 a) If you don't train hard, you won't succeed in sport. b) You can improve your performance as long as you train regularly. 	a) You won't succeed in sport unless you train hard. b) If you train regularly, you can improve your performance.
c) If you enjoy your sport, it doesn't really matter whether you succeed or not. d) You won't develop as an athlete unless you eat and sleep properly.	c) It doesn't really matter whether you succeed or not as long as you enjoy sport. d) If you don't eat and sleep properly you won't develop as an athlete.
e) Take a spare pair of running shoes because it's possible that you will need them. f) Take a waterproof coat with you in case it rains.	e) Take a spare pair of running shoes in case you need them. f) Take a waterproof coat with you because it's possible that it will rain.
g) Take a warm jumper because it's possible that you will get cold when you stop. h) Take a first-aid kit in case someone gets injured.	g) Take a warm jumper in case you get cold when you stop. h) Take a first-aid kit because it's possible that someone will get injured.

"LOOPING". Macmillan English Grammar in Context, p. 72, ex. 4A, 4B - version B

a) If you don't train hard, you won't succeed in sport. → You won't	a*) You won't succeed in sport unless you train hard. → If you
b) If you train regularly, you can improve your performance. → You can improve	b*) You can improve your performance as long as you train regularly. → If you
c) If you enjoy your sport, it doesn't really matter whether you succeed or not. The doesn't really matter	c*) It doesn't really matter whether you succeed or not as long as you enjoy your sport. → If you
d) If you don't eat and sleep properly you won't develop as an athlete. → You won't	d*) You won't develop as an athlete unless you eat and sleep properly. → If you

e) Take a spare pair of running shoes because it's possible that you will need them. —> (in case)	e*) Take a spare pair of running shoes in case you need them. -> (it's possible)
f) Take a waterproof coat with you because it's possible that it will rain. in case)	f*) Take a waterproof coat with you in case it rains. → (it's possible)
g) Take a warm jumper because it's possible that you will get cold when you stop. in case)	g*) Take a warm jumper in case you get cold when you stop. -> (it's possible)
h) Take a first-aid kit because it's possible that someone will get injured. —> (in case)	h*) Take a first-aid kit in case someone gets injured. → (it's possible)