

Getting ready for the 2016 London Marathon

This year's London Marathon takes place on Sunday April 24. The runners who are taking part are currently gearing themselves up ready to take on the gruelling 26.218 mile *** race, for what will no doubt be an amazing unforgettable experience.

The London Marathon is actually one of the biggest events of its kind in the world – but it requires a lot of practice beforehand – as in running practice!

Runners will ideally need to have a good pair of trainers and the right kit. They will need to train, set themselves a goal, and have a training plan. They should have a stopwatch, pace themselves, and have plenty of patience to progress in their running ahead of the big day.

Runners will need to hydrate themselves. They will need to drink at least 2-3 litres of water a day. Some runners take electrolyte tablets to replenish any electrolytes lost while sweating. This avoids cramp and dehydration. A good night's sleep is very important, so eight or more hours per night ahead of the race is a good idea. Nutrients ahead of the race are also useful.

Runners need to plan ahead! They will need to know exactly where the start line is in London and how to get to it in advance. Those runners taking part in the marathon should arrive at least 45 minutes ahead of the starting time in order to get into their allocated zone. Runners will also need to wear the right kit. This needs to be got ready in advance. A lightweight jacket is useful, as is a cap and safety pins for your number.

On the day of the race runners should keep breakfast simple. They should have it about two hours before the start. Participants should carry something to eat in their bags to keep their energy levels up. Lastly, runners shouldn't panic but simply enjoy the experience of the race. They need to believe in themselves and smile as they cross the finishing line.

SPEAKING – WARM UP

Think of three things you know about the London Marathon. Go round the room swapping details with others.

LISTENING – WRITING - DICTATION

The teacher will read some lines of the article slowly to the class.

READING

Students should now read the article aloud, swapping readers every paragraph.

SPEAKING - UNDERSTANDING

1) The article – Students check any unknown vocabulary or phrases with the teacher.

2) The article - Students should look through the article with the teacher.

- 1) What is the article about?
- 2) What do you think about the article?
- 3) Was this an easy or difficult article to understand?
- 4) Was this a boring or interesting article?
- 5) Discuss the article.

3) Article quiz - Students quiz each other in pairs. Score a point for each correct answer. Score half a point each time you have to look at the article for help. See who can get the highest score!

Student A questions

- 1) What date is this year's London Marathon?
- 2) How long is a marathon?
- 3) Who should arrive where 45 mins ahead of the starting time?
- 4) What is 'a safety pin'?
- 5) What is 'a good night's sleep'?

Student B questions

- 1) What does 'dehydration' mean?
- 2) What is 'cramp' and what are 'nutrients'?
- 3) What are 'electrolytes'?
- 4) What is a 'stopwatch'?
- 5) How many litres of water is mentioned?

Note: * = 42.195 km**

Category: UK / London / London Marathon
Level: Intermediate / Upper Intermediate

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WRITING / SPEAKING

In pairs. On the board write as many words about the '**Marathon**'. *One-two minutes.* Compare with other teams. Using your words compile a short dialogue together.

WRITING / SPEAKING

In pairs think of three things might make the London Marathon special. Write them below. Talk about them!

- 1) _____
- 2) _____
- 3) _____

Add three other famous marathons. Talk about them! Which one is best?

- 1) _____
- 2) _____
- 3) _____

The teacher will choose some pairs to discuss their findings to the class.

SPEAKING - DISCUSSION

Allow 10 minutes – As a class.

The London Marathon

The teacher can moderate the session.

SPEAKING – ROLEPLAY 1

In groups. One of you is the interviewer. The others are one of the following people. You are in the *Discussion FM* radio studio in London. Today's interview is about: *Getting ready for the 2016 London Marathon.*

- 1) A London Marathon spokesperson.
- 2) A journalist.
- 3) A photographer.
- 4) A runner.

The teacher will choose some groups to roleplay their interview in front of the class.

SPEAKING - ROLEPLAY 2

In pairs - Student A is a runner in this year's London Marathon. *Student B* is a journalist. 3 mins.

SPEAKING - PRESENTATION

Allow 10-15 minutes – As a class.

Prepare a 2 minute presentation on

The London Marathon

Google it if necessary!

The teacher can moderate the session.

DISCUSSION

Student A questions

- 1) Did the headline make you want to read the article?
- 2) Have you been to London? If yes, when?
- 3) Have you ever run a marathon?
- 4) Have you ever run a half or mini marathon?
- 5) Do you like athletics?
- 6) Do you prefer to watch athletics or take part? Explain.
- 7) How many runners might take part in this year's London Marathon?
- 8) Why would a runner need a stopwatch?
- 9) What is the furthest distance you have run? When?
- 10) How does the weather affect the marathon?

DISCUSSION

Student B questions

- 1) What do you think about what you've read?
- 2) What makes the London Marathon special?
- 3) What would you wear in a marathon?
- 4) Will you be watching this year's London Marathon? If yes, where?
- 5) What makes people want to take part in a marathon?
- 6) Can anyone take part in a marathon?
- 7) What advice would you give a runner taking part in this year's London Marathon?
- 8) What do you think is the prize in this year's London Marathon?
- 9) Who is going to win this year's London Marathon? From which country are they from?
- 10) Did you like this discussion?

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GAP FILL: READING

Getting ready for the 2016 London Marathon

This year's London (1)___ takes place on Sunday April 24. The (2)___ who are taking part are currently gearing themselves up ready to take on the gruelling 26.218 mile race, for what will no doubt be an amazing unforgettable experience. The London Marathon is actually one of the biggest events of its kind in the world – but it requires a lot of practice beforehand – as in running (3)___!

