

## Simple Past (Irregular verbs)

Fill In the gaps with the past forms of verbs.

### Couch potato to 5K

My parents ① had (**have**) a house near the beach when I was a child and my brother and I ② \_\_\_\_\_ (**swim**) every day. We also played tennis and we even ③ \_\_\_\_\_ (**win**) some tennis competitions. However, When I ④ \_\_\_\_\_ (**leave**) home, this all changed!

I joined a gym to keep fit, but I never ⑤ \_\_\_\_\_ (**go**). I ⑥ \_\_\_\_\_ (**drive**) everywhere and I ⑦ \_\_\_\_\_ (**eat**) a lot of the wrong food. I was very unfit.

My best friend, James, ⑧ \_\_\_\_\_ (**tell**) me about a nine-week running plan called Couch to 5K. He ⑨ \_\_\_\_\_ (**say**) that the plan was the idea of a runner called Josh Clark - Josh ⑩ \_\_\_\_\_ (**think**) running was a good way to help his mum.

I ⑪ \_\_\_\_\_ (**find**) more information about Couch to 5K on the internet and decided to try it. In the first week I walked for five minutes, then I ⑫ \_\_\_\_\_ (**do**) twenty minutes of walking. and running. In week 9, I ⑬ \_\_\_\_\_ (**run**) for thirty minutes. without stopping three times a week and I ⑭ \_\_\_\_\_ (**feel**) great! Now I love running - last week I ⑮ \_\_\_\_\_ (**do**) a ten- kilometre race!

