Extra Training

Reading Task 532

Read the text and choose the correct item.

THE DAILY ROUTINES OF A SPORTSWOMAN

Janet is an athlete, and she wakes up at 4:30 a.m. every weekday morning. She spends the first thirty minutes reading and then fifteen minutes meditating. At 5:15 am Janet checks her email for only thirty minutes and then goes for her first run of the day. She runs for an hour and a half along the lake near her house. After running, Janet has a shower and then prepares breakfast which is usually cereal and fruit, However, she sometimes has a less healthy breakfast.

She usually finishes breakfast at around 8 am. If it is a weekday she always leaves the house at 8:20 and goes to training. Her training starts at 9 am, and she needs 30 minutes to drive to the gym. She trains for 3 hours with her team and then goes home for lunch. She always eats a very big and healthy lunch. As soon as she finishes lunch, she has a nap for one hour.

After her nap, she likes to go for a walk around the lake and look at nature. She sometimes reads or meditates at the lake in the afternoon. In the evening, during the week, she meets up with friends. Most of her friends are athletes too, so they have a lot to talk about.

She typically goes to bed at 9 pm because she prefers to be awake in the morning than at night. She sometimes falls asleep listening to music, but she never watches the television or reads anything on her tablet. She always makes sure her alarm is set and is almost always asleep by 9:45 pm.

1. What time does she finish checking her emails?

1. 5.20 a.m. **2.** 5:30 a.m. **3.** 5:45 a.m. **4.** 6:00 a.m

2. How long does she run for in the morning?

1. 45 minutes. **2.** 60 minutes. **3.** 75 minutes **4.** 90 minutes.

3. Janet ____ has a healthy breakfast.

1. always **2.** usually **3.** sometimes **4.** seldom

4. She usually get to the gym _____.

1. by car **2.** by bus **3.** by bike **4.** on foot

5. Where does Janet usually have lunch?

1. In the gym **2.** In a café **3.** At a restaurant **4.** At home

6. What does Janet usually do after lunch?

1. She sleeps **2.** She works. **3.** She walks **4.** She meditates.

7. Janet usually _____ with her friends.

1. walks **2.** talks **3.** meditates **4.** trains

8. Janet usually _____ to help her get to sleep?

1. watches TV **2.** plays the guitar **3.** listens to music **4.** reads on her tablet

9. What is the last thing she does before going to sleep?

1. She reads
2. She sets her alarm
3. She checks the time.
4. She takes a shower.



LIVEWORKSHEETS