

Unit 1: Exercise 5

Read the text about professional swimmer Michael Daley's day. Then complete the exercise on the next screen.

I usually get up at around 6:00 a.m. Before I became a professional swimmer, I got up late most days, but I don't ever stay in bed now, even on Sundays! I always go to the gym in the mornings. I spend about 30 minutes on the running machine, and then another 30 minutes doing other exercises. It is very important for me to stay fit and healthy. I only spend two hours at the gym when I have a big swimming competition. I get home from the gym at about 8:00 a.m., have a shower and get dressed. I always have a big breakfast of cereal with banana, toast, eggs, coffee and orange juice. Breakfast is the most important meal of the day for me because I do a lot of swimming every day. After breakfast, I go for a long walk in the park near my house. The exercise helps me to relax and feel prepared for the rest of the day.

Then it's time for me to start work. From 10:00 a.m. until 1:00 p.m. I normally go to the swimming pool and train for two hours with my personal trainer. I swim about five kilometres, and practise diving. After my training, I usually have a meeting with my trainer to talk about how well I'm doing and what I still need to work on. I sometimes have lunch at the pool café with my trainer, but if I have a television interview, I'll walk over to the TV studio. All my friends think that it's exciting to be on television, but it takes a long time to film, so it can be a bit boring. It's not difficult to do TV interviews, but it takes a long time to get ready. At home, it takes me about 20 minutes to have a shower, get dressed and do my hair, or maybe half an hour if I'm going somewhere special, but at the TV studio it takes an hour! If I have a big competition coming up, then I do more training in the afternoon, or have more meetings with my trainer.

In the evenings, I usually relax at home with my wife, Emma. I quite enjoy cooking, so we often eat at home together. Emma hated my cooking at first, but now she thinks it's OK. Her father is a chef at a top restaurant, so she loves good food. We sometimes go to a restaurant for dinner. We both love Korean food, and there's a great place near my house. I never eat fast food like burgers and kebabs, or my trainer will get angry with me. Then Emma and I usually watch a film on television. We both love comedy films, and Emma also likes romantic films, but I'm not a big fan – I prefer action films. I usually go to bed at 10.00 p.m. because I need to be back in the gym by 7.00 a.m. the next day!

Unit 1: Exercise 5

Choose the correct answers. Read the text on the first screen again to help you.

- 1 When does Michael get up late now?
☐ Most days. ☐ On Sundays. ☐ Never.
- 2 Michael usually exercises at the gym for
☐ 30 minutes. ☐ 1 hour. ☐ 2 hours.
- 3 After breakfast, Michael
☐ gets prepared for the day. ☐ goes for a walk. ☐ relaxes in his house.
- 4 Michael says that TV interviews are sometimes
☐ exciting. ☐ boring. ☐ difficult.
- 5 When Michael gets ready at the TV studio, it takes him
☐ 20 minutes. ☐ 30 minutes. ☐ 1 hour.
- 6 What does Michael's wife, Emma, think about his cooking now?
☐ She loves it. ☐ She hates it. ☐ She doesn't mind it.
- 7 Michael often eats
☐ dinner at home. ☐ dinner in a restaurant. ☐ burgers and kebabs.
- 8 Both Michael and Emma like watching
☐ comedy films. ☐ romantic films. ☐ action films.