1 Complete the sentences with the correct form of the words.



Language focus

I (1) 'm running (run) in the morning
With my best friend Mike.
And on Friday afternoon,
I (2) _____ (cycle) on my bike.

Then on Friday evening,
I (3) _____ (row) here with Ted.
And after that, all tired out,
I (4) _____ (go) to go to bed.

2 Write about the week of Heile Dejene, an Ethiopian marathon runner.

Monday	p.m. fly – New York	Friday	a.m. have TV interview
Tuesday	p.m. meet trainer		p.m. visit museum
Wednesday	p.m. run 30 km	Saturday	a.m. see doctor
Thursday	p.m. run 42 km		p.m. rest
		Sunday	run marathon



On Monday afternoon, Heile's flying to New York.

3 Write four sentences about your plans for the weekend.

B I U

On Saturday morning, _____.
On Saturday afternoon, _____.
On Sunday morning, _____.
On Sunday afternoon, _____.

LIVEWORKSHEETS