

HOW WAS YOUR WEEKEND RUNNING?

LEVEL:	B1
TIME:	90 MINS

Activity 1: Warm-up

What motivates people to take up running (or other sports)? - Give at least three reasons:

1. e.g. *lose weight*
2. *it's fashionable*
3. *feel better*

Activity 2: Vocabulary - Match the phrases halves

Are these statements true for you? Why?/ Why not?

Blogger: Laura, running4thereason.com

Source: www.running4thereason.com/2012/03/12/13-reasons-why-i-love-running

1	Running helps E	A	my belly flat.
2	Running relieves D	B	me to eat.
3	Running keeps A	C	my sleep habits.
4	Running makes F	D	stress.
5	Running has improved C	E	you live longer.
6	Running allows B	F	you smarter.

Activity 3: Reading - Match the statements from Act. 3 (one extra!) to the paragraphs

Underline key words that link the title with the paragraph

Blogger: Laura, running4thereason.com

Source: www.running4thereason.com/2012/03/12/13-reasons-why-i-love-running

1. *Running helps you live longer*

Anything I can do to lengthen my time on this earth, surrounded by my family and friends, I will do. It is proven that running reduces your risk of heart disease, cancer, and neurological diseases such as Alzheimer's. Now that's a *great* return for our efforts!

2. *Running makes you smarter*

We are all well aware that exercise increases brain activity, but scientists have also discovered that hundreds of thousands of new cells are created in the brain's grey matter (that area of the mind that controls memory and learning) after running for only a few days! [...]

3. *Running keeps my belly flat*

After having my second child, I noticed that what remained was this nice pouch [...] Once I started running, that flap got flatter and flatter. Running burns visceral fat, the type of fat that lives in the abdominal-baby-flap area of the body. [...]

4. Running has improved my sleep habits

The older we get, the more important it is to carve out that easy, restful, peaceful 8-10 hours of slumber each night. Since I am one of those crazy go-for-a-run-at-the-butt-crack-of-dawn types, I habitually go to bed by 9:30pm every night. [...]

5. Running relieves stress

[...] I always say that the run is always hard but my life is so much easier because of it, and that is very true. We all know that endorphins- the hormones that create a sense of exhilaration- are released when you run, an all natural high, so to speak!

Activity 4: Listening - Watch the interviews and complete the runner's profiles

Video author: Runner's World

Source: www.runnersworld.com/runners-stories/cover-contest-finalist-scott-spitz

www.runnersworld.com/runners-stories/cover-contest-finalist-christina-lee

Runner: Scott Spitz	<i>example answers:</i>
It all started when...	<i>he was six, his mother took up running and he used to run after her; his sisters are runners too</i>
He got involved in training because...	<i>he lived in a rural town, there wasn't much to do so he started going for a run</i>
The biggest challenges...	<i>to fight cancer and side effects of chemotherapy</i>
Obstacles he comes across...	<i>abdominal cancer; extensive surgeries</i>
Running helps him...	<i>re-discover himself; get stronger; heal; gain more oxygen to his body; combat chemotherapy</i>

Runner: Christina Lee	
It all started when...	<i>she was a member of a soccer team, running was a part of her training</i>
She got involved in training because...	<i>after several concussions she wasn't able to play in her team, she took up running to substitute soccer</i>
The biggest challenges...	<i>running from New York to San Francisco unsupported to raise money for a foundation</i>
Obstacles she comes across...	<i>feeling out of place; sometimes it's extremely hot and humid; it's difficult to get food and water;</i>
Running helps her...	<i>shape her body, re-gain the sense of purpose; feel perfectly in control; understand what she wants and who she was and is</i>

Activity 5: Listening - Listen again and compare the profiles. Complete the tables.

What do these runners have in common? What makes them different?

<p>Similarities: <i>(example answers)</i></p> <p>1. <i>health problems</i></p> <p>2. <i>re-discovering themselves</i></p> <p><i>thanks to running</i></p> <p>3. <i>passion for running</i></p>
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<p>Differences: <i>(example answers)</i></p> <p>1. <i>Scott started running because of boring neighbourhood, whereas Christina took up running to substitute soccer</i></p> <p>2. <i>Christina has a running challenge (NY-> SF)</i></p> <p>3. <i>Scott has always been into running, it used to be only a part of Christina's training when she played soccer</i></p>

Activity 6: Speaking - Work with a partner and interview her/him. Complete the table.

Runner:	
It all started when...	
S/he got involved in training because...	
The biggest challenges...	
Obstacles s/he comes across...	
Running helps her/him...	

What does your story have in common with your partner's one?

Activity 7: Vocabulary - Read the blog entry

In the column, note down running-specific key words. Use them to provide a title for each paragraph.

Blogger: Kate Carter

Source: www.theguardian.com/lifeandstyle/the-running-blog/2015/feb/16/running-blog-how-was-your-weekend-running

Title:	Key words
Well that's probably a fast and last - I did a 20 mile run yesterday and actually feel better this morning than I did beforehand. I would probably still struggle to run for a bus this morning, mind, but it's nice to be able to walk down the stairs forwards. I've been suffering from cramp at night recently - something I've had my whole life, but which dehydration clearly doesn't help - and on Friday and Saturday my calves were substituted for balls of rock. Valentine's Day in compression socks? I know how to live, me...	<i>examples:</i> a 20 mile run suffering from cramp dehydration calves compression socks
Title:	Key words
Because I also got cramps towards the end of both London and New York marathons last year, I've been looking into causes - beyond the obvious. Many people suggest magnesium - either as a supplement or as a spray. The evidence on this is, well, non-existent, because there are no studies on its use to help exercise-induced cramps. If anyone would like a cramp-prone human guinea pig, I'm game. Until then, do you have any tips? Obviously drinking enough water is key, but that's not always as easy as it sounds. Oddly I found that in New York marathon, drinking water made me feel nauseous afterwards - though ingesting sticky gels was fine, which seems very illogical to me.	<i>got cramps</i> <i>marathons</i> <i>supplement</i> <i>exercise-induced</i> <i>cramps</i> <i>feel nauseous</i> <i>gels</i>
Title:	Key words
I also cannot carry water on my long runs - I hate those water bottles with handles and am fairly sure carrying anything is a bad idea if it makes you lopsided. The belts you can put little bottles in drive me nuts, and the "hide a bottle of water en route" strategy doesn't really work if, like me, your long run routes are all out-and-backs. Yesterday I just stopped briefly at about 17 miles and bought a bottle in a shop. But if anyone has any sensible solutions - or even just a water belt thing that won't bounce around and drive me nuts - please let me know. And of course, let me know about what you got up to this weekend. A race, parkrun PB or frustrated with an injury on the sofa - share your stories below the line as always.	<i>long runs</i> <i>carry water</i> <i>lopsided</i> <i>en route</i> <i>long run routes</i> <i>a water belt</i> <i>race</i> <i>parkrun</i> <i>an injury</i>

Activity 8: Writing - Share your running story.

Write three paragraphs. Use the key words from Kate's blog and other exercises.