



**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 (cycle) on my bike.

Then on Friday evening,

I (3) row (row) here with Ted.

And after that, all tired out,

I (4) go (go) to go to bed.



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

**Monday** p.m. fly – New York

**Tuesday** p.m. meet trainer

**Wednesday** p.m. run 30 km

**Thursday** p.m. run 42 km

**Friday** a.m. have TV interview

p.m. visit museum

**Saturday** a.m. see doctor

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, \_\_\_\_\_.