

高考英语七选五真题48 (含答案解析)

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2015年新课标2

第二节 (共5小题: 每小题2分, 满分10分) 根据短文内容, 从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Training for a marathon requires careful preparation and steady, gradual increases in the length of the runs. 36 , buy the best-fitting, best-built running shoes you can find. No one can say which brand will work best for you or feel best on your feet, so you have to rely on your experience and on the feel of each pair as you shop. When you have found shoes that seem right, walk in them for a few days to double-check the fit. 37 . As always, you should stretch (伸展) at least ten minutes before each run to prevent injuries.

During the first week, do not think about distance, but run five minutes longer each day. 38 , it is wise to take a day off to rest. But during the next week, set a goal of at least a mile and a half per run. 39 . After two weeks, start timing yourself. 40 . Depending on the kind of race you plan to enter, you can set up a timetable for the remaining weeks before the race.

- A. After six days
- B. For a good marathon runner
- C. Before you begin your training
- D. With each day, increase the distance by a half mile
- E. If they still feel good, you can begin running in them
- F. Time spent for preparation raises the quality of training
- G. Now you are ready to figure out a goal of improving distance and time.

答案解析:

36. C 根据原文“Training for a marathon requires careful preparation and steady, gradual increases in the length of the runs.”以及后文对训练前准备工作的具体描述(如买合适的跑鞋、试穿等), 可知此空应填入训练前的准备事项, 所以选C(Before you begin your training)。

37. E 根据原文“When you have found shoes that seem right, walk in them for a few days to double-check the fit.”可知, 试穿几天后如果鞋子仍然合适, 就可以开始穿着跑步了, 所以此空选E(If they still feel good, you can begin running in them)。

38. 根据原文“During the first week...run five minutes longer each day.”以及后文“it is wise to take a day off to rest”可知, 在连续跑步六天后应休息一天, 所以此空选A(After six days)。

39. 根据原文“But during the next week, set a goal of at least a mile and a half per run.”以及后文未提及新的时间节点或目标调整, 可知此处应描述如何逐步增加跑步距离, 所以此空选D(With each day, increase the distance by a half mile)。

40. 根据原文“After two weeks, start timing yourself.”以及后文“Depending on the kind of race you plan to enter, you can set up a timetable for the remaining weeks before the race.”可知, 此时应确定提升距离和时间的具体目标, 所以此空选G(Now you are ready to figure out a goal of improving distance and time)。