

Prepare for {IELTS}

Part 1 – Running

Do you like running?

In a word, no. I occasionally have to run for the bus when I've slept in*, but going for a fun for pleasure or to keep fit is not something I do as a rule.

*to sleep in = to sleep later than you normally do

How often do you go for a run?

Never ever**. I'm not a fan of running and, to be perfectly honest, the last time I went for a run was when I was studying in high school.

**never ever = we use this in speaking to make 'never' much stronger

Where do you usually go running?

I only run when I am running late for something such as a bus or a train. I get out of breath* and my knees hurt if I run for long so I try to avoid it.

*to get out of breath = when you have a shortness of breath and are gasping for air after exercising

Do you think running is a good way to stay healthy?

Actually, no I don't. On the plus side, it is aerobic exercise**, which is good for your heart; however, there is a lot of strain*** on the body so you can get a lot of injuries.

**aerobic exercise = aerobic exercise is any type of cardiovascular conditioning or "cardio." During cardiovascular conditioning, your breathing and heart rate increase for a sustained period of time.

***strain = pressure, demands