

Couch to 5K

(Note taking)

A) Fill In the mind map with words from the story:

When I was a child, my brother and I swam every day. We also played tennis and won some competitions. But when I left to college, this all changed! I ate a lot of junk food and didn't do any sport. I was very unfit.

My friend, James, told me about a **running program** called 'Couch to 5K'. He said that it was the idea of a runner called **Josh Clark**. In **1996**, Josh thought that **running** was a good way to help his **mum** become **active**.

I found more information about Couch to 5K on the internet and decided to try it. Now, the program runs for nine **weeks**, aiming to help **loungers** keep **fit**. In the first week, I walked for five minutes, then I did twenty minutes of **walking** and **running**. In week 9, I ran for thirty minutes without stopping, three times **a week** and I felt great! Now I love running - last week I did a ten-kilometre race!

