

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.

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