

### Understanding the text

- 1 Who wrote the article?
- 2 What is it about?
- 3 How many different sports are involved? List them in order.
- 4 When did the triathlon become an Olympic sport?

### Looking at language

- 5 Explain these words as they are used in the article. Use a dictionary to help you.

**a** gruelling                      **b** stamina                      **c** vigorous  
**d** determination                **e** velodrome                **f** disciplines

- 6 Explain these phrases in your own words.

**a** soaring temperatures      **b** purpose-built      **c** get into

### Exploring the article

- 7 Why do you think the article is called *Three Times the Pain!?*
- 8 What is the total distance the athletes cover in a triathlon?
- 9 Which do you think is the hardest part of the race? Explain your reasons.
- 10 Why do you think David Franks included what Luke Read told him?
- 11 The article is in seven paragraphs.  
Briefly summarise what each paragraph is about.
- 12 What sort of triathlete do you think has the best chance of winning the race?

### Taking it further

▶ RB, Unit 2, Extension

- 13 Think about the three newspaper articles you have read.  
Choose the one you like best.  
Write a paragraph to say why you thought it was interesting.

Write