**How soon do we become unfit when we stop exercising?**

It can take months of hard work to build up fitness, but while your strength can quickly fade if you stop exercising, you might not have to start from scratch again.

Getting in shape isn't easy. But after all that hard work, how long do we actually maintain it? It turns out that even after the great effort we put into training, taking a bit of time off can mean that we become "unfit" much faster than it took us to actually get in shape.  
To understand how the body becomes "unfit", we first need to understand how we become fit. The key to becoming fitter – whether that's improving cardiovascular fitness or muscular strength – is to exceed "habitual load". This means doing more than our body is used to. The stress that this has on our body makes us adapt and become more tolerant, leading to higher fitness levels.  
The time it takes to get fit depends on a number of factors, including a person's fitness levels, age, how hard they work, and even the environment they exercise in – heat and pollution can affect the physiological response to exercise, for example. But some studies do indicate that even just six sessions of interval training can lead to increases in maximal oxygen uptake (VO2 max) – a measure of overall fitness – and improve how efficiently our body is able to fuel itself using the sugar stored in our cells during exercise.

For strength training, some gains in muscle force can be shown in as little as two weeks, but changes in muscle size won't be seen until around eight-to-12 weeks.  
*Cardiovascular fitness*  
When we stop training, how quickly we lose fitness also depends on many factors – including the type of fitness we're talking about (such as strength or cardiovascular fitness).  
As an example, let's look at a marathon runner, who is in peak athletic fitness and can run a marathon in two hours and 30 minutes. This person spends five to six days a week training, running a total of 90km (56 miles). They've also spent the last 15 years developing this level of fitness.  
Now let's say they stopped training completely. Because the body no longer has the stresses of training forcing it to stay fit, the runner will start to lose fitness within a few weeks.

*Strength training*

When it comes to strength, evidence shows that in the average person, 12 weeks without training causes a significant decrease in the amount of weight we can lift. Thankfully, research shows that you maintain some of the strength you gained before you stopped training. What is intriguing is that despite the significant decrease in strength, there's only a minimal decrease in the size of the muscle fibres.

Tasks:

1. Please, try to describe underlined phrases in your own words.
2. Why do runners become “unfit” so quickly?
3. Which kind of trainings do you prefer: Cardiovascular or Strength fitness?
4. Except for factors mentioned, what else can affect the time which takes to get fit?

**Вариант № 1616960**

1. Задание 1 № 1556

Вы услы­ши­те 6 вы­ска­зы­ва­ний. Уста­но­ви­те со­от­вет­ствие между вы­ска­зы­ва­ни­я­ми каж­до­го го­во­ря­ще­го A–F и утвер­жде­ни­я­ми, дан­ны­ми в спис­ке 1–7. Ис­поль­зуй­те каж­дое утвер­жде­ние, обо­зна­чен­ное со­от­вет­ству­ю­щей циф­рой, толь­ко один раз. В за­да­нии есть одно лиш­нее утвер­жде­ние. Вы услы­ши­те за­пись два­жды.  
   
   
1. For some people, old habits never die.  
2. Sometimes it is a mistake to write a letter.  
3. Writing letters in English is good practice.  
4. Letter writing is a waste of time.  
5. It is a waste of time making your views known.  
6. Persistence eventually gives some results.  
7. Seven together will be better than one.  
 

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2. Задание 2 № 2754

Вы услы­ши­те диа­лог. Опре­де­ли­те, какие из при­ведённых утвер­жде­ний А–G со­от­вет­ству­ют со­дер­жа­нию тек­ста (1 – True), какие не со­от­вет­ству­ют (2 – False) и о чём в тек­сте не ска­за­но, то есть на ос­но­ва­нии тек­ста нель­зя дать ни по­ло­жи­тель­но­го, ни от­ри­ца­тель­но­го от­ве­та (3 – Not stated). За­не­си­те номер вы­бран­но­го Вами ва­ри­ан­та от­ве­та в таб­ли­цу. Вы услы­ши­те за­пись два­жды.  
   
