School: Centro Escolar Francisco Gavidia.

Level: advance (9th Grade-Teenagers)

Student's name: _____

Date: _____Score:_____

Objective: 87% of the basic level students will be able to use reading strategies. A variety of tasks are included in the exam to meet the needs of students.

Instructions:

The following text presents a reading about Kilian Jornet's bibliography, you must read very carefully and then solve the 5 questions that are presented. You must interact with the text and use the Cloze-elide procedure

When you picture mountain climbers scaling Mount Everest, what probably comes to mind are teams of climbers with Sherpa guides leading them to the summit, equipped with oxygen masks, supplies and tents. And in most cases you'd be right, as 97 percent of climbers use oxygen to ascend to Everest's summit at 8,850 meters above sea level. The thin air at high altitudes makes most people breathless at 3,500 meters, and the vast majority of climbers use oxygen past 7,000 meters. A typical climbing group will have 8–15 people in it, with an almost equal number of guides, and they'll spend weeks to get to the top after reaching Base Camp.

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But ultra-distance and mountain runner Kilian Jornet Burgada ascended the mountain in May 2017 alone, without an oxygen mask or fixed ropes for climbing.

Oh, and he did it in 26 hours.
With food poisoning.

And then, five days later, he did it again, this time in only 17 hours.

Born in 1987, Kilian has been training for Everest his whole life. And that really does mean his whole life, as he grew up 2,000 meters above sea level in the Pyrenees in the ski resort of Lles de Cerdanya in Catalonia, north-eastern Spain. While other children his age were learning to walk, Kilian was on skis. At one and a half years old, he did a five-hour hike with his mother, entirely under his own steam. He left his peers even further behind when he climbed his first mountain and competed in his first cross-country ski race at age three. By age seven, he had scaled a 4,000er and, at ten, he did a 42-day crossing of the Pyrenees.

He was 13 when he says he started to take it 'seriously' and trained with the Ski Mountaineering Technical Centre (CTEMC) in Catalonia, entering competitions and working with a coach. At 18, he took over his own ski-mountaineering and trail-running training, with a schedule that only allows a couple of weeks of rest a year. He does as many as 1,140 hours of endurance training a year, plus strength training and technical workouts, as well as specific training in the week before a race. For his record-breaking ascent and descent of the Matterhorn, he prepared by climbing the mountain ten times until he knew every detail of it, even including where the sun would be shining at every part of the day.

Sleeping only seven hours a night, Kilian Hornet seems almost superhuman. His resting heartbeat is extremely low at 33 beats per minute, compared with the average man's 60 per minute or an athlete's 40 per minute. He breathes more efficiently than average people too, taking in more oxygen per breath, and he has a much faster recovery time after exercise as his body quickly breaks down lactic acid – the acid in muscles that causes pain after exercise.

All this is thanks to his childhood in the mountains and to genetics, but it is his mental strength that sets him apart. He often sets himself challenges to see how long he can endure difficult

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conditions in order to truly understand what his body and mind can cope with. For example, he almost gave himself kidney failure after only drinking 3.5 liters of water on a 100km run in temperatures of around 40°C.

It would take a book to list all the races and awards he's won and the mountains he's climbed. And even here, Kilian's achievements exceed the average person as, somehow, he finds time to record his career on his blog and has written three books, *Run or Die*, *The Invisible Border* and *Summits of My Life*. https://learnenglish.britishcouncil.org/skills/reading/c1-reading/biography-kilian-jornet

INTERACTIVE

Read the paragraph again if necessary and fill in the blanks.

Task 1

_ _ _ _ you pict_ _ _ mountain _ _ _ _bers scaling Mount _ _ _ _ _ _ , *what proba* _ _ _ comes to _ _ _ d are _ _ _ms _ _ _ _ _ _bers with She_ _ _ _ guides _ _ _ _ing them _ _ _ _ _ summi_ _, equi_ _ed with _ _ _ gen masks, _ _ _ _lies and ten_ _. And _ _ most ca_ _ _ you_d be right, as _ _ percent _ _ clim_ _ _s use oxy_ _ _ to ascend to _ _erest_s summit _ _ 8,850 _ _ _ _ _ _ above se_ level.

