

Avoiding injuries

What can athletes do to prevent injuries occurring? Five experienced runners give some advice.

Athlete A

Wearing the correct running shoes is essential if injury is to be avoided. However, the shock transmitted through the body when running on different types of ground hardly varies at all, as the athlete subconsciously adjusts the stiffness of their leg according to whether their foot is about to land on tarmac, track or grass. Even so, it makes sense to reduce the degree of foot impact, and therefore the danger of stress injuries, by diversifying one's general fitness training. This could include cycling and swimming, while weight training has a role to play in this respect by strengthening the body and thereby improving posture and balance. Needless to say, such training should cease at the slightest sign of any discomfort.

Athlete B

Pain, of course, can be a warning sign of impending injury, and many coaching manuals warn of the dire consequences should an athlete be so foolish as to try to run through it. In severe cases that warning undoubtedly makes sense, but I would take issue with it regarding milder conditions such as muscle soreness that are an inevitable by-product of a hard workout. To minimise post-training discomfort, I'd always make a point of doing a little cooling-down work such as stretching. It also makes sense to cross-train, to strike a balance between running and other disciplines like cycling and rowing, both of which have the advantage of providing relief from the constant pavement pounding which must surely have a harmful effect on marathon runners, above all.

Athlete C

Research shows that the key to preventing injuries occurring is to learn how to run injury-free rather than cross-train, which in fact involves practising movement patterns that have nothing at all in common with running. In some cases, such as weightlifting, cross-training activities can actually cause other kinds of damage that can set a runner's training programme back weeks or even months. Conventional wisdom also has it that pre-exercise stretching lowers the risk, whereas studies comparing the incidence of lower-limb injuries among those who stretch before training and those who don't show no difference whatsoever. Stretching at other times, such as in the evening, does seem to reduce injury risk, although there are probably more effective ways of doing so, for instance by habitually training on soft surfaces.

Athlete D

As a runner, the odds are against you remaining injury-free for a full year, and those odds shorten dramatically if you fail to allow sufficient time for your body to recover between sessions, whether they be workouts, training or racing. Second only to that as a risk factor is being over-ambitious in terms of what you can reasonably hope to achieve when taking up serious running. Everyone likes to win and there's no harm in finishing a race strongly, but try to progress step by step at first. At the first sign of any pain or discomfort, take note of what your body is telling you and stop running straightaway.

Athlete E

Over the two and a half years I've been running, I've only had one physical problem severe enough to force a reduction in training, which from what I can gather is about average. To be blunt, I've never really seen the point of so-called preventative measures such as gradually increasing running speeds when you're starting out, or taking regular breaks from training. I suppose the only exceptions are stretching, which everyone seems to agree is essential, and maintaining an even pace while running, on the grounds that finishing strongly may feel empowering, but that is precisely when your running is at its most erratic and your muscles are at their most susceptible to strains and tears.

7 Find C1-level phrases in the text which mean the following.

- | | |
|---|---------------------------------------|
| a) as you would expect (A) | g) none at all (C) |
| b) disagree (B) | h) it is unlikely (D) |
| c) make certain I always do (B) | i) one stage at a time (D) |
| d) give the same amount of attention (B) | j) pay attention to (D) |
| e) important thing in (achieving something) (C) | k) because of a particular reason (E) |
| f) what most people believe (C) | |

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READING AND USE OF ENGLISH

Suffixes

1 Answer these questions about each of the C1-level words in the box.

- 1 What part of speech is it? e.g. comparable – *adjective*,
- 2 What suffix does it have? e.g. -able,
- 3 What word is it formed from? e.g. *compare*
- 4 Are there any other spelling changes to that word? e.g. *drops final 'e'*
- 5 What part of speech is that word? e.g. *verb*

comparable competence inevitably leadership
participant pointless qualification skilful
specific statistical summarise threaten

2  Correct the mistakes in these sentences written by exam candidates.

- 1 Like in many other countries, life in the city here is hectic and stressing.
- 2 Modern machinery and facilities would help the factory immensely.
- 3 Old, unuseful sports equipment should be given away.
- 4 The only inconvenient is that generally you can't find a place near the stadium to park.
- 5 The organisers are very apologising about cancelling tomorrow's race.
- 6 I think the government should subsidies people like musicians, artists and actors.
- 7 The aim of this proposal is to state my views about the culture event.
- 8 And they all lived happy ever after.

Part 3

Quick steps to Reading and Use of English Part 3

- Decide what changes you need to make, e.g. noun to verb.
- Check your spelling, especially when adding a suffix.
- Make sure your completed text makes sense and is grammatically correct.

- 3 Look at the exam task instructions and quickly read the text. Why, according to the author, is the use of modern sports technology sometimes unfair?
- 4 Look at the example (0). What change in part of speech is made? What suffix is added?
- 5 Do the exam task. Note changes to the parts of speech.

Exam tip

Remember you have to change all eight words in capitals. Don't leave any unchanged!

Exam task

For questions 1–8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

Example: 0 SUBSTANTIAL



Technology in sport

In certain Olympic sports, there has been a (0) increase in speeds in recent Games. This has been particularly (1) in cycling, for instance, leading to questions about how much of the vastly improved (2) is the result of better training and fitter athletes, and how much of it is down to (3) advances such as the use of lighter materials in bike manufacture. Some would argue that the constant (4) of sports technology is just as important as the ongoing improvements in training methods, making the sport more exciting for (5) and spectators alike. For this to be fair, however, it assumes the (6) of the new equipment to all the competing athletes, which for (7) reasons is unlikely to be the case for some.

In everyday situations a saving of just 0.01 seconds may sound (8) , but in an Olympic context, where the result can be decided by thousandths of a second, it can make all the difference between winning and losing.

SUBSTANCE

NOTICE

PERFORM

TECHNOLOGY

EVOLVE

PARTICIPATE

AVAILABLE

ECONOMY

SIGNIFY