

## PREPARING FOR THE NEXT OLYMPICS

The next Olympic Games will be held in \_\_\_\_\_ in the summer of \_\_\_\_\_ and I want to take part in them! I will need to take into account the following aspects to be prepared.

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\_\_\_\_\_

You should follow this if you want to be rested:

1. \_hours of \_\_\_\_\_
2. time to rest after workout
3. Siesta?

### Work out planning:

(slow walk in the morning, weight-lifting, running, sit-ups and push-ups, etc...)

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You should eat the following things at least \_\_\_\_\_ times a week:

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You should include the following in your:

Breakfast:

Lunch:

Dinner:

Between meals:

To relax and have a good mental health, you should do the following activities:

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