

7

Winning ways

Lesson 1

Vocabulary

1 Circle the words to complete the sentences.

- 1 She felt very **tough** / **proud** of her friend for winning the race.
- 2 A training **fitness** / **programme** helps you build up your strength and speed.
- 3 If they win this match, they will **qualify** / **achieve** for the final.
- 4 For **exercise** / **endurance** events, you need to keep going for a long time.
- 5 To be successful, you need a strong **mental** / **tough** attitude.
- 6 **Fitness** / **Equipment** is important to him – he goes to the gym every day.
- 7 Don't give up! You must **prepare** / **persevere**!
- 8 The best runners can complete a **marathon** / **medal** in about two hours.
- 9 If you try hard, you can **persevere** / **achieve** anything.
- 10 I think extreme sports are **mental** / **tough** because you have to be very, very fit.

2 Complete the text with words from Activities 1 and 2. Write them in the correct form.