

# 2 Success!

## Reading and Use of English Part 6

### Gapped text

1 You are going to read an article about an extreme outdoor gym. Six sentences have been removed from the article. Choose from the sentences **A–G** the one which fits each gap (1–6). There is one extra sentence which you do not need to use.

- A And they are rapidly becoming big business.
- B I'm not a tough guy who lifts weights in the gym and the last time I took my road bike around the park was nearly three months ago.
- C Why, then, do people want to take part?
- D As we switch to a reverse crab crawl, Cohen explains that not all of what he does is about strength.
- E In the gym, you might repeat a lift many times in an identical way with the aim of increasing the weight or number of repetitions.
- F It's a sort of front crawl that relies on me pushing myself along on my hands and knees.
- G That's me, I realise, as I wish I'd been out on my bike a little more in preparation.

2 Change words **1–6** into adjectives from the text by adding a suitable suffix from the box and making other changes if necessary. More than one answer may be possible.

-y    -t    -ed    -ful    -ing    -en    -less

- 1 freeze \_\_\_\_\_    3 sweat \_\_\_\_\_    5 terrify \_\_\_\_\_  
 2 mud \_\_\_\_\_    4 pain \_\_\_\_\_    6 burn \_\_\_\_\_

3 Complete each sentence with an adjective formed from a word in exercise 2. More than one answer may be possible.

- 1 Emma can't play football this weekend. Her ankle is too \_\_\_\_\_.
- 2 I need a shower. I'm really \_\_\_\_\_.
- 3 You shouldn't eat that toast – it's \_\_\_\_\_.
- 4 We often buy \_\_\_\_\_ food because we can only go shopping once a week.
- 5 I've got a horrible \_\_\_\_\_ sensation in my stomach.
- 6 Please don't come into the house with \_\_\_\_\_ boots.
- 7 Patrick is \_\_\_\_\_ of heights.
- 8 Some of the rides at the theme park were absolutely \_\_\_\_\_.
- 9 Don't worry, this medical procedure will be completely \_\_\_\_\_.
- 10 You must wear a warm coat. It's \_\_\_\_\_ outside.

# No pain, no gain

It's a cold winter afternoon and I'm ankle-deep in mud, trying to lift a tree trunk on to my shoulders. **1**

However, my coach doesn't seem to care. His name is Michael Cohen and he's soon got me down on my hands and knees in the thick, black mud of Ruislip Forest in west London.



The wet, dark stuff is getting into my fingerless gloves and shoes as I attempt what Cohen calls the 'crocodile walk'. **2** And the recent cold weather means I'm doing this in a near-to-freezing muddy mess. Cohen doesn't look cold, though. He's too busy concentrating on getting me as muddy as possible and inflicting as much pain on me as he can. It's not long before I'm very sweaty.

Cohen, who is 45 but apparently at the peak of fitness, leads me in an hour-and-a-half Wild Forest Gym session – a training programme he offers that follows his 'functional natural movement' approach. This aims to improve key elements such as strength, speed, flexibility and co-ordination for the mind and body and, at times, it can be very painful. Cohen set up Wild Forest Gym to offer personal coaching to athletes and fitness fanatics who compete in extreme physical races with terrifying obstacles – often set up by former Special Forces soldiers. **3** However, they're not for the weak-hearted, and neither, as I'm discovering, is Cohen's training programme.

Perhaps trying to be kind, Cohen starts me off with what he describes as 'a gentle warm-up jog' through the woods, down muddy tracks and across very wet



land. 'If I had to choose a second home, it would be the woods,' he says, as I try to keep pace. 'So many of us are locked away all day in offices behind our computer screens.' **4** 'Why, then, would we choose to exercise in the sterile environment of a gym with more screens and air conditioning? Outside you can go wild, get back to nature and just mess about in the mud. That's why events like Tough Mudder have become so popular.'

This link to nature is important to Cohen and each of the exercises he takes me through, like arm-bending pull-ups off tree branches to jumping over fallen tree trunks, gets me dirty and really uses muscles I hardly remember having. This is where his functional natural movement comes into action. **5** But that's a far too narrow view of exercise. 'In the real world nothing we do is like that,' explains Cohen. 'In the real world, our physical challenges aren't uniform, and part of what I aim to do is help you predict the unknown elements of sports and day-to-day life, because in the forest you never know how tightly you need to hold on or when a hidden tree root will make you fall down.'

