"25K Race" Listening

You will hear an interview with a student called John Benton, who's just complete a 25-kilometer running race. Choose the best answer form the questions below.

1. Why did John decide to enter the race?
A. He was encouraged by his father to take part.
B. He wanted to prove his friends wrong.
C. He was inspired by a celebrity's achievements.

2. One feature of John's training before the event was to
A. get some rest between training sessions.
B. leave himself enough time to build his fitness.
C. set targets that he felt were realistic.

3. John says that once he started training, he had difficulties
A. fitting it in around his usual school schedule.
B. finding time for leisure activities after school.
C. making himself run in cold weather before school.

4. What does John say about his diet before the race?
A. He decided to follow a very strict diet.
B. He left it almost too late to adopt a suitable diet.
C. He was unwilling to give up his favorite foods.

5. What particularly encouraged John on the day of the race?
A. The atmosphere was much more positive than he'd expected.
B. People he'd never met before were wishing him well.
C. Some people in the crowd were there to support him personally.

6. One strategy John used to keep himself going was to
A. maintain a fairly even running speed throughout the race.
B. ignore any negative thoughts about failure.
C. keep in mind the finishing time he wanted to achieve.

7. Immediately after John finished the race, he
A. was almost too tired to notice people congratulating him.
B. promised himself he would never attempt another one.
C. celebrated his achievements with friends.



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