Task 2.

A _ _ _ical clim_ _ _ _ group will h_ _ _ 8–_ _ _ _ _ple i_ i_, with _ _ al_ _ _ _ equal _ _ _ber o _ guid_ _, and they_ _l sp_ _d wee_ _ to _ _ _ to _ _ _ top _ _ter reach_ _ _ Base _ _mp.

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Task 3.

With food poisoning.

_ _ _ _ _ _, five da_ _ later, he did __ again, _ _ _ _ time in only 17 ho_ _ _.

Born _ _ 19_ _, Ki_ _a_ has _ _ _ _ train_ _ _ for Everest _ _ _ whole li_ _. And that really d_ _ _ mean h_ _ whole li _ _, as _ _ grew _ _ 2,_ _0 me_ _ _ _ a_ _ ve se _ level _ _ the _ _ren_ _s in the _ _i resort

_ _ Lles de Cerdanya _ _ Catalonia, _ _ _ _ _-eas_ _rn Spain. While _ _ _ _ _ children his _ _ _ were lear_ _ _ _ to walk _ Kilian was _ _ skis.

_ _ one and a h_ _f yea_ _ old he _ _ _ a five _ho_ _ hike with _ _ _ mother, _ _ _ irely un_ _ r his _ _ _ stea _.

Task 4.

At 18_ _ _ took over _ _ _ own s_ _ _mounta_ _ _ _ring and t_ _ _ _-running trai_ _ _ _, with a s_ _ _dule th_ _ only allo_ _ a couple _ _ weeks _ _ rest a _ _ _ _. He does _ _ many _ _ 1,1_ _ hours _ _ en_ _ _ _nce tra_ _ing _ year, pl_ _ stren_ _ _ tr_ _ning and te_ _ _ _cal work_ _ _s, as _ _ll as _ _ _ _ _ _ _ training _ _ the we_ _ before a _ _ _ _. For _ _ _ recor_ _ _ _eaking ascent and _ _ _cent _ _ the Matterh

_ _ _, he prepared _ _ cli_ _ing the _ _ _ntain _ _ _ tim_ _ until _e _ _ew every detail _ _ _ _, even inclu_ _ _ _ where the _ _ _ would _ _ shining _ _ every _ _ _ _ of _ _ _ _ _y.

Task 5

_ _l this _ _ thanks to _ _ _ child_ _ _ d in _ _ _ mounta_ _ _ and to _ _ _ _tics, but _ _ is _ _ mental stre_ _ _ _ that _ _ ts _ _ _ a_ _ _t. He often _ _ _ _ _ _ _self cha_ _ _ _ ges to see _ _ _ long _ _ can

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end_ _ _ difficult condit_ _ _ _ in order _ _ truly _ _ _ _rstand what _ _ _ _ _dy and _ _ _d can c_ _e with. For example, _ _ almost ga_ _ _ _ _self _ _ _ney fail_ _ _ after _ _ _y drink_ _ _ 3.5 _ _ _ _ _ _ of _ _ter _ _ a 100_ _ run _ _ temp_ _ _ _ _res _ _ around 4_°_.

Sample Reading Specifications.

Total points: 30%

Time: 30 minutes.

Objective: 87% of the basic level students will be able to use reading strategies. A variety of tasks are included in the exam to meet the needs of students.

Text types	https://learnenglish.britishcouncil.org/skills/reading/ c1-reading/biography-kilian-jornet
Level	Advance.(Teenagers)
Task	Read the paragraph again if necessary and fill in the blanks.
Skills	Inferring, details.
No of items per task	5 items for interactive reading task.
Criteria for Marking	The answers will be visible in the paragraph.

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ASPECTS	10pts	20pts	30pts	SCORE
The student makes good use of the Cloze-elide procedure				
The student				
has good reading comprehension				
there are no punctuation errors and complete the paragraphs				

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