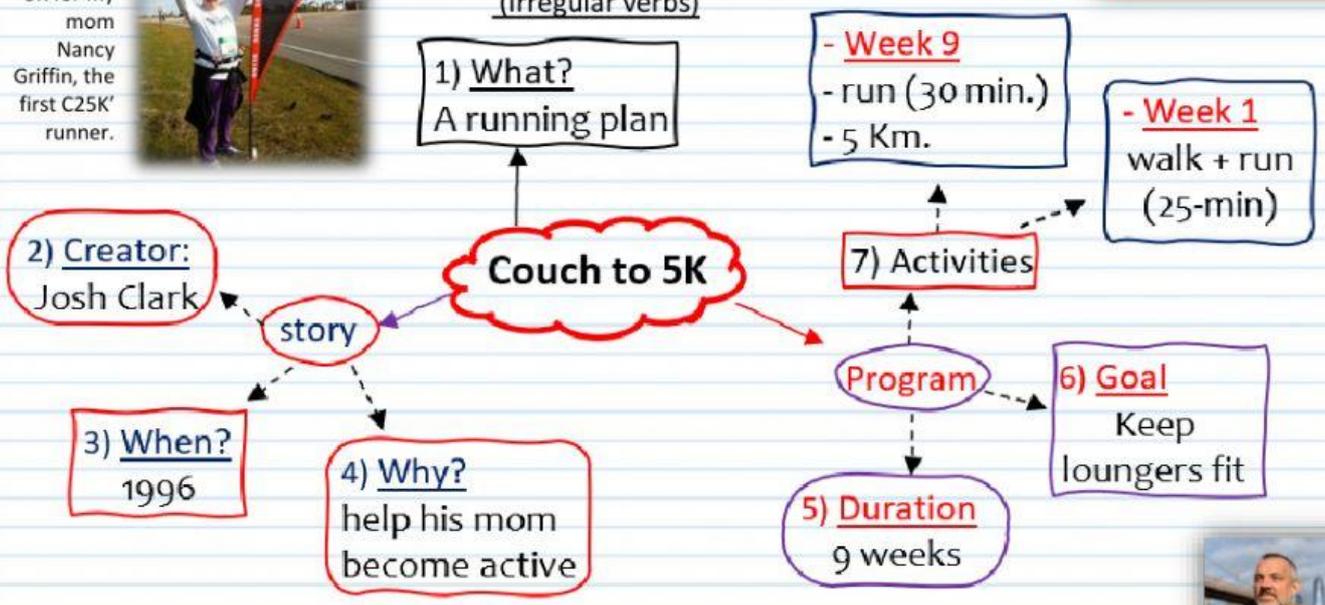


'I wrote Couch to 5K for my mom Nancy Griffin, the first C25K' runner.



Simple past
(Irregular verbs)



A) Use the mind map to answer the following questions:

1- What is 'Couch to 5K'?

.....

2- Who came up with 'Couch to 5K'?

.....

3- When did Josh bring out 'Couch to 5K'?

.....

4- Why did Josh first draw up 'Couch to 5K'?

.....

5- How long did Nancy Griffin take to finish the program?

.....

6- How did the program help people?

.....

7- What did Nancy Griffin do in the first week?

.....

8- How far did Nancy Griffin run in the last week?

.....