_\_\_ to 32. \_\_\_\_\_ and don't 33. \_\_\_\_\_ them too 34. \_\_\_\_\_. 35. \_\_\_\_\_, they 36. \_\_\_\_\_ 37. \_\_\_\_\_ for 38. \_\_\_\_\_ –

39. \_\_\_\_\_ if you 40. \_\_\_\_\_ 41. \_\_\_\_\_ something like a 42. \_\_\_\_\_ 43. \_\_\_\_\_  
or 44. \_\_\_\_\_, because they're 45. \_\_\_\_\_ at 46. \_\_\_\_\_ with 47. \_\_\_\_\_ 48.  
\_\_\_\_\_ and running 49. \_\_\_\_\_. 50. \_\_\_\_\_ thing is that everyone is 51. \_\_\_\_\_ –  
and if you have any 52. \_\_\_\_\_ 53. \_\_\_\_\_ 54. \_\_\_\_\_ to your 55. \_\_\_\_\_, there's  
56. \_\_\_\_\_ 57. \_\_\_\_\_ to 58. \_\_\_\_\_ any 59. \_\_\_\_\_.

I have a 60. \_\_\_\_\_ of 61. \_\_\_\_\_ 62. \_\_\_\_\_ I always 63. \_\_\_\_\_ to 64. \_\_\_\_\_  
65. \_\_\_\_\_. I 66. \_\_\_\_\_ you've been 67. \_\_\_\_\_ to run very 68. \_\_\_\_\_ 69.  
\_\_\_\_\_ your 70. \_\_\_\_\_ 71. \_\_\_\_\_ – well, I 72. \_\_\_\_\_ that can 73. \_\_\_\_\_ 74.  
\_\_\_\_\_. You 75. \_\_\_\_\_ 76. \_\_\_\_\_ at a 77. \_\_\_\_\_ that 78. \_\_\_\_\_ 79. \_\_\_\_\_,  
but 80. \_\_\_\_\_ yourself and 81. \_\_\_\_\_ to 82. \_\_\_\_\_ a bit 83. \_\_\_\_\_ 84. \_\_\_\_\_  
85. \_\_\_\_\_. 86. \_\_\_\_\_ to 87. \_\_\_\_\_ can be very 88. \_\_\_\_\_ – it 89. \_\_\_\_\_ your  
90. \_\_\_\_\_ 91. \_\_\_\_\_ 92. \_\_\_\_\_ and helps your 93. \_\_\_\_\_ 94. \_\_\_\_\_ into a  
95. \_\_\_\_\_. I'd say that is 96. \_\_\_\_\_ than 97. \_\_\_\_\_ with a 98. \_\_\_\_\_ –

especially as 99. \_\_\_\_\_ 100. \_\_\_\_\_ are 101. \_\_\_\_\_ and that's 102. \_\_\_\_\_ 103. \_\_\_\_\_ you 104. \_\_\_\_\_ when you're 105. \_\_\_\_\_ 106. \_\_\_\_\_. I 107. \_\_\_\_\_ think the 108. \_\_\_\_\_ of 109. \_\_\_\_\_ is especially 110. \_\_\_\_\_ – some people are 111. \_\_\_\_\_ in the 112. \_\_\_\_\_, while 113. \_\_\_\_\_ are 114. \_\_\_\_\_ 115. \_\_\_\_\_ – 116. \_\_\_\_\_ you 117. \_\_\_\_\_ to be 118. \_\_\_\_\_, so 119. \_\_\_\_\_ to 120. \_\_\_\_\_ 121. \_\_\_\_\_ – 122. \_\_\_\_\_ a 123. \_\_\_\_\_ is 124. \_\_\_\_\_ to 125. \_\_\_\_\_ with.

---

126. \_\_\_\_\_ 127. \_\_\_\_\_ often 128. \_\_\_\_\_ to 129. \_\_\_\_\_ that they've been 130. \_\_\_\_\_ 131. \_\_\_\_\_ 132. \_\_\_\_\_ 133. \_\_\_\_\_ 134. \_\_\_\_\_ they 135. \_\_\_\_\_ 136. \_\_\_\_\_, or they 137. \_\_\_\_\_ 138. \_\_\_\_\_ 139. \_\_\_\_\_, 140. \_\_\_\_\_ they 141. \_\_\_\_\_ they 142. \_\_\_\_\_ running. Ceri, for example, 143. \_\_\_\_\_ the 144. \_\_\_\_\_ 145. \_\_\_\_\_ 146. \_\_\_\_\_ 147. \_\_\_\_\_ ago at the 148. \_\_\_\_\_ of 149. \_\_\_\_\_.

She'd **150.** \_\_\_\_\_ **151.** \_\_\_\_\_ running at **152.** \_\_\_\_\_ but **153.** \_\_\_\_\_ **154.** \_\_\_\_\_ if she'd be **155.** \_\_\_\_\_ to do it. She was **156.** \_\_\_\_\_ about being **157.** \_\_\_\_\_ **158.** \_\_\_\_\_ and being the **159.** \_\_\_\_\_ **160.** \_\_\_\_\_. But she says she was made to **161.** \_\_\_\_\_ so **162.** \_\_\_\_\_ she soon **163.** \_\_\_\_\_ **164.** \_\_\_\_\_ about that.

