

## 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.

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.

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.

**MOTIVATE****AGREE****RUN****SURPRISE****PREFER****ENTHUSIASTIC****SICK****IMPORTANT****CONSIDER**