

BEFORE YOU WATCH

1 Work in pairs. Discuss the questions.

- Which activities in the box below do you enjoy doing? Why?
- Which activities do you think are the most relaxing? Why?
- What do you usually do to relax?

climbing cooking cycling gardening
listening to music playing computer games reading
running swimming watching TV yoga

2 Look at the title of the text. Which activities from Exercise 1 do you think people do in a mud run? Read the text and check your ideas.

Mud running: a different type of race

Mud runs are becoming more and more popular every year. Most mud runs are between three and twelve miles long so they are not as long as traditional marathons or half marathons but they offer different challenges. The runners have to be very strong as well as good at running. This is because mud runs are a type of obstacle course where people have to run, climb, jump, and carry objects over, through, and around different obstacles. Some mud runs are competitions but others are just fun challenges people do with their family and friends. Lots of different types of people do mud runs but they all have two things in common: they love to get muddy and they love a challenge!

3 a Work in pairs. Look at the photos and discuss the questions.

- What kind of activities can you see in the photos?
- What do you think will happen in the video?



b Watch the whole video and check your ideas.



WHILE YOU WATCH

4 Watch the video from 0:00–0:43. Choose the correct answers.

- How has Ronnie been feeling recently?
 - tired
 - unhappy
 - ill
- What has Mark invited Ronnie to do?
 - something exciting
 - something fun
 - something dangerous
- Where does Ronnie hope that they're going?
 - to the cinema
 - shopping
 - to a spa

5 a Complete the sentences with the numbers in the box.

two five seven ten sixty-five seventy-five

- Mud Monsters Run is a _____ kilometre obstacle course.
- There are _____ races a year.
- There are _____ obstacles.

b Now watch the video from 01:21–01:40 and check your answers.



6 a Work in pairs. Complete the actions with the words in the box.

climbing crawling falling running sliding
swinging

- 1 _____ in the woods
- 2 _____ from rings
- 3 _____ through a tyre
- 4 _____ into water
- 5 _____ a net
- 6 _____ down a muddy hill

b Label photos A–F above with actions 1–6 from Exercise 6a.

c Watch the video from 01:40–02:55. Number the photos in Exercise 6b in the order you see them.

7 a Complete the phrases with one word.

- 1 Mark: What time do you call this?
Ronnie: Hi Mark, **how are** _____? ... Wait a minute. I don't see a spa? Where are we?
- 2 Mark: No spa ... no relaxing.
Ronnie: Oh? **I'm sorry to** _____, that.
- 3 Mark: No, today we're doing something way more exciting! **Have you** _____ of Mud Monsters Run?
Ronnie: Er, no. What is it?
- 4 Mark: It's a mud run, and today we've got the whole place all to ourselves! _____, you!
- 5 Ronnie: Oh. **That** _____, brilliant!
- 6 Ronnie: _____, what?
Mark: What?

b Watch the video from 0:43 to the end and check your answers.

8 a Work in pairs. Answer the questions.

- 1 Does Ronnie think the obstacle course will be easy or difficult at the start?

- 2 Does Ronnie complete all the obstacles?

- 3 What does Ronnie do when he finishes the obstacle course?

- 4 Does Ronnie prefer the countryside or the city?

b Watch the video from 0:43 to the end again and check your answers.

AFTER YOU WATCH

9 Work in pairs. What do you think looked the easiest, the most difficult, the most/least fun obstacle in the video? Why?

10 Complete the dialogues with the phrases in Exercise 7a.

- 1 A: I feel terrible. I've got a bad cold.
B: _____
- 2 A: _____
Zumba?
B: Yes, it's that dance fitness class, isn't it?
- 3 A: _____
B: Not bad thanks.
- 4 A: Do you want to go to the cinema tonight?
B: _____
- 5 A: I'm going on holiday tomorrow!
B: _____
- 6 A: _____
B: What?
A: I've got a new job!