

Name:

Day One

Triathlons

Part 1: Silent read

→ Find out about this demanding sport. Read silently.

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?

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

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

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

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



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// one minute

Part 2: First timed read

WPM _____

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Part 3: Comprehension and discussion

What three things must a triathlete do?

What makes the swim so hard?

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Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

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I read the passage in phrases out loud to my partner.