James had always **165.** \_\_\_\_\_ the **166.** \_\_\_\_\_ of **167.** \_\_\_\_\_ but a **168.** \_\_\_\_\_ **169.** \_\_\_\_\_ him to **170.** \_\_\_\_\_ **171.** \_\_\_\_\_ for a **172.** \_\_\_\_\_ **173.** \_\_\_\_\_ and he **174.** \_\_\_\_\_ **175.** \_\_\_\_\_ **176.** \_\_\_\_\_. He **177.** \_\_\_\_\_ **178.** \_\_\_\_\_ a **179.** \_\_\_\_\_ **180.** \_\_\_\_\_ **181.** \_\_\_\_\_ having a really **182.** \_\_\_\_\_ job.

Leo was **183.** \_\_\_\_\_ about having to **184.** \_\_\_\_\_ **185.** \_\_\_\_\_ to **186.** \_\_\_\_\_ **187.** \_\_\_\_\_ **188.** \_\_\_\_\_ **189.** \_\_\_\_\_ and **190.** \_\_\_\_\_ **191.** \_\_\_\_\_ he'd be able to **192.** \_\_\_\_\_ **193.** \_\_\_\_\_ **194.** \_\_\_\_\_ his **195.** \_\_\_\_\_ **196.** \_\_\_\_\_. But after **197.** \_\_\_\_\_ a lot of **198.** \_\_\_\_\_ at **199.** \_\_\_\_\_ he **200.** \_\_\_\_\_ **201.** \_\_\_\_\_ to us and **202.** \_\_\_\_\_ it a **203.** \_\_\_\_\_. Now he says he **204.** \_\_\_\_\_ much more **205.** \_\_\_\_\_ and he looks **206.** \_\_\_\_\_ to his **207.** \_\_\_\_\_ **208.** \_\_\_\_\_.

Mark is quite **209.** \_\_\_\_\_ of our **210.** \_\_\_\_\_ **211.** \_\_\_\_\_. He's **212.** \_\_\_\_\_ **213.** \_\_\_\_\_ **214.** \_\_\_\_\_ to be a **215.** \_\_\_\_\_ **216.** \_\_\_\_\_ and it was **217.** \_\_\_\_\_ when he **218.** \_\_\_\_\_ to **219.** \_\_\_\_\_ **220.** \_\_\_\_\_ the **221.** \_\_\_\_\_ of **222.** \_\_\_\_\_ to run **223.** \_\_\_\_\_ **224.** \_\_\_\_\_. It took him **225.** \_\_\_\_\_ to **226.** \_\_\_\_\_ the **227.** \_\_\_\_\_ to **228.** \_\_\_\_\_ us **229.** \_\_\_\_\_ **230.** \_\_\_\_\_ **231.** \_\_\_\_\_ **232.** \_\_\_\_\_ as there were **233.** \_\_\_\_\_ people his **234.** \_\_\_\_\_ who were only just **235.** \_\_\_\_\_ **236.** \_\_\_\_\_ running for the **237.** \_\_\_\_\_ time.

My own **238.** \_\_\_\_\_ **239.** \_\_\_\_\_ been **240.** \_\_\_\_\_. I did my **241.** \_\_\_\_\_ **242.** \_\_\_\_\_ when I was **243.** \_\_\_\_\_, **244.** \_\_\_\_\_ having had **245.** \_\_\_\_\_ **246.** \_\_\_\_\_. My **247.** \_\_\_\_\_ had been running marathons for **248.** \_\_\_\_\_, but I **249.** \_\_\_\_\_ **250.** \_\_\_\_\_ I'd be doing **251.** \_\_\_\_\_ **252.** \_\_\_\_\_ **253.** \_\_\_\_\_. I **254.** \_\_\_\_\_ to **255.** \_\_\_\_\_ it in **256.** \_\_\_\_\_ **257.** \_\_\_\_\_, but I felt like **258.** \_\_\_\_\_ **259.** \_\_\_\_\_ **260.** \_\_\_\_\_ – it was **261.** \_\_\_\_\_ the **262.** \_\_\_\_\_ of the **263.** \_\_\_\_\_ that **264.** \_\_\_\_\_ me **265.** \_\_\_\_\_.

I do think **266.** \_\_\_\_\_ **267.** \_\_\_\_\_ for a **268.** \_\_\_\_\_ of **269.** \_\_\_\_\_ **270.** \_\_\_\_\_ is **271.** \_\_\_\_\_ – whether it's 5K or 25K – because it's **272.** \_\_\_\_\_ to **273.** \_\_\_\_\_ **274.** \_\_\_\_\_ to **275.** \_\_\_\_\_ **276.** \_\_\_\_\_ and it **277.** \_\_\_\_\_ you a **278.** \_\_\_\_\_ of **279.** \_\_\_\_\_. I did my first 10K after only **280.** \_\_\_\_\_ **281.** \_\_\_\_\_, which was certainly very **282.** \_\_\_\_\_ and **283.** \_\_\_\_\_ something I'd necessarily **284.** \_\_\_\_\_.

But 285. \_\_\_\_\_ you've been 286. \_\_\_\_\_ for a 287. \_\_\_\_\_ 288. \_\_\_\_\_, it's 289.  
\_\_\_\_\_ 290. \_\_\_\_\_ your 291. \_\_\_\_\_ 292. \_\_\_\_\_ for a 293. \_\_\_\_\_ – some  
people 294. \_\_\_\_\_ they only 295. \_\_\_\_\_ a 296. \_\_\_\_\_ 297. \_\_\_\_\_ runs before  
298. \_\_\_\_\_ 299. \_\_\_\_\_ 300. \_\_\_\_\_ a 301. \_\_\_\_\_, but I'd 302. \_\_\_\_\_ 303.  
\_\_\_\_\_ a 304. \_\_\_\_\_ of 305. \_\_\_\_\_ at 306. \_\_\_\_\_.