WORD FORMATION

Training for a long-distance running race

The secret of success when preparing to run in a long-distance race is to remain extremely **(0)** ..... , to train sensibly, and to focus on proper nutrition. It takes more than willpower alone to run several kilometres. There is some **(17)** ..... over the best way of training, however, and studies have not reached any universal conclusions. **MOTIVATE** **AGREE**

Nevertheless, successful **(18)** ..... tend to approach their training in similar ways. They focus on staying healthy and, **(19)** ..... , you may think, are careful not to overtrain. It is **(20)** ..... to train slightly less, but remain strong and full of **(21)** ..... , than to train too hard and face **(22)** ..... or injury. **RUN** **SURPRISE** **PREFER** **ENTHUSIASTIC** **SICK**

The **(23)** ..... of a healthy diet can never be stressed too much, of course, and you should always eat a good helping of carbohydrates soon after exercising. Another crucial **(24)** ..... is the need to remain hydrated at all times. Listen to your body: if you feel thirsty, then you need a drink. **IMPORTANT** **CONSIDER**

LIVEWORKSHEETS