

Reading Text: “The Last Mile”

Sofía had always dreamed of running a half marathon. For years, she told herself she wasn't strong enough, but this time she decided to believe in her abilities and pursue her dream. Her goal was simple: cross the finish line, no matter how long it took.

Training wasn't easy. Some days she felt motivated, but on others she struggled to deal with tiredness and self-doubt. One week she injured her ankle, which felt like a major setback. Her friends told her to rest, but also reminded her to never give up. Sofía knew she had to persevere if she wanted to achieve what she had worked for.

Race day arrived faster than expected. At the tenth kilometre, the sun was too hot, and she had to face the possibility of stopping. But she kept repeating to herself that she had already overcome many challenges during training.

When she finally crossed the finish line, she felt tears in her eyes. She hadn't just completed the race—she had exceeded expectations, even her own. It felt like a dream come true. Sofía realised that even though there had been hardships, she had succeeded in reaching her goal. And that made every difficult moment worth it.

Comprehension Questions

A. General Understanding

1. What was Sofía's main goal?
2. Why was training difficult for her?
3. What setback did Sofía experience during her preparation?
4. What challenges did she face on race day?
5. How did Sofía feel at the end of the race?

B. True or False

(Students correct the false ones.)

1. Sofía always believed she was strong enough to run a half marathon.
2. Her friends encouraged her to keep going.
3. She considered quitting during the race.
4. She finished the race but felt disappointed.
5. Sofía learned that perseverance was important.

C. Short Answers

1. What helped Sofía continue training despite her injury?
2. Why did crossing the finish line feel like a dream come true?

Vocabulary Activity

A. Match the word to the definition

1. **Persevere**
2. **Setback**
3. **Overcome**
4. **Pursue a dream**
5. **Exceed expectations**
6. **Hardship**
7. **Face something**
8. **Believe in**

- a. To continue trying, even when it's difficult
 - b. To confront a problem or difficult situation
 - c. To follow or work toward something you really want
 - d. A problem that delays or stops progress
 - e. To do better than people thought you would
 - f. To defeat or succeed despite a difficulty
 - g. To trust in your own or someone else's abilities
 - h. A difficult or unpleasant condition in life
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B. Fill in the blanks

(Using: *goal, persevere, overcome, never give up, setback, pursue a dream, hardship, succeed in*)

1. Even when things get hard, it's important to _____.
 2. After months of practice, he finally _____ passing his driving test.
 3. Losing her notes before the exam was a big _____.
 4. Many people _____ becoming professional athletes.
 5. To reach any _____, you need discipline and effort.
 6. She had to _____ many challenges before getting that job.
 7. The team continued to _____ even after losing several matches.
 8. Growing up with limited resources was a real _____ for him.
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