English reading test A2

Daily routines....

Name_____

Read the text about the daily routines of a sportsman and for questions 1 to 5, mark the correct answer with an x

The daily routines of a sportsman

David is an athlete, and he wakes up at 4:30 am every weekday morning. He spends the first 30 minutes reading and then 15 minutes meditating. At 5:15 am David checks his email for only 30 minutes and then goes for his first run of the day. He runs for an hour and a half along the lake near his house. After running, David has a shower and then prepares breakfast, which is usually cereal and fruit. However, he occasionally has a less healthy breakfast.

He usually finishes breakfast at around 8 am. If it is a weekday, he always leaves the house at 8:20 and goes to training. His training starts at 9 am, and she needs 30 minutes to drive to the gym. He trains for 3 hours with his team and then goes home for lunch. He always eats a very big and healthy lunch. As soon as he finishes lunch, he has a nap for one hour.

After his nap, she likes to go for a walk around the lake and look at nature. He sometimes reads or meditates at the lake in the afternoon. In the evening, during the week, he meets up with friends. Most of his friends are athletes too, so they have a lot to talk about.

He typically goes to bed at 9 pm because he prefers to be awake in the morning than at night. He sometimes falls asleep listening to music, but he never watches the television or reads anything on her tablet. He always makes sure his alarm is set and is almost always asleep by 9:45 pm.

1. What time does he finish checking her emails?

- a. 5:30 am.
- b. 5:45 am.
- c. 6:00 am.

LIVEWORKSHEETS

2. How long does he run for in the morning?

- a. 45 minutes.
- b. 60 minutes.
- c. 90 minutes.

3. David _____ has a healthy breakfast.

- a. always
- b. occasionally
- c. usually

4. What is the last thing he does before going to sleep?

- a. She reads.
- b. She sets her alarm.
- c. She checks the time.

5. How often does he meditate?

- a. Once or twice a day.
- b. Once a day.
- c. Rarely.



LIVEWORKSHEETS

LIVEWORKSHEETS