

## 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 <sup>10</sup> 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 <sup>15</sup> 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 <sup>20</sup> 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 <sup>25</sup> a great hobby.



1 In which sports do athletes train the hardest, in your opinion?

2 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?

Suzy, 15 – triathlon

In a youth triathlon competition, you have to swim 750 metres, cycle 20 kilometres and run 5 kilometres. So, <sup>10</sup> 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 <sup>15</sup> 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

### 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.