

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.