

Listening

2 Listen to the interview with an ironman. Tick (✓) the problems he had as a child.

	☐ had	☐ didn't have
1.headache	☐	☐
2.stomachache	☐	☐
3.toothache	☐	☐
4.allergy	☐	☐
5.sick	☐	☐

Listening

3 Listen to the interview again. What advice does he give about preparing for the event?

1.Do more exercise.	☐
2.Eat more fruit/vegetables.	☐
3.Sleep more.	☐
4.Eat less junk food.	☐
5.Watch less TV.	☐

Listening

4 Are the following sentences true (T) or false (F)?

	T	F
1.He wanted to do sports because of his friends.	☐	☐
2.Taking up sports was easy.	☐	☐
3.He takes part in this event only in Viet Nam.	☐	☐
4.In this event, you swim, run, and climb.	☐	☐
5.This event uses more than 6000 calories.	☐	☐

