

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.