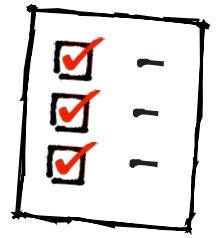


Name:

## Day Two

# Triathlons

### Part 1: Tricky phrases and words



→ Read these phrases and words **out loud** to your partner.

- Everything is structured down to the minute
- Sleeping and eating is as important as the training
- But what makes triathlons so extreme
- They must be careful not to waste all their energy
- They must pedal quickly to keep their muscles loose
- Triathletes have already had a hard swim
- Many athletes take up to 12 hours to finish a full triathlon

- |                                       |                               |                                    |                        |
|---------------------------------------|-------------------------------|------------------------------------|------------------------|
| <input type="checkbox"/> triathlon    | treye   <b>ATH</b>   lon      | <input type="checkbox"/> marathon  | <b>MAR</b>   uh   thon |
| <input type="checkbox"/> devoted      | duh   <b>VOH</b>   tid        | <input type="checkbox"/> exhausted | ig   <b>ZAWS</b>   tid |
| <input type="checkbox"/> structured   | <b>STRUK</b>   churd          |                                    |                        |
| <input type="checkbox"/> triathlete   | treye   <b>ATH</b>   leet     |                                    |                        |
| <input type="checkbox"/> extreme      | ek   <b>STREEM</b>            |                                    |                        |
| <input type="checkbox"/> distance     | <b>DIS</b>   tinss            |                                    |                        |
| <input type="checkbox"/> quickly      | <b>KWIK</b>   lee             |                                    |                        |
| <input type="checkbox"/> professional | pruh   <b>FEH</b>   shun   ul |                                    |                        |



#### Decoding practice:

Circle the base words in the longer words below. Remember, a base word shows the core meaning of a longer word. The base word includes no word endings or prefixes. The first one has been done for you.

faster

stronger

professional

shortest

hardest

quickly



# Day Two Triathlons

// one minute

## Part 2: Last read

WPM \_\_\_\_\_

When athletes train for a triathlon, it can take over their lives. Each day is devoted to getting faster and stronger. “Everything is structured down to the minute,” says professional triathlete Tim DeBoom. “Sleeping and eating is as important as the training.”  
But what makes triathlons so extreme? 48

A full triathlon is made up of a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run. 69  
The swim is the shortest distance. But for many athletes, this is the hardest part. Often, 85  
the swim is in open water. The athletes fight the stinging waves. They get slapped and 101  
kicked by other swimmers. They must be careful not to waste all their energy on the first 118  
stage. 119

The second stage is the bike ride. Triathletes sprint from the water, dry off, pull on a shirt, 137  
socks, and shoes, and hop onto racing bikes. They must pedal quickly to keep their 152  
muscles loose for the final stage. 158

The last stage is the run. Triathletes have already had a hard swim and a long ride. Now 176  
they must run 26.2 miles: a full marathon. They eat and drink during the run to keep up 194  
their strength. 197

Many athletes take up to 12 hours to finish a full triathlon. By the end, they are exhausted 214  
and sore. “The finish is always worth it,” says Tim DeBoom. His advice for new 229  
triathletes? “Never give up.” 233

## Part 3: Comprehension and discussion

Do you think you might like to try a triathlon someday? \_\_\_\_\_

Why or why not? \_\_\_\_\_

Check in with your partner. What does your partner think?

- My partner would like to try a triathlon.
- My partner would not like to try a triathlon.

What reasons does your partner give?

My partner said \_\_\_\_\_