

## Listen and fill in the blank

A: Were you sporty as a child?

B: No, I always felt sick and weak. I had ..... too, so I always had a runny nose, and ..... skin.

A: When did that change?

B: My friends started doing..... I wanted to, too. My sports instructor said 'Do more ..... , or continue to feel sick. It's up to you!'

A: Was it easy?

B: No! It was hard. I did more exercise, so my body ached. But slowly I felt .....

A: What do you do now?

B: I do triathlons around the world. It's a ..... competition. You have to swim, run, and ..... I use around 6500 ..... in one event!

A: How do you prepare?

B: Three great things to do before the race are: eat more ..... , sleep more, and do more exercise. Then you'll be ready.