Script：

*Teacher:*

Hey everyone, today's a special day! We've got an agent with us who's going to introduce us to someone with an amazing story. (Turning to the agent) Hey there, welcome to our class! How's your day going?

*Agent:*

I'm doing great, thanks! I'm really excited to be here and share with you all.

*Teacher:* Awesome, let's dive right in!

*Agent starts talking:*

When you picture mountain climbers scaling Mount Everest, what probably comes to mind are teams of climbers with Sherpa guides leading them to the summit, equipped with oxygen masks, supplies and tents. And in most cases you'd be right, as 97 per cent of climbers use oxygen to ascend to Everest's summit at 8,850 metres above sea level. The thin air at high altitudes makes most people breathless at 3,500 metres, and the vast majority of climbers use oxygen past 7,000 metres. A typical climbing group will have 8–15 people in it, with an almost equal number of guides, and they'll spend weeks to get to the top after reaching Base Camp.

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***Teacher:***

**Hold on, that's a great start! But I'm curious, could you clarify at what altitude it is normal to find it hard to breathe at?**

***Agent:***

**At 3500 metres, most people find it hard to breath.**

***Agent:***

**Before we continue, I'd like you to consider these questions: What are your thoughts on the sport?**

***Student:***

**(overtime){ -*agent* : You can answer these questions later.}**

*Agent continues:*

But ultra-distance and mountain runner Kilian Jornet Burgada ascended the mountain in May 2017 alone, without an oxygen mask or fixed ropes for climbing.Oh, and he did it in 26 hours.With food poisoning.And then, five days later, he did it again, this time in only 17 hours.

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***Teacher:***

**Wait a sec, you're doing well, but I've got another question. -How long did it take him to reach the top of Mount Everest for the first time and for the second time?**

***Agent:***

**The first one took 26 hours and the second one took 17 hours.**

*Agent continues:*

Born in 1987, Kilian has been training for Everest his whole life. And that really does mean his whole life, as he grew up 2,000 metres above sea level in the Pyrenees in the ski resort of Lles de Cerdanya in Catalonia, north-eastern Spain. While other children his age were learning to walk, Kilian was on skis. At one and a half years old he did a five-hour hike with his mother, entirely under his own steam. He left his peers even further behind when he climbed his first mountain and competed in his first cross-country ski race at age three. By age seven, he had scaled a 4,000er and, at ten, he did a 42-day crossing of the Pyrenees.

He was 13 when he says he started to take it 'seriously' and trained with the Ski Mountaineering Technical Centre (CTEMC) in Catalonia, entering competitions and working with a coach. At 18, he took over his own ski-mountaineering and trail-running training, with a schedule that only allows a couple of weeks of rest a year.

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***Teacher:***

**Interesting point there. Sorry to interrupt, but can you tell us more about what was the key change in his identity when he was 13 and 18?**

***Agent:***

**He became a professional mountaineer in 13 and became his own ski-mountaineering and trail-running trainer in 18.**

*Agent:*

He does as many as 1,140 hours of endurance training a year, plus strength training and technical workouts as well as specific training in the week before a race. For his record-breaking ascent and descent of the Matterhorn, he prepared by climbing the mountain ten times until he knew every detail of it, even including where the sun would be shining at every part of the day.

Sleeping only seven hours a night, Kilian Jornet seems almost superhuman. His resting heartbeat is extremely low at 33 beats per minute, compared with the average man's 60 per minute or an athlete's 40 per minute. He breathes more efficiently than average people too, taking in more oxygen per breath, and he has a much faster recovery time after exercise as his body quickly breaks down lactic acid – the acid in muscles that causes pain after exercise.

All this is thanks to his childhood in the mountains and to genetics, but it is his mental strength that sets him apart. He often sets himself challenges to see how long he can endure difficult conditions in order to truly understand what his body and mind can cope with. For example, he almost gave himself kidney failure after only drinking 3.5 litres of water on a 100km run in temperatures of around 40°C.

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***Teacher:***

**Hold that thought, I like where this is going. Just wondering, What makes Kilian has such an excellent physical condition?**

***Agent:***

**All this is thanks to his childhood in the mountains and to genetics, but it is his mental strength that sets him apart.**

*Agent:*

It would take a book to list all the races and awards he's won and the mountains he's climbed. And even here, Kilian’s achievements exceed the average person as, somehow, he finds time to record his career on his blog and has written three books, Run or Die, The Invisible Border and Summits of My Life.

***Teacher:***

**Wow, that was incredible! Thanks a ton for sharing all that. I bet everyone's got a lot to think about now. Any questions you want to ask the class? (Turning to the agent)**

***Agent:***

**Yeah, actually, I've got a few things I'm curious about. The question for you guys is after knowing Kilian’s story, what can you learn from him?**

*Student:*

*Agent:*

Cool!

*Teacher:*

Thanks a million to our guest and all of you for being such a great audience. That's a wrap for today's class. Catch you all next time!