1 Who does Holly usually go running with?

A her cousin
B her father
C her brother

2 What is Holly's favourite way to keep fit when the weather's bad?

A going to the gym
B swimming
C playing badminton

3 Why did Holly start writing a blog about running?

A to share her experiences of running
B to give advice to other runners
C to help other teenagers to start running

4 Holly says that her friends

A sometimes join her when she goes running.
B like asking her about her running.
C don't really understand why she runs.

5 What does Holly want to do next?

A win a competition
B enter her first competition
C run in a difficult competition

LIVEWORKSHEETS