

"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?





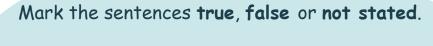
Read the statements below and fill in the gaps after watching the video once again.

- 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.









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

