

Exercise 01

Supply the missing words

■ NOUNS

1. The depth of the sea can be measured by echo-sounding techniques consisting of acoustic
2. Coconuts grow on trees in of 10 or 20.
3. Its high strength-to-weight makes aluminium useful in the construction of aircraft.
4. The fermented liquid which contains between 7 and 12% ethanol is concentrated to 95% by a of distillations.
5. Antibiotics came into use in the 1950s and have totally changed the of disease and death.

■ VERBS

6. The electric current from standard generators in direction.
7. The radio beam more strongly in this part of the moon which suggests that there may be underground ice.
8. The speed at which the pendulum depends on its length.
9. At this stage, the organism itself and combines several genes producing immunoglobulins.
10. Yellow fever is a disease that never ; one attack provides immunity for life.

- f. pattern
g. series
h. clusters
i. pulses
j. ratio

k. echoes
l. swings
m. recurs
n. reorganises
o. alternates

Answers for exercise 02

Replace the underlined words by synonyms, antonyms or by explanation

Steady :

Rate :

Seldom :

Pattern :

Set :

Exercise 02

COMPETITION RUNNING: 800 METRES

Replace the underlined words by synonyms, antonyms or by explanation.

- The importance of aerobic running is crucial to 800 m training. Aerobic running involves continued, **non-stop** activity at a steady and relatively slow speed. The necessary oxygen is provided by the respiratory and cardiovascular system and virtually no lactate acid should build up in the muscles. The heart rate should be approximately 60-75% of maximum, seldom exceeding 130-145 **beats** per minute. As aerobic capacity improves, running speeds will be gradually increased. Training should be carried out **daily**.



- To avoid monotony, the pattern of track training must be varied. A set of runs over different distances, followed by short recuperation periods, enables the body to **rebuild** its forces.
- Aerobic threshold training (AT) should be carried out no more than **once a week** at the beginning of the period, and **twice a week** when the season ends.

• Hill sessions are exercises designed to develop power. They consist of short, low speed, up-hill runs on slopes with gradients of no more than 1 in 6.

Exercise 03

A. Match the modifiers on the left with the crossword puzzle definitions on the right.

1. Huge
2. Hardly any
3. Basically
4. Outstanding
5. Roughly
6. Thoroughly
7. Reliable
8. Typical
9. Widespread
10. Efficient
11. Virtually
12. To a certain extent

- a. Quite exceptional – you just can't class it with the others
- b. Almost
- c. A little more than nothing – but not much
- d. Could be more, could be less – not much precision here
- e. Within limits
- f. Completely, carefully and conscientiously
- g. Conforms totally to expectations – zero surprise
- h. The capitalist's dream – maximum work, minimum waste
- i. All over the place – ubiquitous in fact
- j. Not just big – a macro-dimension
- k. You can count on this – it will never let you down
- l. To start at the beginning or, more accurately, to go right down to the foundations