

1. Put these sentences into the correct order to make a short summary of the article.

- a) Increase the pattern of running and walking to increase your stamina.
- b) Focus on the positives effects of running to motivate you.
- c) Slow and steady is the best way forward, so you don't injure yourself.
- d) Fun runs and marathons should be an enjoyable target, not a painful experience.

1. 2. 3. 4.

2. Read the advice again and take notes of the important points of under the headings.

Learning to Run	Preparing for a Fun Run	During the Fun Run