



Lesson 15: Before and After

Anna: Penelope, even though we both love speed walking, could we slow down a bit?

Penelope: No way! I think because I'm walking with you, I'm walking faster.

Anna: Come on, Penelope. Let's take a break. We've been speed walking since 8 a.m.! You're so **competitive!** You even wore your medals!

Penelope: You brought your trophies! You're out of shape. When we were little girls, we could speed walk all day! (*pulls ahead*)

Anna: (*chases her*) Hey, wait for me! Hey, you know the speed walking rules! If both feet leave the ground, it's running! You ran!

Prof. Bot: Anna and Penelope are doing something they both love - speed walking!

They are also using adverb clauses.

Adverb clauses tell us *when*, *why*, *how*, *where* and *under what conditions*.

For example, "since 8 a.m." tells us when.

Adverb clauses are dependent clauses and need an independent clause to make a complete sentence.

Words like *before*, *after*, *when*, *because*, *since*, *if* and *even though* can signal an adverb clause.

Keep watching for more adverb clauses!



Penelope: Whew! That was great!

Anna: (Anna catches up) Wow, Penelope, you're still really fast! Since I've been working in an office, my speed walking has been much slower.

Penelope: You are slower, Anna. Maybe you should hire a **personal trainer**.

Anna: That will be great. As long as the trainer understands speed walking.

Penelope: (hands her a business card) Try this company. After you **fill out** an online **application**, they will match you to the perfect trainer.

Anna: As soon as I get home tonight, I'll do it! Thanks.

Anna: Are you my trainer?

Alaskan Albert: If you're Anna, then I'm your trainer -- Alaskan Albert. Because I'm from Alaskan wilderness, I'm **skilled** in all outdoor activities of the **wild**.

Anna: That's great but what about speed walking?

Alaskan Albert: Speed walking? That's funny! Since I've been living in the city, I've combined wilderness training with a city workout. I call it "Call of the Wild **Parkour!**" (He howls like a wolf.)

Anna: Okay ... but seriously, when do we speed walk?

Alaskan Albert: Your **application** did not say how funny you are!

Anna: No. But it did say that I'm a speed walker! Did you read it? Forget it. We'll have to cancel.

Alaskan Albert: Why?

Anna: We can't train today because it's too cold and too windy.

Alaskan Albert: No way! **No pain, no gain!** When you exercise in really cold weather, you feel alive!

Anna: Really? Because right now I just feel cold.



Alaskan Albert: You're so funny. But seriously, after our training, you will be ready for any **extreme physical challenge**. Let's get started!

(He leads Anna through some parkour exercises.)

Alaskan Albert: Anna, even though you're trying really hard, you're really bad at Call of the Wild Parkour. *(he howls)*

Anna: I'm bad at Call of the Wild Parkour because I don't want to do Call of the Wild Parkour! *(she howls)* I am a speed walker. It's what I do. It's part of who I am.

Alaskan Albert: Why didn't you say something?

Anna: I did. Several times! You thought I was joking.

Alaskan Albert: Now I understand. Anna, I can help you., if you **follow my advice**, I'll put the speed back in your speed walk.

(He shows her how to improve her speed walking)

Alaskan Albert: Go, Anna, go!

Prof. Bot: For more about adverb clauses, visit our website!

