

Competitive sport or just a hobby?

We talked to three teenagers about how they train and how seriously they take their sports.

Carrie, 14 – rhythmic gymnastics

- I go to the gym twice a week. My coach says it's really important to warm up, so we do lots of exercises before the class: we stretch and jump and jog. Then we practise the different techniques. I prefer working with the ribbon. Afterwards, we warm down to some relaxing music. I love rhythmic gymnastics, but I don't think I'll ever take part in any serious competitions. I just do it for fun and to keep fit. But I'm going to volunteer at the next big competition.



Ryan, 16 – ice hockey

- You have to be fit to play ice hockey, so I work out at a local gym most days to build up strength in my legs and body. Being fit and strong helps you keep your balance when you're on the ice. I watch a lot of games on my computer to learn new skills and I practise with my team at the ice rink three times a week. My dad's our coach. He's a volunteer, not a professional, but he's really good. I'm never going to take up ice hockey professionally, but it's a great hobby.



Suzy, 15 – triathlon

- In a youth triathlon competition, you have to swim 750 metres, cycle 20 kilometres and run 5 kilometres. So, you have to train very seriously. I'm going to follow a new training programme from next week. My mum's a doctor. She says that at my age, you shouldn't train more than twenty hours a week, so I'm going to swim two kilometres three times a week, go running on Tuesdays, Thursdays and Saturdays, and cycle every Sunday for three hours. That's eighteen hours. Maybe one day I'll be good enough to compete in the Olympics. I hope so!



- 4 5.09 Study and listen to the Vocabulary box. Look at the words highlighted in the article and check you understand their meaning.

VOCABULARY Fitness and training

balance coach exercise practise skill
strength stretch training programme
warm down/up work out

- 5 Match definitions 1–8 with the words in the Vocabulary box.
- 1 state in which your body stays in a position and doesn't fall *balance*
 - 2 exercises to prepare your muscles for sport
 - 3 to do exercises to make you stronger
 - 4 someone who trains you in a sport
 - 5 repeat something in order to get better
 - 6 to push parts of your body as far as they can go
 - 7 your physical power and energy
 - 8 your abilities

- 1 In which sports do athletes train the hardest, in your opinion?
- 2 5.08 In pairs, look at the photos. Read and listen to the article. Have you tried any of these sports? If not, which would you like to try?
- 3 Read the article again and write C (Carrie), R (Ryan) or S (Suzy).
 - 1 Who follows his/her sport online to get better? R
 - 2 Who mentions a favourite piece of equipment?
 - 3 Who trains with a family member?
 - 4 Who would like to get involved in competitive sport?
 - 5 Who mentions how training starts and finishes?
 - 6 Whose coach warns younger people not to train too much?

THINKING TIME

EVALUATE

Which sport mentioned in the text would you like to try? Why?

EXPLORE

Find and share an exercise you can do at home to build up your strength.