

## **CAM 19 - TEST 4 - PART 2**

### **Training programmes for new runners**

#### **Questions 11-12**

**Choose TWO letters, A-E.**

**Which TWO problems with some training programmes for new runners does Liz mention?**

- A.** There is a risk of serious injury.
- B.** They are unsuitable for certain age groups.
- C.** They are unsuitable for people with health issues.
- D.** It is difficult to stay motivated.
- E.** There is a lack of individual support.

## Questions 13-14

**Choose TWO letters, A-E.**

**Which TWO tips does Liz recommend for new runners?**

- A.** doing two runs a week
- B.** running in the evening
- C.** going on runs with a friend
- D.** listening to music during runs
- E.** running very slowly

## Questions 15-18

**What reason prevented each of the following members of the Compton Park Runners Club from joining until recently?**

**Write the correct letter, A, B, or C.**

### **Reasons**

- A.** a lack of confidence
- B.** a dislike of running
- C.** a lack of time

### **Club members**

- 15.** Ceri \_\_\_\_\_
- 16.** James \_\_\_\_\_
- 17.** Leo \_\_\_\_\_
- 18.** Mark \_\_\_\_\_

## Questions 19-20

Choose the correct letter, A, B, or C.

**19. What does Liz say about running her first marathon?**

- A.** It had always been her ambition.
- B.** Her husband persuaded her to do it.
- C.** She nearly gave up before the end.

**20. Liz says new runners should sign up for a race**

- A.** every six months.
- B.** within a few weeks of taking up running.
- C.** after completing several practice runs.