

**ŽUPANIJSKO NATJECANJE U ZNANJU ENGLESKOG
JEZIKA
za 4. razrede srednjih škola**

SLUŠANJE S RAZUMIJEVANJEM

Good morning. May I have your attention, please? The listening part of the test will start now. Open your tests to page 2. As you can see, the listening task and questions are on this page.

You will hear a recording about an International Triathlete.

You will hear the recording twice, and there will be a short pause between the two listenings.

You can write your answers during both the first and second listening.

For questions 1-10, complete the sentences using no more than one word or a number for each gap. You will hear the exact words or numbers that you need to use. You do not need to change them. The answers will occur in the same order as the questions.

While you are listening, write your answers on the task itself. You may cross out your answers, change them, make notes or underline words if you wish.

After the second listening, you will have 1 minute to check your answers and transfer your final answers to the separate Answer Sheet. You must do this carefully and clearly, and you must not change what you write on the final Answer Sheet in any way.

Now, let's begin. You have 30 seconds to read through the questions.

(30 seconds)

Now you will hear the recording.

International Triathlete

I'm an international triathlete, when not teaching, and I've been taking part in my sport since the middle of 2014. So, let's see, obviously, I compete in triathlons. A triathlon is a multisport competition that typically includes swimming, first of all, then bicycling and then running, all one after the other, without stopping. They can take from perhaps half an hour for a novice race, which is mostly for newcomers, but anyone can enter and it's enormous fun. Then, there are the really gruelling events that take maybe twelve to fifteen hours to finish, but those are a bit crazy.

Many people ask me why I do this, and I think it's about the satisfaction of the sport. Perhaps the satisfaction really begins with training and with the change in your outlook on life. Simply put, you have to start by indulging in a truly sensible programme of swimming, bicycling and running—training all parts of your body really—the swimming trains the upper part, and of course, the cycling and the running covers the lower part. So you're developing your heart and lungs; your blood pressure drops; your resting heart rate drops. I think my resting heart has, at the very lowest level, gone down to 28 beats a minute, which is very unusual. But for people who have an average resting heart rate of 72 beats a minute, for example, if you can drop that to in its fifties, then clearly, you can be considered in good shape; your heart isn't working quite so hard. So there are some wonderful benefits. More than anything you seem to have the energy to do an awful lot more things than people who are more sedentary. There is the core satisfaction that comes from knowing that you are doing something that you enjoy and that comes from actually feeling good about it.

I suppose out of the three, the running is on top; it's an extremely fun way of pitting yourself against other people, as it were; but there's always somebody around who's better than you, so just knowing that you're doing the best you can and achieving your optimal potential is the true standard for me. Most people who take part in a triathlon have to be satisfied with the fact that they're even there, on the start line, and more than anything that they actually finish the race. Everybody that takes part in it is a winner, not necessarily only the fastest woman or man. I think it's an important ethic to have and it's one we try and put across in our sport.

Regarding the amount of time spent training each week, it depends on the distance you're training for. If it's the Olympic distance, then that's a 1,500-metre swim, a 40-kilometre bicycle ride and a 10-kilometre run. That event will take around two hours. So in contrast to an event that takes me ten hours, I clearly don't need to train quite so long, maybe fifteen to twenty hours. This means I will swim maybe three or four times a week. Then I might bicycle perhaps five times a week. I might do one long ride which is anything between 50 to 60 kilometres, and from time to time do a 16 kilometre time trial one evening or a set of interval sessions. On the running, I might do a tempo run, when I'm running quite hard so I'm a bit breathless but not absolutely flat out, topped off with some circuit training, before relaxing with a little yoga or other exercises for lengthening your muscles. There's nutrition as well, which is very important, what you eat, but what's crucial is remembering your body is 70% water, so you have to make sure you stay hydrated as well as eating right. Overall, life is always a balancing act, nothing is ever perfect, so whether you participate in sports or not, I feel life is here for variety, and you have to remember what your main goals are and bear those in mind at all times, but also allow a little freedom to have some fun and do some other things on the way.

(Count silently to 5 and then say the following:)

You will now hear the recording again.

(After the second reading, say the following:)

You now have 1 minute to check your answers and copy them onto the Answer Sheet.

(After 1 minute—then say the following:)

This is the end of the listening task. You may now go on to do the other parts of the test.