

1 Match 1–5 with a–e to make phrases from the text.

1 <input checked="" type="checkbox"/> sand	a peaks
2 <input type="checkbox"/> world	b test
3 <input type="checkbox"/> highest	c terrain
4 <input type="checkbox"/> endurance	d championship
5 <input type="checkbox"/> difficult	e dunes

2 Complete the sentences with the phrases from Exercise 1.

- 1 Sand dunes in the desert change constantly because of the wind.
- 2 Most climbers would love to climb all the world's _____.
- 3 I'm doing the London marathon next year – it's going to be a real _____ for me!
- 4 Most sports have a(n) _____ once a year in which the best competitors participate.
- 5 The athletes had to run through very _____, including deserts and mountains.

3 Choose the correct option.

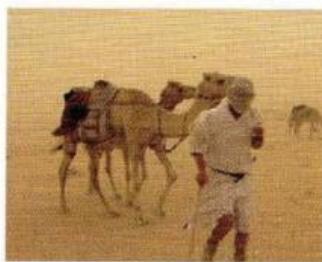
- 1 Running the marathon was really *traditional* / tough, but I'm glad I did it!
- 2 The most *challenging* / *stressed* race I've ever taken part in was a half marathon.
- 3 The Ironman bike ride is a *long-distance* / *one-day* race of 180 km.
- 4 Michael is very *competitive* / *popular* – he hates losing!
- 5 Before the race I felt really *tough* / *stressed*, but I relaxed after I started running.

4 Complete the sentences with the verbs below. There is one extra verb.

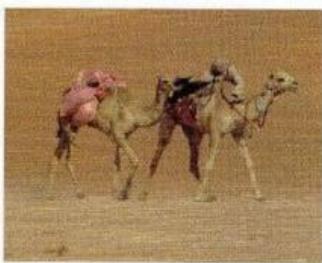
complete cross hold last push
suffer take part

- 1 We are going to hold our school sports day on the last day of term.
- 2 Would you like to _____ in a marathon?
- 3 Athletes really have to _____ themselves in order to complete the race.
- 4 Sarah wants to _____ the swim in three hours.
- 5 Athletes have to _____ part of the Sahara desert during this long-distance race!
- 6 The race will _____ for three days in total.

5 Look at the photos and add the missing vowels to complete the phrases.



1 v__l__nt
sandstorms



2 h__st__l__ desert

3

l n p r _ d _ c t _ b l _ 4 _ x t r _ m _ heat
camels

6 Use the prompts to write sentences. Use the tense in brackets.

1 they / enter / the largest sand desert in the world (Present Continuous)

They are entering the largest sand desert in the world.

2 they / already / cross / the Atlantic Ocean (Present Perfect)

3 unfortunately, / they / get / lost (Past Simple)

4 they / complete / an almost impossible journey (Present Perfect)

5 they / still / be / friends / at the end of it (Present Simple)

7 Complete the sentences with the nouns below.

dehydration destination expedition
explorer temperature well

- 1 Jane didn't drink enough water and was suffering from dehydration.
- 2 They are going on a(n) _____ into the jungles of South America.
- 3 The travellers drank water from the _____.
- 4 Wilfrid Thesiger was a famous British _____.
- 5 The _____ reached 47°C.
- 6 James and Ben's final _____ was a place called Umm as Sammim.