In practice, this means Cohen has me lifting a heavy branch to my shoulder before dropping it down and picking it up lengthways. It takes far more energy than a simple lift and my muscles are soon burning. **6** 'Being able to keep up that strength for a long period is also important,' he says. I see his point but after a 'warm-up jog' and an hour of lifting, jumping and crawling, I've almost been sick twice and am starting to fall over myself on the runs between exercises. Cohen's solution is not conventional. 'Imagine you are breathing oxygen into all of the painful areas of the body. Imagine it flowing into your arms and legs where there's pain.' I'm not sure about this approach, but Cohen seems convinced it works and it at least takes my mind off the burning pain in my muscles. Cohen's coaching seems as much emotional as it is physical. And science increasingly suggests he is right about the benefit of exercising outdoors.



## Vocabulary

### Phrasal verbs

1 Match sentence beginnings 1–9 with sentence endings a–i to form sentences with phrasal verbs.

- 1 Please don't let me
- 2 You should give
- 3 She will always look
- 4 I can't work
- 5 The headteacher has come
- 6 When I grow
- 7 My uncle went
- 8 The teacher is going to set
- 9 You shouldn't take

- a back on this period of her life and remember the great times she had.
- b up video games and spend more time studying.
- c up, I want to be a referee.
- d up a volleyball club.
- e down – I am really relying on your help.
- f out how to use this device.
- g on any more work; you'll wear yourself out.
- h on to become a successful politician.
- i up with some great ideas on how to improve the pupils' exam results.

### Sport

2 Complete each sentence with a verb from the box in the correct form.

score	do	play	beat	draw	go
-------	----	------	------	------	----

- 1 When I turned on the TV, Barcelona \_\_\_\_\_ just \_\_\_\_\_ Ajax 4–0.
- 2 Bournemouth \_\_\_\_\_ with Inter Milan. The score was 1–1.
- 3 Our team \_\_\_\_\_ already \_\_\_\_\_ three goals and there are still twenty minutes to go.
- 4 This is the first time I \_\_\_\_\_ volleyball, so I may not be very good.
- 5 This time yesterday I \_\_\_\_\_ yoga by the side of a lake to the sound of wind chimes.
- 6 I used \_\_\_\_\_ jogging every morning, but I just don't seem to have the time these days.

## Language focus

### Comparisons

1 Some of these sentences are not correct. Change the incorrect words.

- 1 The conference was more successful that I'd expected.
- 2 These swimming goggles are far more effective than my old ones.
- 3 That was the worse job interview I've ever had.
- 4 I find working in a team more efficient than working on my own.
- 5 Ronaldo is by far the better player I have ever seen.
- 6 The high jump is my less favourite field event.
- 7 There isn't much different between the two players.
- 8 The tournament went on almost as longer as last year.
- 9 I think the new pool is the same length as the old one.
- 10 My son can speak French almost so well as me.
- 11 I've never seen such a closer match; it was amazing.
- 12 The more effort you make, the most success you will have.

2 Match the sentences in A to the sentences in B with the same meaning.

#### A

- 1 I need to train a little harder.
- 2 I need to train much harder.
- 3 I don't need to train nearly as much.
- 4 I need to train almost as much as last year.
- 5 I need to train as much as last year.


#### B

- a I need to train a lot more.
- b I need to train slightly less.
- c I need to make a bit more effort.
- d I need to train the same amount.
- e I need to train quite a lot less.



## Listening Part 3

Multiple matching  02-06

 You will hear five short extracts in which people are talking about how they organised successful charity events. For questions 1-5, choose from the list (A-H) what each speaker says. Use the letters only once. There are three extra letters which you do not need to use.

## Which person

- A was surprised how well everyone behaved at the event?  
 B has organised similar events on other occasions?  
 C raised extra money because of something which happened during the event?  
 D had problems keeping control of the participants?  
 E is planning a similar event in the near future?  
 F was helped by someone else to overcome their nerves?  
 G thinks the success of the event was due to the weather?  
 H believes that raising money for charity has helped them achieve happiness?

