



Reading



THE BROWNLEE BROTHERS

Star athletes are strong, athletic, confident and hard-working. Two British brothers, Alistair and Jonathan Brownlee, are kind and generous, too.

It's 2016 and it's the World Triathlon Series in Mexico. Alistair and Jonathan are in the race. In a triathlon, athletes must swim 1.5 kilometres, cycle 40 kilometres and run 10 kilometres. They must change clothes quickly after each event. It's a difficult sport, and athletes must train hard for it. Alistair and Jonathan cycle for 20 hours, run for 10 hours and swim for five hours every week. They eat lots of fruit and vegetables, because a triathlete should eat

healthy meals. As a result, they've got many medals. They want to win in Mexico, too.

The brothers swim and cycle well. In the running event, Jonathan is running quickly, and the other runners can't overtake him. Alistair is in third place. But suddenly, Jonathan doesn't feel well and he stops running. Alistair sees his brother. What should he do? He goes to Jonathan and helps him to the finish line. Then he pushes him over the line. According to triathlon rules, athletes can help other athletes. So Jonathan finishes in second place - and the brothers become the most famous triathletes in history.

1. Complete with the correct form of can, must or should

1. You compete in three different sports in a triathlon.
2. Triathletes work hard before an event.
3. Athletes eat unhealthy food.
4. In the World Triathlon Series, Jonathon doesn't feel well and he run.
5. In triathlons, an athlete help other people in the competition.

2. Say true (T) or false (F)

- | | T | F |
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| 1. Alistair and Jonathan compete in the same sport. | | |
| 2. They do sport for 20 hours every week. | | |
| 3. Triathletes have got lots of time to change clothes after each event. | | |
| 4. Jonathon doesn't feel well during the swimming event. | | |
| 5. It's OK to help other athletes during a triathlon. | | |

3. Answer the questions

1. Where are the brothers from?
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2. What distance do athletes cycle in an Olympic triathlon?
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3. How many hours of running do the brothers do each week?
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4. Why do the brothers eat lots of fruit and vegetables?
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5. What place is Jonathan in before he stops running?
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