

1. Answer the following questions before you read the text.

a) What are some examples of difficult athletic competitions for individuals?

.....

b) What are the most challenging sports for you?

.....

c) Have you ever heard about triathlons? Would you like to try one?

.....

d) Quickly skim the text and find the answers to the following questions.

1. What is the text about?

2. When and where is the Ironman held?

3. How long is the ocean swim?

4. What time does the competition begin?

5. How many hours a week does an athlete usually train for the Ironman competition?