

The image features a central light blue speech bubble with a dark blue drop shadow. Inside the bubble, the text "Running is life!" is written in a large, bold, dark blue font, followed by "Or is it?.." in a slightly smaller, bold, dark blue font. Below this, the author's name "By Sergei Subochev" is written in a smaller, dark blue font. On the left side of the bubble, there is an illustration of a woman with dark hair in a ponytail, wearing a yellow tank top, blue shorts, and blue socks with black shoes, in a running pose. On the right side, there is an illustration of a muscular man wearing a light blue tank top, dark blue shorts, and black shoes, also in a running pose. The background is white with several abstract shapes: a light blue maple leaf in the top left, a green teardrop shape at the top of the bubble, a yellow shape in the top right, a red shape in the bottom left, and a dark blue teardrop shape at the bottom of the bubble. A light blue maple leaf is also in the bottom right.

Or is it?..

By Sergei Subochev

“Finding inner peace.”

Answer the following questions:

- Do you like running? Why (not)?
- What is the longest distance/time you have ever run?
- How did you feel after it?
- Do you think running is healthy? Is it true for any kind of running?



The science of long-distance running

You will hear about the effects of running marathons. Read the questions below before listening.
Make notes while listening.

1. What happens to your body while running a marathon?
2. What happens to you after you've stopped running?
3. Are your organs affected by running in any way?
4. Are there any advantages of long-distance running?


[Click here to watch the video](#)



Read the statements below and fill in the gaps after watching the video once again.

- Internal temperature gets as high as [] degrees.
- The farther you run, the more [] you become.
- To reduce hypothermia runners use [] after a race.
- It takes [] for a runner's kidneys to recover.
- You burn [] calories a mile.




Click here  to see the answers.

Mark the sentences **true**, **false** or **not stated**.

1. The farther you run, the easier it is for your body to cool off. **True - False - Not stated**
2. As soon as you stop running, your body keeps shedding heat. **True - False - Not stated**
3. Hypothermia can lead to a stroke. **True - False - Not stated**
4. After running a marathon runners' kidneys stop filtering toxins. **True - False - Not stated**

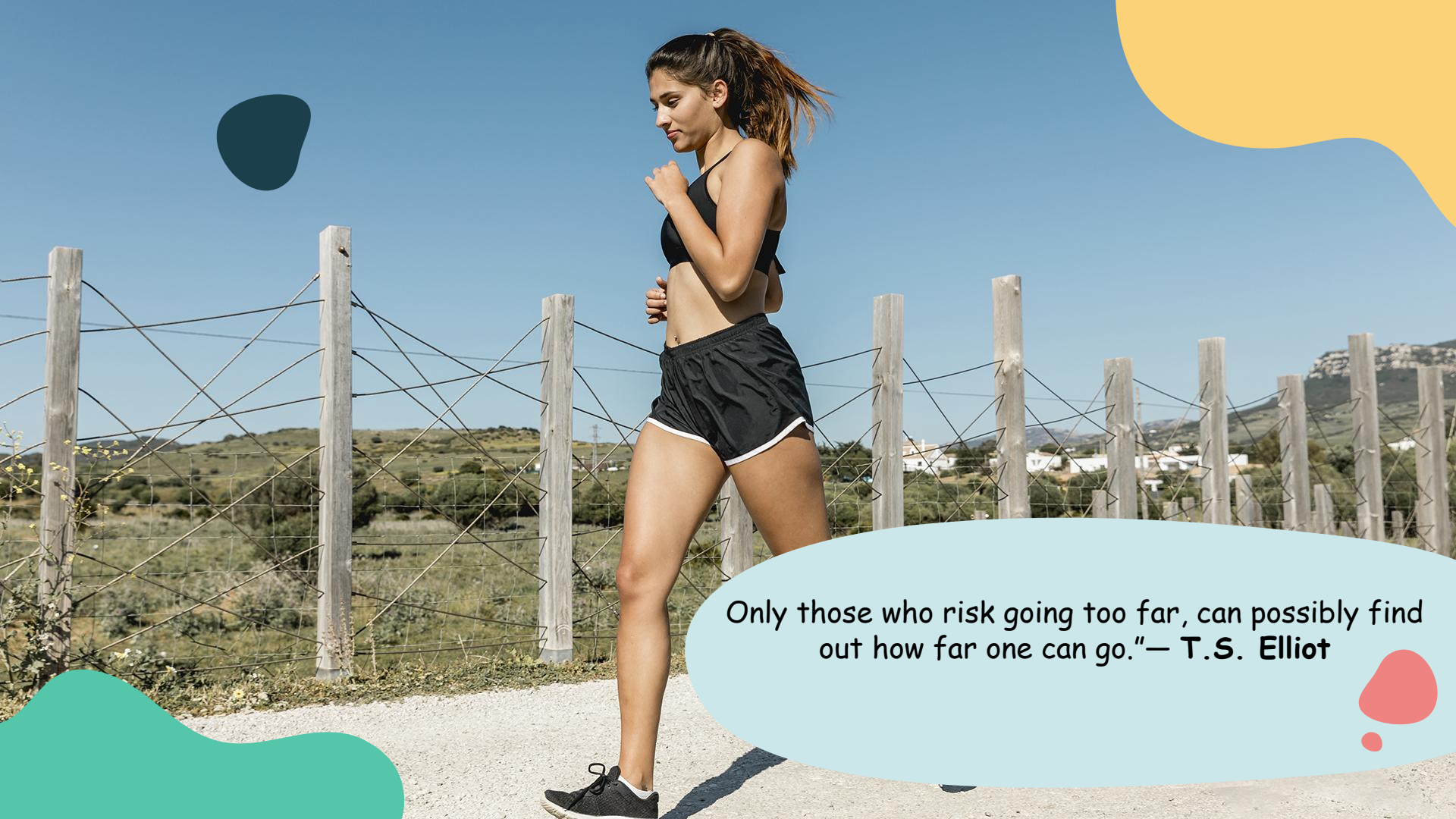


Click here 
to see the answers.

Post-listening

- Has your opinion about running changed after watching the video?
- What should one do to avoid harmful effects of running?
- Does the distance or time matter, or can any type of running be harmful?





Only those who risk going too far, can possibly find out how far one can go.— **T.S. Elliot**