

An athlete's schedule



2.07 Listen to Part 1 of an interview with Raj.
What does he talk about? Choose the correct
answer: A, B or C.

- ☐ A How to stay fit in P.E. classes.
- ☐ B How to become a successful athlete.
- ☐ C How to be a good sports teacher.

 **2.07** Read the questions carefully. Listen again and choose the correct answer: A, B or C.

- 1 What does Raj do?
 - ☐ A He teaches sport to teenagers.
 - ☐ B He writes books about volleyball.
 - ☐ C He's an Olympic athlete.
- 2 What does the number 10,000 refer to?
 - ☐ A The number of top athletes.
 - ☐ B The money top athletes make.
 - ☐ C The hours of practice top athletes need.
- 3 At what age do many sports stars begin training?
 - ☐ A Between four and five.
 - ☐ B Between five and six.
 - ☐ C Between 20 and 30.
- 4 What do all top athletes do, according to Raj?
 - ☐ A They manage their time well.
 - ☐ B They have healthy eating habits.
 - ☐ C They never stop trying.

 **2.08** Read the **strategy**. Then complete the table with the phrases below to make collocations. Listen and check.

a break a shower an orange dinner gymnastics
lunch to bed to the gym workouts

Do	Go	Have

 **2.09** Listen to Part 2 of the interview about an Olympic athlete's daily schedule. Listen and complete their schedule.

Daily schedule

Wed 24	6.30 a.m.	gets up
Thurs 25	7 a.m.	goes
Fri 26	8.30 a.m.	does
Sat 27	11.30 a.m.	has
Sun 28	2.30 p.m.	has
Mon 29	3 p.m.	does
Tues 30	5 p.m.	does gymnastics
	9.40 p.m.	has
	10.15 p.m.	goes