

Reading 1 - TRIATHLON

"What is your favourite sport?"

When people ask this question, they usually expect one short answer: basketball, skating, rugby, football... Most of my friends practice only one sport, but not me. Because my favourite sport is a combination of three sports: the triathlon.



The word *triathlon* comes from the Greek language, meaning three contests or competitions. The triathlon sport is in the Olympic Games since 2000.

In a triathlon competition, you must complete three races, one after the other. The first part is swimming; the second is biking; and the final piece is running.

Triathlon is not all about being strong or fast. The most important thing is endurance: the capacity to participate in a competition during a long period of time (some triathlons take as long as 12 hours!)

To be a good *triathlete* you must train every day. To train this sport you need to be good at swimming in both the swimming pool and in the open sea. You also need to have a great bicycle and helmet for the biking piece. And your running expertise is super important to finish the race.

Maybe, after reading this text, you want to try it one day... The best age to start triathlon is 8 years old, and the distances for children are 100 meters swimming, 2 km biking and 500 meters running.

Adults can start with the Super Sprint Triathlon, which is the shortest version: 400 meters swimming, 10 km biking and 2.5 km running.

And maybe... in some years we can see you in the most important competition of triathlon: the IronMan and IronWoman! These are the hardest of competitions and each participant must finish 3.8 km swimming in the sea, 180 km biking and 42.2 km running (which is a complete marathon!).



10. According to the text, people usually practise...

- A. no sports.
- B. one sport.
- C. two sports.
- D. many sports.

11. What does triathlon mean?

- A. It means 3 sports.
- B. It means many sports.
- C. It means combination sports.
- D. It means favourite sport.

12. In a triathlon, you complete the three races in the same order.

- A. True.
- B. False.

13. _____ is the most important to finish a triathlon.

- A. To be strong
- B. To be fast
- C. Endurance
- D. Running

14. A good triathlete trains...

- A. regularly.
- B. daily.
- C. often .
- D. weekly.

15. What is the swimming distance for children?

- A. 100 meters.
- B. 400 meters.
- C. 1 km.
- D. 3.8 km.

16. Which is the hardest triathlon contest for women?

- A. Super Sprint.
- B. IronMan.
- C. IronWoman.
- D. Marathon.

17. Tick the three objects you need to participate in a triathlon:

- ☐ Ball
- ☐ Swimsuit
- ☐ Racket
- ☐ Sneakers/trainers
- ☐ Rollerblades
- ☐ Bat
- ☐ Kimono
- ☐ Bicycle