# LISTENING
# Paula Radcliffe

**A day in the life of Paula Radcliffe - Marathon Runner**

**8.30am**

Sometimes, my daughter Isla wakes me and my husband, Gary, up, or, more often, we wake her up.

After I get up, I always check my pulse.

It's usually 38-40 beats per minute.

If it is too high, I rest for the day.

It's so important to listen to my body.

I have a drink and a snack while giving Isla her breakfast.

**9.30am**

We take Isla to nursery and then I start my training.

I run, and Gary rides his bike next to me and gives me drinks.

Four times a week, I have a cold bath or go for a swim in a lake after training.

**12.30pm**

I pick up Isla from nursery and we go home and I eat a big lunch of cereal and fruit.

Then I have rice and salmon, or toast and peanut butter.

I try to eat as soon as possible after training.

After lunch, I play with my daughter.

**2pm**

I have a nap in the afternoon, and Gary usually takes Isla out while I sleep.

When I wake up, I have a drink and a snack while Isla has milk.

I eat a lot during the day, especially bananas and dark chocolate.

**5pm**

I go running again.

In total, I run about 145 miles every week.

I write about all my runs in my training journal.

I record everything, including how I feel and what the weather is like.

I train hard every other day, go on an extra long run every four days and rest every eighth day.

**7pm**

In the evening, I do my exercises.

These keep me strong during long runs.

Isla likes to climb on me while I stretch.

Gary gives Isla her dinner and starts cooking mine while I finish my exercises.

Then I finish cooking dinner while Gary gives Isla her bath.

**7.30pm**

Gary and I eat our dinner.

I have red meat four times a week with rice, pasta or potatoes, and lots of vegetables.

We also eat a lot of stir-fries, because they're quick and healthy.

**8pm**

We put Isla to bed and relax.

I check my emails and watch TV or chat with Gary.

I love police and hospital dramas!

**10.30pm**

Time for bed.

As I brush my teeth, I stand on one leg and then the other.

This keeps my legs strong.

I enjoy reading, but I haven't read much since Isla was born.