

C7- discussing words and phrases that capture the reader's interest and imagination
WALT: discuss words and phrases of interest.

20

An Interview with Rebecca Adlington

Rebecca Adlington had a very successful career as a competitive swimmer. She won two gold medals at the 2008 Olympics in Beijing, and two bronze medals at the 2012 Olympics in London. In this interview, she talks about how she got into swimming and why she loves it.

When did you get into swimming?

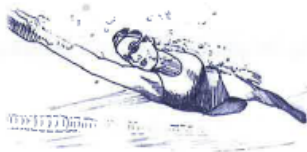
When I was younger, my parents took me and my older sisters to swimming lessons so that when we went on holiday, they could leave us in the pool without being scared. Swimming with my older sisters gave me extra motivation as I always wanted to keep up with them.

When did you decide you wanted to compete?

I joined a club when I was eight or nine, but I didn't start racing until I was 10 or 11. My first big competition was the European Youth Olympic Festival in 2003, when I was 14. After that, I thought I can really do this. After my GCSEs, I took a year off to focus on competitive swimming and I haven't looked back.

What do you love about swimming?

There's something uniquely fun about being in the water. There's nothing like it. Everyone should experience it. I love being in the water, whether I'm competing or not.



How does swimming keep you healthy?

Swimming works every muscle group in your body, but it's kind to your joints. The risk of injury is very low compared to other sports. So it's healthy and safe. There's no upper age limit for a swimmer. At my local pool at 7am, you'll see the older guys swimming next to schoolchildren. It's a wonderful contrast and shows that swimming is for everyone.

What's your training routine?

I do about 10 sessions a week, at two-and-a-half hours each. All I do is sleep, train, drive and occasionally find time to eat.

What's your advice on staying motivated?

I train with a squad of 20 people and that really helps. We're all friends and we push each other. My advice is to go swimming with a friend regularly. Having someone to swim with will encourage you to swim on days when you're lacking motivation. It's also good to mix things up. Practise different strokes, use kickboards to work your legs, set yourself little targets such as increasing the number of lengths you can do or improving certain areas of your technique.

21

1 In your own words, explain why Rebecca's parents wanted her to learn to swim.

☐
1 mark

2 Why does Rebecca think that swimming is a sport that anyone can enjoy?

☐
1 mark

3 How much time does Rebecca usually spend training each week?

☐
1 mark

4 Write down two things that you think motivate Rebecca to spend so much time training.

☐
2 marks

5 Which of the following pieces of advice was not suggested by Rebecca as a way to help people stay motivated? Circle one.

- a. set targets c. swim with people of different ages
b. go swimming regularly d. vary your training

☐
1 mark

6 Do you think Rebecca has a competitive personality? Explain your answer.

☐
2 marks

7 Do you think this interview would persuade people to do more swimming? Explain your answer.

☐
2 marks

Total
out of 10