

Running

# Learning more about...



## Getting started with running



If you are thinking of starting to run, **watch these videos and tips from the Irish Times 'Get Running series** to guide you through the first 4 weeks. Scan the QR code on your phone or go to: <https://www.irishtimes.com/life-and-style/get-running/weeks-1-4>



To start running, what three things do you need to do?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Video of Sonia's race



**Watch this video of Sonia O'Sullivan** winning a race in Edinburgh in 1994. Scan the QR code on your phone or go to: <https://www.rte.ie/archives/2014/0709/629354-sonia-osullivan-breaks-2000m-world-record/>



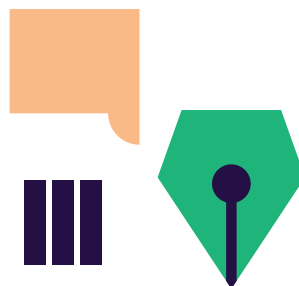
Why do you think she won?

\_\_\_\_\_

\_\_\_\_\_

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# Thinking more about...



## Verbs

### Using the right verb

Sometimes you might want to use a more expressive verb.



Have a look at the [BBC Skillswise page on using verbs and try it out](http://teach.files.bbc.co.uk/skillswise/en23verb-l1-w-use-the-right-verb.pdf). Scan the QR code on your phone or go to:  
<http://teach.files.bbc.co.uk/skillswise/en23verb-l1-w-use-the-right-verb.pdf>



### Using expressive verbs

As you saw in the examples, sometimes using a more expressive verb gives a better idea of what you mean.



Go to the [Thesaurus.com website](https://www.thesaurus.com/). Scan the QR code on your phone or go to:  
<https://www.thesaurus.com/>



Type in 'run' in the search bar.

Pick 5 of the words listed and write them down in your notebook.

Now try doing the same with the verbs 'move' and 'win'.

Verbs	Other words you could use to describe word.
Move	
Win	