



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 / U



On Saturday morning, _____.

On Saturday afternoon, _____.

On Sunday morning, _____.

On Sunday afternoon, _____.