Runners will ideally need to have a good pair of trainers and the right (4)__. They will need to train, set themselves a goal, and have a training plan. They should have a (5)__, pace themselves, and have plenty of patience to progress in their running ahead of the big day. Runners will need to hydrate themselves. They will need to drink at least 2-3 litres of water a day. Some runners take electrolyte tablets to (6)___ any electrolytes lost while sweating. This avoids (7)___ and dehydration. A good night's sleep is very important, so eight or more hours per night ahead of the race is a good idea. Nutrients ahead of the (8)___ are also useful.

kit / race / runners / marathon / cramp / replenish / practice / stopwatch

Runners need to (1)___ (2)___! They will need to know exactly where the start line is in London and how to get to it in advance. Those runners taking part in the marathon should arrive at least 45 minutes ahead of the starting time in order to get into their allocated (3)__. Runners will also need to wear the right kit. This needs to be got ready in advance. A (4)___ jacket is useful, as is a cap and (5)___ for your number. On the day of the race runners should keep breakfast simple. They should have it about two hours before the start. (6)___ should carry something to eat in their bags to keep their (7)___ levels up. Lastly, runners shouldn't (8)___ but simply enjoy the experience of the race. They need to believe in themselves and smile as they cross the finishing line.

participants / ahead / safety pins / plan / panic / zone / energy / lightweight

GAP FILL: GRAMMAR

Getting ready for the 2016 London Marathon

This year's London Marathon takes place on Sunday April 24. The runners (1)___ are taking part are currently gearing themselves up ready to take on the gruelling 26.218 mile race, (2)___ what will no doubt be an amazing unforgettable experience. The London Marathon is actually one of the biggest events of (3)___ kind in the world – (4)___ it requires (5)___ practise beforehand – as in running practice!

Runners will ideally need to have a good pair of trainers and the right kit. They will need to train, set themselves (6)___ goal, and have a training plan. They should have a stopwatch, pace themselves, and have plenty of patience to progress in their running ahead of the big day. Runners will need to hydrate themselves. They will need to drink at least 2-3 litres of water a day. Some runners take electrolyte tablets to replenish (7)___ electrolytes lost while sweating. This avoids cramp and dehydration. A good night's sleep is very important, so eight or more hours per night ahead of the race is a good idea. Nutrients ahead (8)___ the race are also useful.

for / who / of / but / its / any / a lot of / a

Runners need to plan ahead! They will need to know exactly (1)___ the start line is in London and how to get to it in advance. (2)___ runners taking part in the marathon (3)___ arrive at least 45 minutes ahead of the starting time in order to get (4)___ their allocated zone. Runners will (5)___ need to wear the right kit. (6)___ needs to be got ready in advance. A lightweight jacket is useful, as is a cap and safety pins for (7)___ number. On the day of the race runners should keep breakfast simple. They should have it about two hours before the start. Participants should carry something to eat in their bags to keep (8)___ energy levels up. Lastly, runners shouldn't panic but simply enjoy the experience of the race. They need to believe in themselves and smile as they cross the finishing line.

their / should / where / your / into / this / those / also

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GAP FILL: LISTENING

Getting ready for the 2016 London Marathon

This year's _____ takes place on Sunday April 24. The runners who are taking part are currently gearing themselves up ready to take on the gruelling 26.218 mile race, for what will no doubt be an _____ experience. The London Marathon is actually one of the biggest events of its kind in the world – but it requires a lot of practice beforehand – _____!

Runners will ideally need to have a good pair of trainers and the right kit. They will need to train, set themselves a goal, and have a training plan. They should have a stopwatch, _____, and have plenty of patience to progress in their running ahead of the big day.

Runners will need to _____. They will need to drink at least 2-3 litres of water a day. Some runners take electrolyte tablets to replenish any electrolytes lost while sweating. This avoids cramp and dehydration. A good night's sleep _____, so eight or more hours per night ahead of the race is a good idea. Nutrients ahead of the race are also useful.

Runners need to plan ahead! They will need to know exactly where the _____ and how to get to it in advance. Those runners taking part in the marathon should arrive at least 45 minutes ahead of the starting time in order to get into their allocated zone. Runners will also need to wear the right kit. This needs to be got ready in advance. _____ is useful, as is a cap and safety pins for your number. On the day of the race runners should keep breakfast simple. They should have it about two hours before the start. Participants should carry something to eat in their bags to keep their energy levels up. Lastly, runners _____ simply enjoy the experience of the race. They need to believe in themselves and smile as they _____ line.

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WRITING/SPELLING

WRITING / SPEAKING

1) On the board - *In pairs/As a class*, list 10 things you need to do before you run a marathon. Talk about each of them. *3-5 minutes*.

2) Sentence starters - Finish these sentence starters. Correct your mistakes. Compare what other people have written.

- 1) A marathon _____
- 2) Running _____
- 3) Runners _____

3) Write down 50 words about: *Getting ready for the 2016 London Marathon*. Your words can be read out in class.

4) Homework - Write and send a 200 word email to your teacher about: ***Getting ready for the 2016 London Marathon***. Your email can be read out in class.

SPELLING

The teacher will ask the class individually to spell the following words that are in the article. Afterwards check your answers.

- 1) marathon
- 2) runners
- 3) currently
- 4) themselves
- 5) kit
- 6) race
- 7) beforehand
- 8) stopwatch
- 9) pace
- 10) patience

SPELLING

Use the following ratings:

Pass = 12

Good = 15

Very good = 18

Excellent = 20

- 11) exactly
- 12) advance
- 13) should
- 14) zone
- 15) breakfast
- 16) simple
- 17) participants
- 18) energy
- 19) experience
- 20) smile