

UNIT 6 REVIEW TEST LISTENING SCRIPT

- Jean:** Hey, Trish. I heard you're training for a big competition.
- Trish:** Oh hi, Jean. That's right. I'm training for the triathlon in San Diego next year.
- Jean:** That's exciting, and scary! What made you decide to do that?
- Trish:** Well, the triathlon is the day before I turn 35, and I wanted to set a healthy goal for my birthday. And I've always wanted to have the status of a triathlete—it's one of my biggest dreams.
- Jean:** Good for you! You have a lot of initiative. I've heard that it's a very intense event.
- Trish:** It sure is! I have to swim, cycle, and then run a full marathon. But I have almost a year to train. And it's not like I haven't done intense sports before. I'm running a marathon next week, actually. By the time I turn 35, I will have completed five marathons in my life.
- Jean:** That's great. What else are you doing to prepare for the triathlon?
- Trish:** Well, I ride my bicycle to work now, instead of driving. It's 15 miles each way. I've also stopped eating unhealthy foods like French fries and ice cream. If everything goes as planned, I will have lost about 15 pounds by next year. Hey, you should train with me. You keep telling me you want to expand your exercise routine.
- Jean:** Well, I do, but a triathlon is a big step. I was going to take a smaller step by converting my basement into an exercise room, so I can exercise more at home.
- Trish:** Well, that's a good idea too, but why not enter the triathlon with me? It'll be fun! We can meet at the lake a few days a week and work on our swimming technique. Swimming is my weak skill so I need to practice. Having a buddy would really motivate me.
- Jean:** Well, it *would* be nice to set a long-term fitness goal. And I love swimming, but what about when the weather gets cold?
- Trish:** When winter comes, we can swim at the gym. But until then, we'll just have to get used to the cold water.

Jean: This is a big deal for me. I've never participated in something so physically challenging before.

Trish: Well, a year from now, you won't be able to say that. You'll be a triathlete too.

Jean: OK, I'll do it!

Trish: Alright! Come on. Let's go for a 10-mile run to celebrate.