

Vocabulary 2 sports clothes; verb + noun collocations; word building

1 Complete the sentences with these words.

gloves helmet ice skates
swimming costume tracksuit trainers

- If you have a good quality _____, you can use it to train in the pool for a few years.
- Footballers normally wear a _____ when they're warming up before a game.
- People who go cycling and skiing need to wear a _____ to protect their head if they fall.
- If you go to the gym, you can't wear your regular outdoor shoes. You have to wear a clean pair of _____.
- There's a frozen river in the city centre in winter, so we often take our _____ and enjoy ourselves for a few hours.
- If you go jogging early in the morning in winter, remember to take some _____ in case your hands get cold.

2 Complete the sentences with the correct form of these expressions.

do a workout enter a competition hit a ball
join a club practise a skill ride a horse
sail a boat score a goal

- I've just _____ where a friend of mine is already a member.
- It took me a long time to learn to _____ because I was afraid of falling off.
- We _____ in the last minute and won the match.
- If you want to _____ in the sea, you need to do a course and get a licence.
- My ice-skating teacher always makes me _____ that I will need in the next competition.
- When you play cricket and baseball, you have to _____ as far as possible and then run.
- This evening I'm going to _____ that I found online. If you want to join me, bring your tracksuit and trainers.
- After six months of practising table tennis at home I finally decided to _____ in May.

3 Complete the blog with these words.

competitively competitors dangerous
fit fitness gloves professional
strength strengthen tracksuit trainers



Interested in starting running? Want to become a better athlete? Here are my top tips for new runners.

Tip 1 For any athlete, a good level of ¹ _____ is essential. If you want to run a 10 km race but have never run before, it'll take you at least six months before you can do that ² _____. You'll need to increase the ³ _____ of the muscles in your legs over many months. It's important to ⁴ _____ the muscles in your back too.

Tip 2 Have the right equipment. A comfortable ⁵ _____ is great, especially in winter, but you definitely shouldn't use the ⁶ _____ you wear to school every day. You need proper running shoes ... and they're expensive! A pair of ⁷ _____ is also really useful to stop your hands from freezing in winter!

Tip 3 It's ⁸ _____ to start running without warming up. Look at the ⁹ _____ before any big race. They all do some gentle warm-up exercises before they start.

Follow these basic tips and you'll soon start to feel really ¹⁰ _____ and be able to run just like a ¹¹ _____.