

1 What do you know about triathletes? Listen and read. 

PE

TRY A TRIATHLON...

Susan Parker interviews ex-marathon runner Tom Redding.

Susan: So, Tom tell us what a triathlete is.

Tom: Well, Susan, a triathlete is an athlete who takes part in a contest called a triathlon. Triathletes have to swim, cycle and run during this race. We have to do one activity after the other, so it's very difficult.

Susan: You used to be a marathon runner. When did you decide to become a triathlete?



Tom: Two years ago. You see, I saw a triathlon on TV and the next day I told my coach that I wanted to take part in one.

Susan: Just like that?

Tom: Yes. My coach told me that he would help me train. But he also told me that it wouldn't be easy.

Susan: What do you mean?

Tom: Well, I had to train twice as hard. Three times as hard, actually. And, of course, I listened to all of his advice.

Susan: I see. So, how long did it take you to get ready for your first triathlon?

Tom: Well, after four months of training, my coach told me that I was ready to take part in a triathlon. I didn't think I was ready, but my coach told me that I could do it. And he was right! I won first place in the local championship!



1. Triathletes have to do three sports in one race.
2. Tom has been a triathlete for many years.
3. It's easy to become a triathlete.
4. Tom was ready to take part in the triathlon after four months.
5. Tom's coach knew he would win.