

## HOW WAS YOUR WEEKEND RUNNING?

### Activity: Listening - Watch the video and complete the runner's profiles

Video author: Runner's World

Source: [www.runnersworld.com/runners-stories/cover-contest-finalist-scott-spitz](http://www.runnersworld.com/runners-stories/cover-contest-finalist-scott-spitz)

[www.runnersworld.com/runners-stories/cover-contest-finalist-christina-lee](http://www.runnersworld.com/runners-stories/cover-contest-finalist-christina-lee)

<b>Runner: Scott Spitz</b>	
It all started when...	
He got involved in training because...	
The biggest challenges...	
Obstacles he comes across...	
Running helps him...	

<b>Runner: Christina Lee</b>	
It all started when...	
She got involved in training because...	
The biggest challenges...	
Obstacles she comes across...	
Running helps her...	

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

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

Similarities:
1.
2.
3.

Differences:
1.
2.
3.