

## Swimmer completes incredible long-distance swim

### Elementary

#### 1 Warmer

Put these sports in order from 1 (most calories they use per hour) to 5 (the fewest calories they use per hour).

- |          |                |
|----------|----------------|
| 1. _____ | a. aerobics    |
| 2. _____ | b. running     |
| 3. _____ | c. golf        |
| 4. _____ | d. ice-skating |
| 5. _____ | e. swimming    |

#### 2 Key words

Fill the gaps in the sentences with these key words from the text. The paragraph numbers will help you.

incredible    catamaran    calorie    exhausted    muscles    damage

1. If something is \_\_\_\_\_, it is very surprising or difficult to believe. (title)
2. A \_\_\_\_\_ is a sailing boat that looks like two boats joined together. (para 2)
3. A \_\_\_\_\_ is a unit for measuring how much energy you get from food. (para 3)
4. Things which \_\_\_\_\_ your body have a negative effect on it. (para 3)
5. If you are \_\_\_\_\_, you are very tired and have no energy to do anything. (para 4)
6. \_\_\_\_\_ connect the bones in your body and you use them to move different parts of your body. (para 4)

#### 3 Find the information

Find the following information in the text as quickly as possible.

1. How old is Ross Edgley?
2. How far did he swim?
3. How long did the swim last?
4. How many calories did he eat each day?
5. How many cans of energy drink did he drink?
6. How far did Martin Strel swim down the Amazon river?

## Swimmer completes incredible long-distance swim

### Elementary

#### Swimmer completes incredible long-distance swim

6 December, 2018

- 1 Thirty-three-year-old Ross Edgley has become the first person to swim around the island of Great Britain. He left the town of Margate in south-east England on 1 June. He swam more than 2,800 kilometres and arrived back in Margate on 4 November.
- 2 The swim lasted for 157 days. Edgley swam for 12 hours every day. His friends Matt and Suzanne Knight were with him for the whole trip on their boat, *Hecate*, a 16-metre catamaran. Edgley ate on the boat and slept for periods of six hours. Then, he went back in the water and continued his swim.
- 3 The sea water was very cold and Edgley needed a lot of energy to complete his swim. He ate 15,000 calories every day. In total, he ate more than 600 bananas and drank more than 300 cans of energy drink. He had a lot of problems during the swim, especially with the salt water. It damaged his tongue and small pieces of his tongue fell off.
- 4 More than 300 other swimmers swam with Edgley during the final kilometre of his swim. When he arrived at Margate, he was completely exhausted but very happy. He weighs 8kg more now than when he started his swim. The muscles in his shoulders are much bigger, but the muscles in his legs are weaker. It was very difficult for him to walk on land after more than five months at sea.
- 5 Edgley now holds the record as the first person to swim around Great Britain, but he is not the only record-breaking long-distance swimmer. Martin Strel from Slovenia has swum the whole length of many of the world's longest rivers, including the Mississippi, the Yangtze and the Danube. In 2007, Strel swam 5,280km down the Amazon river – an incredible record!

#### 4 Comprehension check

Match the beginnings to the endings to make statements about the text.

- |  |   |
|--|---|
| 1. Ross Edgley is the ...                      | a. ... it was very difficult for him to walk on land again.     |
| 2. He arrived back in Margate ...              | b. ... first person to swim around the island of Great Britain. |
| 3. Salt water was a problem because ...        | c. ... more than 300 other swimmers swam with him.              |
| 4. After more than five months at sea, ...     | d. ... he needed a lot of energy to complete his swim.          |
| 5. During the final kilometre of his swim, ... | e. ... 157 days after leaving it on 1 June.                     |
| 6. Because of the cold water, ...              | f. ... it damaged his tongue.                                   |

#### 5 Chunks

Rearrange the words to make phrases from the text.

1. world's many rivers the of longest
2. every for hours twelve day
3. than more six bananas hundred
4. than sea months more after at five

## Swimmer completes incredible long-distance swim

### Elementary

#### 6 Two-word phrases

Match the beginnings to the endings to make statements about the text.

- |               |              |
|---------------|--------------|
| 1. energy     | a. exhausted |
| 2. long-      | b. drink     |
| 3. record-    | c. east      |
| 4. salt       | d. distance  |
| 5. completely | e. breaking  |
| 6. south-     | f. water     |

#### 7 Prepositions

Complete the phrases from the text using these prepositions.

on

for

on

at

- \_\_\_\_\_ sea
- \_\_\_\_\_ 1 June
- \_\_\_\_\_ land
- \_\_\_\_\_ 12 hours every day

#### 8 Discussion

- Do you like swimming? How often do you go swimming and where?
- Would you like to do a long-distance swim? Why? Why not?

## Swimmer completes incredible long-distance swim

### Elementary

#### KEY

##### 1 Warmer

1. e
2. b
3. d
4. a
5. c

##### 2 Key words

1. incredible
2. catamaran
3. calorie
4. damage
5. exhausted
6. muscles

##### 3 Find the information

1. 33
2. more than 2,800km
3. 157 days
4. 15,000
5. more than 300
6. 5,280km

##### 4 Comprehension check

1. b
2. e
3. f
4. a
5. c
6. d

##### 5 Chunks

1. many of the world's longest rivers
2. for twelve hours every day
3. more than six hundred bananas
4. after more than five months at sea

##### 6 Two-word phrases

1. b
2. d
3. e
4. f
5. a
6. c

##### 7 Prepositions

1. at
2. on
3. on
4. for