Test 4

Section 2

My name's Liz Fuller and I'm a running coach with Compton Park Runners Club. Welcome to my podcast. If you're thinking about (1) …….. — I'm here to help.

There are many training programmes available online which aim to help people (2)…….. Some of them are great and thousands of people of all ages are taking part in 5-kilometre races across the country as a result. People like them because they're easy to follow and (3) ……. However, they don't work for everyone — especially if you suffer from something like a heart condition or asthma, because they're aimed at people with (4) …….... Another thing is that everyone is different — and if you have any specific questions related to your needs, there's no one to provide any answers.

I have (5) …….. I always give to new runners. I expect you've been told to run very slowly until your fitness increases — well, I find that can prevent progress. You should (6) ……., but time yourself and try to run a bit faster each time. Listening to music can be very helpful — it takes your mind off things and (7) ……... I'd say that is better than running with a friend — especially as most people are competitive and that's not what you want when you're just starting. I don't think the time of day is (8) …… - some people are better in the evening, while others are morning people - but (9) ……., so aim to train regularly - twice a week is enough to begin with.

New members often say to me that (10) ……. either because they lack confidence, or they don't have time, or they think they dislike running. Ceri, for example, (11) ……..... at the age of 40, She'd always enjoyed running at school but wasn't sure if she'd be able to do it. She was worried about being left behind and (12) ……. But she says she was made to feel so welcome she soon forgot all about that.

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James had always hated the idea of running but a friend encouraged him to (13)…… and he hasn't looked back. He never misses a training session despite having a really demanding job.

Leo was worried about having to (14) ……. every week and wasn't sure he'd be able to fit training into his busy schedule. But after experiencing (15) …… he came along to us and gave it a go. Now he says he feels much more relaxed and he looks forward to his weekly run.

Mark is quite (16) ……. He's never considered himself to be a sporty person and it was only when he retired that he decided to take up the challenge of trying to run 5 kilometres. It took him months to (17) …… but felt reassured immediately as there were other people his age who were (18)……. for the first time.

My own journey hasn't been easy. I (19) …… when I was 37, after having had two kids. My husband had been running marathons for years, but (20)…… I'd be doing one with him. I managed to complete it in four hours, but I felt like giving up halfway through — it was only (21) ……. that kept me going.

I do think signing up for a race of whatever length is motivating - whether it's 5K or 25K - because it's good to have something to work towards and it (22) ……. I did my first 10K after only six months, which was certainly very challenging and not something I'd necessarily recommend. But after you've been training for a few weeks, it's worth (23) …….... - some people find they only need a few practice runs before taking part in a race, but I'd give yourself (24) ……

Well, I hope that's given ...

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