

Aiming High

3 Usain Bolt is a very fast runner. He won three gold medals at the Olympic Games in 2008. In the 100-meter race, he waved³ at his fans before he finished the race. It was very exciting!



Exercise is very important to Usain. "I train for three or four hours every morning. I spend an hour in the gym and two hours on the track," says Usain.

Name:

What does he do?

How many medals did he win? and when?

What did he do before he finish the race?

How many hours does he train every day?

