Listen and fill the blank

A: Were you _____ as a child?

B: No, I always felt _____and weak. I had allergies too, so I always had a runny nose, and itchy skin.

A: When did that change?

B: My friends started doing sports. I wanted to, too. My sports instructor said "Do more _____, or continue to feel sick. It's up to you!"

A: Was it easy?

B: No! It was hard. I did more exercise, so my body ached. But slowly I felt _____.

A: What do you do now?

B: I do triathlons around the _____. It's a tough competition. You have to _____, run, and ride a bike. I use around 6500 calories in one _____!

A: How do you prepare?

B: Three great things to do before the race are: eat more _____ food, sleep more, and do more exercise. Then you'll be ready.

* Vocabulary:

- Ironman (n) : người sắt
- Event (n) : sự kiện
- Taking up (v) : áp dụng, duy trì luyện tập
- Triathlon (n) : Cuộc thi 3 môn phối hợp

LIVEWORKSHEETS