Read the text and think of the word which best fits each gap.

RUNNING



Running is one **(1)** _____ the cheapest and **(2)** _____ effective forms of exercise. When you first **(3)** _____ up the sport, it is important to build **(4)** _____ your strength slowly. You should, however, plan to go out for **(5)** _____ least thirty minutes, running for a minute **(6)** _____ walking for a minute. If this seems **(7)** _____ a long time, you should try running **(8)** _____ a partner as this will help you to **(9)** _____ going.

It **(10)** _____ a good idea to run on grass rather **(11)** _____ hard surfaces. This will help you **(12)** _____ avoid injury to your muscles, **(13)** _____ may not be **(14)** _____ to this kind of exercise. You ought to wear clothes that are **(15)** _____ waterproof and lightweight, and you should **(16)** _____ care over your choice of footwear. This is because the right kind of shoes **(17)** _____ absolutely essential **(18)** _____ running.

Make **(19)** _____ you buy them from a shop **(20)** _____ the staff are trained **(21)** _____ help you match the shoe to things **(22)** _____ the weight and shape of your foot. Don't be influenced **(23)** _____ brand names, but look **(24)** _____ comfort. **(25)** _____ should allow a centimetre **(26)** _____ the tip of your big toe and the end **(27)** _____ the shoe. The average shoe is good **(28)** _____ 200-300 miles, so you should **(29)** _____ prepared to by a new **(30)** _____ regularly.

Adapted from: *FCE Practice Tests Plus 1*

LIVEWORKSHEETS