

## COMPREHENSION

**A** Work in pairs. Look at the picture from the video. Discuss the questions.

- 1 What sport does the man do?
- 2 What time of day is it?
- 3 Where does he go to do his sport?

**B** ▶ Watch the video. Check your answers to Exercise A.

**C** ▶ Put Scott's morning routine in the correct order. Then watch the video again and check.

- \_\_\_ He leaves the house.
- \_\_\_ He packs his bag.
- \_\_\_ He makes food for the run.
- \_\_\_ He runs through the streets.
- \_\_\_ He runs through the countryside.
- \_\_\_ He puts on his trainers.



**D** ▶ Watch the video again. Are these sentences true (T) or false (F)? Correct the false sentences.

- |   |     |
|---|-----|
| 1 Scott loves getting up early.                         | T/F |
| 2 He runs distances ranging from 15 km up to 100 miles. | T/F |
| 3 He makes a vegetable drink to take on the run.        | T/F |
| 4 He reads the paper every morning.                     | T/F |
| 5 It's very dark when he gets to the mountains.         | T/F |
| 6 He loves being surrounded by nature.                  | T/F |

## AUTHENTIC ENGLISH

**A** Work in pairs. Read the sentences from the video. Why do you think the speaker says *you know*?

*I have to think about, "OK how am I going to get my energy?" and I think about, **you know**, eating and what I'm going to eat always ahead of time.*

*... having that cup of coffee or, **you know**, having that time to read the paper.*

**B** Read the information in the box and check your answers to Exercise A.

### *you know*

Speakers often say *you know* when they're thinking about what to say next.

**C** Work in pairs. Take turns completing the sentences so they are true for you.

- 1 My father is funny and, *you know*, ...
- 2 I want to travel and, *you know*, ...
- 3 When I get home, I watch TV and, *you know*, ...

## SPEAKING

Work in groups. Discuss the questions.

- 1 Do you ever get up at 5 am? Why/Why not?
- 2 Would you like to do Scott's morning routine? Why/Why not?
- 3 Would you like to run an ultramarathon? Why/Why not?

*I don't want to wake up at 5 am and go running. I'd prefer to stay in bed!*