- 1. When my friend suggested we take part in the City half-marathon which takes place at once
- 2. a year, I could thought it was a great idea. I have to admit I'm not that fit really I don't do a lot
- 3. of sport. But you see each marathons on television with thousands taking part so I thought
- 4. I could manage it. After all, I wasn't out there to break any ones records! Of course, I had these
- 5. great plans to train regularly and I went running after school with my friend for a few couple
- 6. of evenings but then school work have got in the way so I didn't really do much. The result is
- 7. that I took part in the half-marathon last Saturday but my legs which went to jelly after a few
- 8. kilometres and I had to stop. It was a bit embarrassing but I guess I'm just do not built for
- 9. running long distances. I'll stick to exercises at home in the future! Lots exercising at home can be
- 10. effective. By modifying my workouts itself and increasing the intensity, I'll make the most of it.

Прочитайте текст. Из строки (7) выпишите ОДНО лишнее слово.