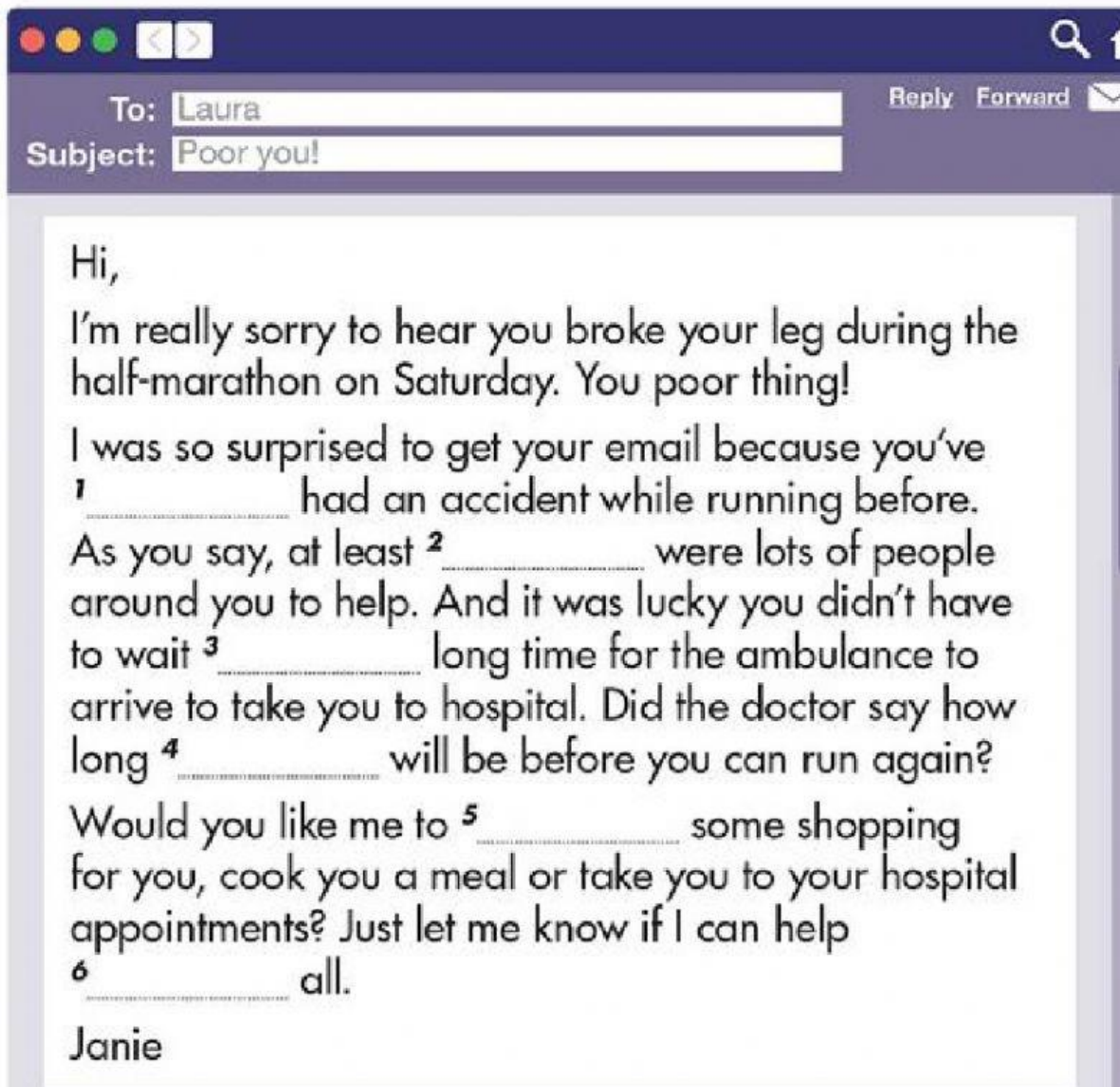


Choose the correct words to complete the tips on how to train for a marathon.

The first thing to do is stop delaying and start training! If you ¹*couldn't / can't / aren't able* to run very far when you start, don't worry – everyone ²*could / has to / ought* start somewhere, and you'll soon get fitter. You ³*must / could / need* have a training programme – that's really important. The main idea of your programme is to slowly increase the distance you ⁴*could / are able / can* comfortably run, until a marathon doesn't seem such a scary idea. You ⁵*have to / ought / don't need to* run every day, but you ⁶*ought / should / are able to* try to run at least three times a week. In the last two weeks before the marathon, you ⁷*need / ought to / shouldn't* do less, not more. This sounds crazy, but you really ⁸*mustn't / don't have to / ought to* get an injury just before the big race – after all your hard work, you want to make sure you enjoy your big day!

For each question, write the correct answer.

Write one word for each gap.



To: Laura Reply Forward

Subject: Poor you!

Hi,

I'm really sorry to hear you broke your leg during the half-marathon on Saturday. You poor thing!

I was so surprised to get your email because you've ¹ _____ had an accident while running before.

As you say, at least ² _____ were lots of people around you to help. And it was lucky you didn't have to wait ³ _____ long time for the ambulance to arrive to take you to hospital. Did the doctor say how long ⁴ _____ will be before you can run again?

Would you like me to ⁵ _____ some shopping for you, cook you a meal or take you to your hospital appointments? Just let me know if I can help ⁶ _____ all.

Janie