

The Triathlon

1. Match the words in green with their definitions in black. You have **4 minutes** for this task.

1. To appeal	a) extremely hard, tiring, and demanding.
2. To stumble upon	b) completely; totally.
3. Grueling	c) put on (clothes or other items)
4. Endurance	d) to be discouraged or discouraged from doing something.
5. Incessantly	e) to be interesting to someone.
6. Utterly	f) to develop or flourish.
7. To don	g) discover something unexpectedly or by chance
8. Choppy water	h) steadfast; constant; not changing.
9. Utmost	i) the ability to sustain a physical or mental effort for a prolonged period of time.
10. To be deterred	j) greatest; most extreme.
11. In sight	k) water that is rough and turbulent, with many small waves.
12. To blossom	l) visible or able to be seen.
13. Unwavering	m) without interruption; continuously.

2. Read the text

Once upon a time, there was a young, ambitious athlete named Jack. He had always been fascinated with the idea of pushing his limits and testing his capabilities through various sports, but had yet to find one that truly **appealed** to his competitive spirit. That was until he **stumbled upon** the demanding and **gruelling** sport of triathlon.

Triathlon, as you may know, is a multisport event that comprises of three disciplines: swimming, cycling, and running. It's a true test of **endurance**, strength and mental fortitude, and as soon as Jack learned of it, he was immediately intrigued.

He embarked on his journey to conquer the triathlon with fervor, dedicating himself to intense training in the pool, on the roads, and across **rugged terrain**. In the beginning, it was challenging.

His muscles would ache incessantly and he would be **utterly** drained after each session. However, he was determined to succeed and pushed through the pain, knowing that it would all be worth it in the end.

As the weeks went by, Jack's physical condition improved drastically. He could swim greater distances, cycle faster and run for longer periods without feeling fatigued. He began to feel a sense of confidence that he could compete in an actual triathlon event.

The day of the race finally arrived, and as he prepared to embark on this monumental challenge, Jack couldn't help but feel a mixture of nerves and excitement. He **donned** his wetsuit and dove into the water for the swimming segment of the race. The water was cold and **choppy**, but he kept his composure and swam with the **utmost** vigor.

Following the swimming segment, he transitioned swiftly to the cycling portion, pedaling furiously through picturesque countryside. The wind was strong and it made progress difficult, but Jack refused **to be deterred** and pushed on, determined to finish with a strong showing.

Finally, it was time for the running leg of the race. His legs felt heavy and his feet pounding, but he kept his resolve and pushed through the pain. The finish line was **in sight** and he knew that he was going to make it.

As he crossed the finish line, Jack was overwhelmed with emotion. He had completed his first triathlon, and it had been one of the most challenging and rewarding experiences of his life. He knew that this was just the beginning, and that he would be back to compete again in the future.

From that day on, Jack's passion for triathlon continued **to blossom**. He competed in more races and even began to coach others who were looking to take on the challenge of a triathlon. He had proven to himself, and others, that with relentless determination, discipline and an **unwavering** spirit, one can accomplish anything they set their mind to.

3. Comprehension questions:

1. Why does triathlon **appeal** to Jack?
2. How does Jack **stumble upon** triathlon?
3. What is the method Jack used to come across the **grueling** sport of triathlon?
4. What does the text present as the challenge that requires an immense amount of **endurance**?
5. How does Jack feel after each training session that is **incessant**?
6. How does Jack feel after each training session that is **utterly** demanding?
7. How does Jack prepare himself before starting the **choppy water** swimming segment of the race?
8. How does Jack's interest in triathlon continue **to blossom** and grow after his first race?
9. How does Jack push himself to the **utmost** during the triathlon race?

10. How does Jack push himself in the race and not **be deterred** despite facing challenges?
11. How close is the finish line **in sight** when Jack runs the final leg of the race?
12. How does Jack's passion for triathlon change after his first race?
13. How does the text describe Jack's attitude towards the challenges of triathlon as **unwavering**?

4. Answer the following questions

1. How do you balance training for three different sports (swimming, cycling, and running)?
2. What motivated you to start training for a triathlon?
3. What is your typical training schedule like?
4. How do you fuel your body before, during, and after a triathlon?
5. What is the most challenging part of training for a triathlon?
6. How do you mentally prepare for a triathlon race?
7. How do you handle injuries during training?
8. What is the most rewarding part of completing a triathlon?
9. Have you ever participated in a long-distance triathlon?
10. What advice would you give to someone who is considering training for their first triathlon?
11. What are some common mistakes that triathletes make when training?
12. How do you stay motivated during long periods of training?
13. What are some common mistakes that triathletes make when it comes to recovery and rest?
14. What are some key factors to consider when selecting a triathlon bike?
15. How do you choose the right triathlon wetsuit for your needs?
16. What are some key factors to consider when selecting a triathlon running shoe?
17. What are some key considerations for selecting a triathlon helmet?
18. How do you choose the right triathlon goggles for your needs?
19. What is the role of nutrition in triathlon training and racing?
20. How do you recover after a triathlon race?
22. What are some common mistakes that triathletes make on race day?
23. How do you prepare for the transition between the different disciplines in a triathlon?
24. Do you incorporate stretching into your triathlon training plan?

25. How do you train for the different types of water conditions that you may encounter in a triathlon race (calm, choppy, etc.)?
26. How do you train for the different types of terrain that you may encounter in a triathlon race (flat, hilly, rough / off road)?
27. What are some common mistakes that triathletes make when it comes to nutrition?
28. How do you stay hydrated during a triathlon race?
30. How do you handle unexpected weather conditions on race day?