

UNIT 5  
READING

1. Read the interview with a triathlete. Answer these questions.

● Does she train all sports every day?

Well, she tries to r\_\_\_\_\_, s\_\_\_\_\_, and ride every morning, but each day she focuses on \_\_\_\_\_ area more than the others.

● Will she take part in events outside USA?

Yes, she'll join the \_\_\_\_\_

# FitterToday

**Q&A:**

Talented Triathlete  
Mindy Thomas  
joins FitterToday  
for our weekly  
Q&A.



2. Complete the statements with the correct number.

- a Triathletes need to train for three sports.
- b Mindy runs \_\_\_\_\_ kilometers on a running day.
- c The bike ride in a triathlon is \_\_\_\_\_ kilometers.
- d Some days, it takes Mindy \_\_\_\_\_ minutes to complete the cycle distance.
- e Mindy hopes to compete in \_\_\_\_\_ events next year.