

UNIT 5
READING

1. Read the interview with a triathlete. Answer these questions.

• Does she train all sports every day?

Well, she tries to r _____, s _____, and ride every morning, but each day she focuses on _____ area more than the others.

• Will she take part in events outside USA?

Yes, she'll join the _____

Fitter Today

Q&A:

Talented Triathlete
Mindy Thomas
joins FitterToday
for our weekly
Q&A.



2. Complete the statements with the correct number.

- a Triathletes need to train for three sports.
- b Mindy runs _____ kilometers on a running day.
- c The bike ride in a triathlon is _____ kilometers.
- d Some days, it takes Mindy _____ minutes to complete the cycle distance.
- e Mindy hopes to compete in _____ events next year.