## Running is life! Or is it?..

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## "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?


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?

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

Click here to watch the video


- 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.

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


- 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?