Speaker 1  1Speaker 2  2Speaker 3  3Speaker 4  4Speaker 5  5

## Reading and Use of English Part 1

Multiple-choice cloze

For questions 1-8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

## The Comrades Marathon

There can be few races in the running world which offer quite the (0) *same* level of challenge as the Comrades Marathon. At approximately 90 kilometres, it is (1) *twice* the length of a normal marathon and high on the list of any runner (2) *wants* to test his or her endurance to the limit. This toughest of ultramarathons takes (3) *place* between the South African towns of Pietermaritzburg and Durban, the direction of the race alternating each year, so that one year it is called 'up', the next 'down'. However, each route is (4) *just* as hilly as the other and (5) *has* times have varied little in recent years, regardless of the direction.

Russian Leonid Shvetsov (6) *beat* the record for the fastest time overall of 5 hours 20 minutes, which he (7) *set* in 2007, and South African Frith van der Merwe (8) *held* the women's record as far back as 1989, with a time of just under six hours.

- |              |               |             |               |
|--------------|---------------|-------------|---------------|
| 0 A similar  | B equal       | C identical | D <u>same</u> |
| 1 A more     | B above       | C over      | D longer      |
| 2 A wanting  | B considering | C thinking  | D designing   |
| 3 A part     | B way         | C event     | D place       |
| 4 A much     | B even        | C just      | D far         |
| 5 A closing  | B winning     | C beating   | D gaining     |
| 6 A breaks   | B holds       | C owns      | D gets        |
| 7 A occurred | B finalised   | C achieved  | D succeeded   |
| 8 A set      | B did         | C caught    | D put         |



## Reading and Use of English Part 3

### Word formation

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).

#### Sports day nightmare for parents

The first time I ever had a (0) *...BROKEN...* bone in my life was at the age of 41, playing in a parents' charity match at school. This may seem (1) *.....*, but frankly, that event was more like a fight to the death than an (2) *.....* event to raise money. And now, with half-term holidays behind us, we are about to enter the (3) *.....* season of (4) *.....* sporting events for parents, as they are released from the sidelines and allowed to take part themselves.

Sports fields up and down the country will soon be full of (5) *.....* middle-aged parents, complaining and checking their private health insurance policies after taking part in summer sports days. In fact, a recent survey suggests that around 50 per cent of physiotherapists treat clients who have been injured on school sports fields. 'During early summer we are all used to treating parents with (6) *.....* muscles,' agrees physiotherapist Simon Fairthorne, who specialises in sports therapy. Simon adds that they often don't seek (7) *.....* treatment for weeks or even months. For some reason, hurting yourself at a school event is seen as something (8) *.....*

