

An athlete's schedule



2.07 Listen to Part 1 of an interview with Raj.
What does he talk about? Choose the correct
answer: A, B or C.

- A How to stay fit in P.E. classes.
- B How to become a successful athlete.
- C How to be a good sports teacher.

 **2.07** Read the questions carefully. Listen again and choose the correct answer: A, B or C.

- 1 What does Raj do?
 - A He teaches sport to teenagers.
 - B He writes books about volleyball.
 - C He's an Olympic athlete.
- 2 What does the number 10,000 refer to?
 - A The number of top athletes.
 - B The money top athletes make.
 - C The hours of practice top athletes need.
- 3 At what age do many sports stars begin training?
 - A Between four and five.
 - B Between five and six.
 - C Between 20 and 30.
- 4 What do all top athletes do, according to Raj?
 - A They manage their time well.
 - B They have healthy eating habits.
 - C They never stop trying.

 **2.08** Read the **strategy**. Then complete the table with the phrases below to make collocations. Listen and check.

a break a shower an orange dinner gymnastics
lunch to bed to the gym workouts

| Do | Go | Have |
|----|----|------|
| | | |

 **2.09** Listen to Part 2 of the interview about an Olympic athlete's daily schedule. Listen and complete their schedule.

Daily schedule

| | | |
|--------------------|-------------------|---------------------------|
| Wed 24 | 6.30 a.m. | gets up |
| Thurs 25 | 7 a.m. | goes <input type="text"/> |
| Fri 26 | 8.30 a.m. | does <input type="text"/> |
| Sat 27 | 11.30 a.m. | has <input type="text"/> |
| Sun 28 | 2.30 p.m. | has <input type="text"/> |
| Mon 29 | 3 p.m. | does <input type="text"/> |
| Tues 30 | 5 p.m. | does gymnastics |
| | 9.40 p.m. | has <input type="text"/> |
| | 10.15 p.m. | goes <input type="text"/> |