

**LISTEN AND CHOOSE THE CORREC OPTION:**

**MAX WHITLOCK**

HE IS AN OLYMPIC  GYMNASTIC  RUNNER  CLIMBER

HE TRAINS FOR  26  36  46 HOURS A WEEK

HE GOES TO THE GYM  1  5  6 TIMES A WEEK

EVERY WEEK HE GOES RUNNING  ONE  TWO  THREE DAY A WEEK

**SASHA DIGULIAN**

SHE IS A  CLIMBER  DIVER  BADMINTON PLAYER

SHE GOES TO THE GYM  2  4  6 TIMES A WEEK

**HOW OFTEN DOES .....?**

		ALWAYS	OFTEN	SOMETIMES	NEVER
MAX WHITLOCK	GO TO THE GYM				
	GO RUNNING				
SASHA DIGULIAN	GO TO THE GYM				