

Read the text about how to prepare for a marathon. Some sentences are missing. Choose the correct sentence from the list (A–J) for each gap (1–7). There are two extra sentences that you should not use. Write your answers in the boxes provided on the answer sheet. The first one (0) has been done for you.



Running a marathon

The Guardian, April 2017

The first step is to choose a realistic training plan and a realistic timeframe. Such plans usually range from 12 to 20 weeks, but even those for beginners tend to assume that you are already capable of running three times a week. (0) ____ The London marathon ballot results come out in October, so if you bag a place for 2018, you need to spend October to January gently building up. Then do your research and find a plan that is right for you and which has been devised by a reputable coach, either online, or in a book or magazine. (1) ____ Marathon training is a fine balance between pushing yourself, and recovering properly. Feeling knackered is normal, being unable to get up in the morning is not. Niggles are par for the course and a few days' rest may sort them – proper injuries may disrupt your plans. (2) ____

How much commitment does it take?

Let's not beat about the bush. Marathons can be brutal. (3) ____ There will be freezing Sunday mornings when your alarm shrills at your groggy head and your body is a bundle of mysterious aches, facing the prospect of a training run longer than you have ever tackled before. You will have to alter your schedule to sneak in extra miles, perhaps running to work, running at lunchtime or forgoing social occasions. There will be moments when you question your sanity. (4) ____ If you have a partner, they must, for all practical purposes, sign up, too, whether it's by having a hot bath ready for your return, or by happily acquiescing to quiet Saturday nights in. A running buddy training for the same race is invaluable, as are running clubs, or look online and find a forum for people with similar goals. Or, of course, join the Guardian running blog.

Why London anyway? Aren't there other marathons?

There are – and most have a distinct, special atmosphere. (5) ____ However, I have run marathons in New York (epic), Tokyo (unbelievably friendly), Berlin (flat and fast) and then I've run London three times – four, come Sunday. London simply blows the others out of the water. I ran my first

in 2014, cynical hack, fully prepared to be underwhelmed. I've never experienced anything like it. The support is spine-tingling. Marathon day is a little flashback to the 2012 Olympics, when cynicism evaporated overnight and total strangers shared eye contact – even (gasp!) conversation – on the Tube. What's more, London's organisation is unbelievably slick. You stagger across that finish line on the Mall, wobble fawn-legged as a kind soul puts a medal around your neck. Seconds later, someone is holding out your bag to you. Yes, your odds of a ballot place are slim, and fundraising for the charity ones is onerous. (6) ____ It's simply the best race in the world.

Setting a goal

It doesn't matter how fast you can zip round a 5k parkrun, or how much you fancy your chances of smashing a colleague's personal best. (7) ____ Anything else is just the icing on the well-earned cake.

A	It's a long-term commitment.
B	The primary goal before your first marathon should be to finish it.
C	But if you get the chance: do it.
D	Accept that, and listen to your body.
E	Your performance really depends on numerous factors, such as your level of experience, age, and gender.
F	So if your running shoes have been left in a musty cupboard for years, you need to get to that point first.
G	Whether you prefer a big city marathon or something a lot smaller and off road, there's a race for you.
H	Don't, however, be a mindless slave to this plan.
I	The encouraging cheers are extremely motivating.
J	This all takes support, sometimes lots of it.

Running a marathon

0 <input type="checkbox"/> F	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>

Von der Lehrperson auszufüllen

richtig falsch	richtig falsch	richtig falsch	richtig falsch
	1 <input type="checkbox"/> <input type="checkbox"/>	2 <input type="checkbox"/> <input type="checkbox"/>	3 <input type="checkbox"/> <input type="checkbox"/>
4 <input type="checkbox"/> <input type="checkbox"/>	5 <input type="checkbox"/> <input type="checkbox"/>	6 <input type="checkbox"/> <input type="checkbox"/>	7 <input type="checkbox"/> <input type="checkbox"/>