**BREAK**

**FOOL**

**ENJOY**

**DANGER**

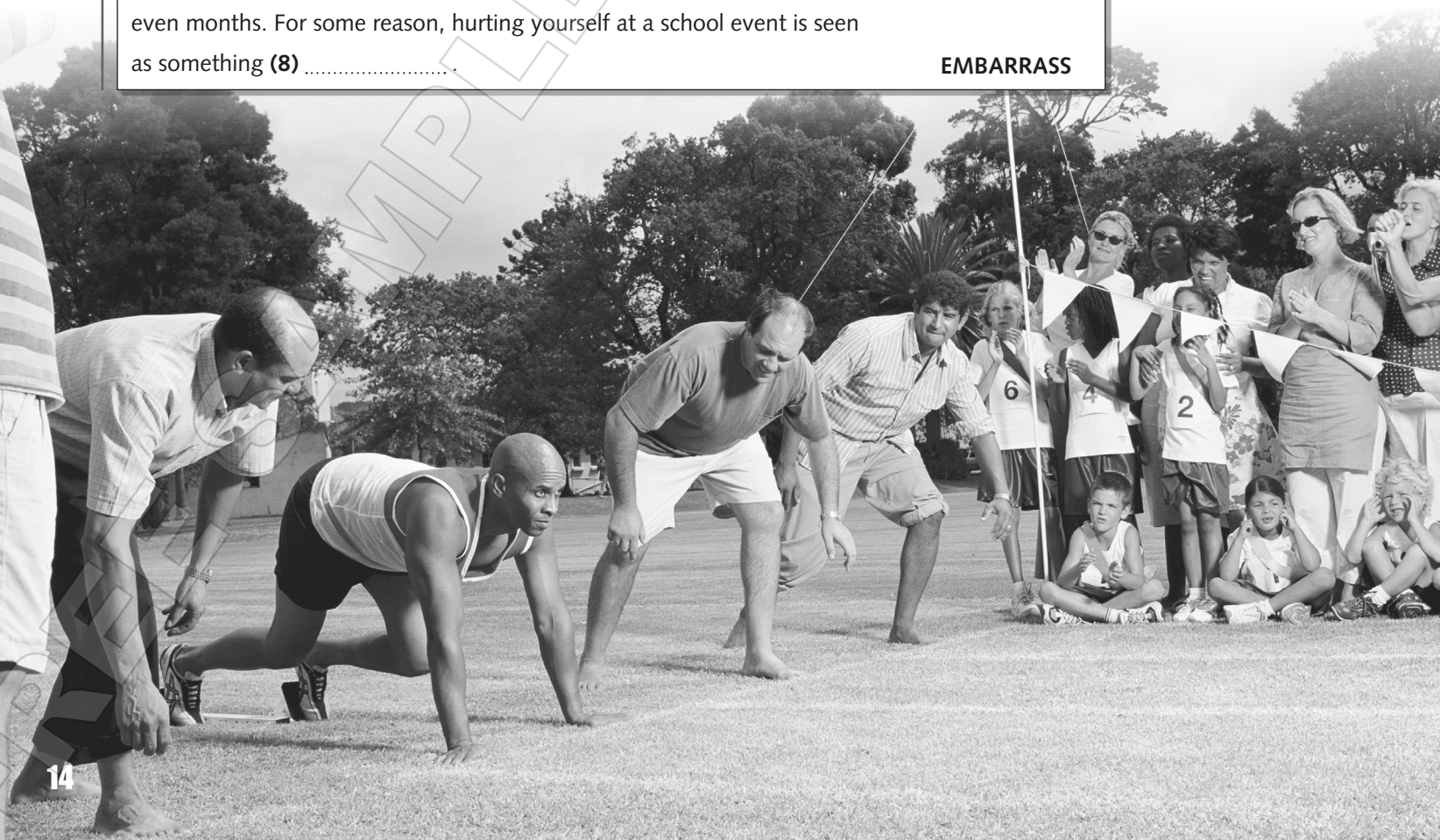
**COMPETE**

**WOUND**

**STRAIN**

**MEDICINE**

**EMBARRASS**



## Writing Part 2

### Article

- 1 Look at the task and the model answer. Put the paragraphs in the model answer into the correct order 1–4.

You see this announcement in your college English-language magazine.

#### Articles wanted

##### How to be a successful language learner

What advice can you give?

We will publish the best articles in our magazine.

#### Write your article.

A  *Finally, if all else fails, then make an English best friend – they are the most patient teachers in the world!*

B  *Have you ever seen one of those online advertisements which say you can learn English in six weeks? If you've ever tried one, I'm sure you soon realised you'd wasted your money! The truth is, learning a language requires time, effort and a large dose of motivation.*

C  *Once you are feeling more confident, seek out opportunities to practise, such as helping lost tourists or going to original-version films. But don't worry when you make mistakes. Even the best language learners make a fool of themselves occasionally. Another piece of advice is – never give up. Think of all the interesting people you'll be able to communicate with and the fabulous job you'll be offered.*

D  *Unfortunately there is no way of avoiding hours in front of a grammar book. You need to get a grip of the basic structures before you can form a sentence properly. Then there's the vocabulary. Let me tell you my little trick: I drive my flatmate mad by sticking labels to everything in the house, so I see the words and can memorise them.*

- 2 What is the purpose of each paragraph? Label the paragraphs from this list of options. There are some options which you do not need to use.

- humorous ending
- introduction with an interesting fact
- warning about the grammar
- ending with a personal anecdote
- introduction with direct question to the reader
- learning the basics
- practising the language

- 3 Match these techniques to the correct underlined section of the article.

- 1 rhetorical question
- 2 personal opinion
- 3 speaking directly to the reader
- 4 a personal experience
- 5 giving an example
- 6 humour
- 7 giving a logical order

- 4 Read this Part 2 task and write your article in 140–190 words. Try to use some of the techniques from exercise 3.

You see this announcement in your college English-language magazine.

#### Articles wanted

##### The secret of success

How important is it to follow your dreams if you want to achieve success in your career?

We will publish the best articles in our magazine.

#### Write your article.

### Remember

Use a clear structure for your article, for example:

- interesting title
- introduction which catches your reader's attention
- paragraph on how important hard work is if you want success
- paragraph with personal anecdote about working hard to achieve success
- ending which encourages the reader to try hard.