

'I wrote Couch to 5K for my mom Nancy Griffin, the first C25K' runner.



Simple past

(Irregular verbs)

1) What?
A running plan

- Week 9
- run (30 min.)
- 5 Km.

- Week 1
walk + run
(25-min)

2) Creator:
Josh Clark

story

Couch to 5K

7) Activities

3) When?
1996

4) Why?
help his mom
become active

Program

6) Goal
Keep
loungers fit

5) Duration
9 weeks



A) Use the mind map to answer the following questions:

1- What is 'Couch to 5K'?

2- Who came up with 'Couch to 5K'?

3- When did Josh bring out 'Couch to 5K'?

4- Why did Josh first draw up 'Couch to 5K'?

5- How long did Nancy Griffin take to finish the program?

6- How did the program help people?

7- What did Nancy Griffin do in the first week?

8- How far did Nancy Griffin run in the last week?