

**MODULE 4A**

**Listening** p. 36

- 1a** 1 one speaker  
 2 training for different physical activities

**1b** 1 4 2 7, 9, 10 3 3

- 2** 1 rower  
 2 (a) charity  
 3 sailing  
 4 100/one hundred/a hundred kilo(gramme)s/kg  
 5 motivation  
 6 challenge  
 7 disappointed  
 8 variety  
 9 short-term  
 10 lonely

Hi. My name's Malcolm Price and today I'm going to be talking about activities which require strength and endurance, and the best way to go about preparing for those activities, whether you're a mountain climber, a cross-country skier or just want to play a mean game of tennis. Because I'm a champion rower, people often ask me what the secret is – they think it can't just be physical fitness.

Well, many people these days do push themselves to the limit, physically and mentally, to achieve their goals, and not only in competitive sports. You know, it could be raising money for a charity or just achieving something for personal satisfaction. But whatever you choose to do, whether it's running across a desert or winning a sailing race, there's a lot of hard work involved to get yourself in top physical and mental shape, and success only comes through thorough training. That's the same whether you're an Olympic champion or just taking part in the local fun run.

Of course, physical strength is part of it. I don't think I'd have gone into my sport if I didn't have the physical build for it. But when you're nearly two metres tall and weigh 100 kilos, there's not much chance of being a champion jockey or a sprinter. But I'm sure that I'd still have excelled at something, even if I'd been shorter and slimmer, because that's just in me as a person.

People also ask me if you need to start young to get really good. Well, I'd say, if you're involved in sports as a kid, then the training becomes part of your life and you learn a kind of strategy for success, whatever it is you're trying to do. But there's no reason why someone who starts doing physical activity as an adult shouldn't find the same level of motivation.

You need to make sure you've got a goal – something to aim for – and it has to be something which you really can achieve, something that's within your capabilities. But, of course, it's also got to be a challenge or else you'll have nothing to work towards.

And then people say, 'But what if you're trying really hard but just not getting anywhere?' Well, it could be that you've set yourself the wrong goals or it could just be impatience. The important thing is to aim to make progress in small stages. Each week you should be getting closer to your target. But if you expect too much too soon, you're almost bound to be disappointed.

So keep at it but vary your schedule. If you do the same things every day, you're tempted to make comparisons too soon. Apart from anything else, training becomes tedious if there's no variety in it. And you need time off from it too. At least one day a week, do something else, something completely unrelated.

There's no point in worrying too much about how things are going. You need to review your goals regularly so that you know whether you're getting fitter or faster or stronger or whatever. But you should also be able to relax and enjoy yourself, otherwise what's the point? That's why short-term goals are useful – you know, for example, I'm going to be running five miles a day in two months' time, although my ultimate goal might be running a marathon next year.

But you've got to have one clear goal – like that marathon – and friends can be useful too. Training with a friend means that you've got someone to share the ups and downs with and it's also much harder to give up if there's someone else involved. To be honest, training can be a lonely business and there will be setbacks, so you need to enlist the support of those around you.

So before I go on to types ...