   
A) The woman wants to find out details about ordering a special book for her son's birthday.  
B) The birthday special includes a tour of the cinema.  
C) The cinema provides food and drink but it costs extra.  
D) It is NOT safe to leave things in the birthday room during the film.  
E) You must pay for the birthday room before the day of the party.  
F) The cinema is fully booked on the day of the boy’s birthday.  
G) The woman is going to pay for the special online.  
 

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3. Задание 3 № 17

Crispin thinks that his first name  
   
1) is better than Spin.  
2) sounds awful.  
3) should be Darrell.

4. Задание 4 № 18

By saying universities ‘give me the creeps’ Crispin means that universities  
   
1) give him nothing useful for real life.  
2) make him study hard for the exams.  
3) cause a feeling of anxiety in him.

5. Задание 5 № 19

When speaking about himself at the age of 18 Crispin admits that he  
   
1) worried about the secret parties in his house.  
2) was somewhat interested in communism.  
3) was going to join the Communist Party.

6. Задание 6 № 20

Crispin is happy because this year  
   
1) the band’s music has changed a bit.  
2) his band are going to star in a new Hollywood film.  
3) new people have joined the band.

7. Задание 7 № 21  
   
When writing songs Crispin  
   
1) is inspired by childhood memories.  
2) usually stays at his parents’ house.  
3) needs to be all alone to succeed.

8. Задание 8 № 22

Crispin decided to sell his first house and buy a new one because  
   
1) he was tired of being the centre of attention in his neighbourhood.  
2) the main road near the house made the place too noisy.  
3) the new house was a good way of investing money.

9. Задание 9 № 23  
   
Crispin thinks music fans are being reasonable when they  
   
1) call bad music rubbish.  
2) avoid listening to music which causes health problems.  
3) express their negative feelings openly and honestly.

**Задание 11**

Про­чи­тай­те текст и за­пол­ни­те про­пус­ки A–F ча­стя­ми пред­ло­же­ний, обо­зна­чен­ны­ми циф­ра­ми 1–7. Одна из ча­стей в спис­ке 1–7 — лиш­няя. За­не­си­те цифры, обо­зна­ча­ю­щие со­от­вет­ству­ю­щие части пред­ло­же­ний, в таб­ли­цу.  
   
Russian souvenirs  
   
Russia is famous for its diversity, as well as its hospitality. The best way to show Russia to someone is to bring home something special. Matryoshka and balalaika are quite stereotypical presents. There are many other goods A\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  
Woolen shawls have always been popular in Russia because of cold winters. The shawls made in Pavlovsky Posad, B\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, are considered to be a traditional Russian gift. Woolen shawls and scarves have been made there since 1795. A wide shawl with a beautiful original pattern on it may be used like a blanket. It is nice to cover oneself up with it sitting in the armchair, watching a movie, C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The Pavlovsky Posad manufacture produces scarves for men as well. They can be bought through the Internet, or in brand stores, D\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  
Belyovskaya pastila is a souvenir E\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It has been made since the 19th century in the town of Belyov near Tula. This is a very special kind of Russian confection. Though it is called “pastila”, it is not a marshmallow style delicacy. Belyovskaya pastila is made of dried apples. After they have been dried, they are mixed with egg whites and sugar and whipped. Belyovskaya pastila is similar to a cake, F\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of apples. It is considered to be a natural product, and it is not of average price. Tourists can buy this kind of sweet at some confectioner’s shops throughout Moscow.  
   
1. that one may buy in Moscow as a souvenir  
2. which are situated in the centre of Moscow  
3. that pleases the people with a sweet tooth  
4. although it has a slightly sour taste  
5. which is a town not very far from Moscow  
6. riding a bike around the villages in Russia  
7. reading a book, or drinking coffee or tea  
 

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