

# 2주만에 끝내는 해커스 오픽 AL/H 공략 [Jenna OPIc]

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## [22강] 조깅, 걷기

(해커스 OPIc Advanced 공략 - 설문 Unit 24)

### ◆ Today's Topic

조깅, 걷기

### ◆ Today's Lecture 강의 목차

1. 활용 가능 주제 & 3단 콤보 문제 유형
2. 나의 답변 틀 (스토리라인) 만들기
3. 실전 문제 & 모범 답안

### 1. 주제 & 문제 살펴보기

[활용 가능 주제]

설문 주제: 공원가기 (제 7강과 함께 연결지어 준비하기)

해변가기

음악 감상하기

농구, 야구, 축구

요가, 헬스

수영

자전거

국내, 해외 여행

돌발 주제: 날씨, 계절

약속

지형, 야외 활동

건강

롤플레이: 친구와 함께 조깅하러 가기로 했으니 전화해서 계획에 대한 질문하기

친구와 함께 조깅하지 못 하는 상황이니 전화해서 설명하고 대안 제시하기

### [3단 콤보 문제]

1. 좋아하는 조깅/걷기 장소 (응용: 나의 조깅/걷기 습관)
2. 조깅/걷기에 흥미를 갖게 된 계기와 변화
3. 조깅하다가/걷다가 겪은 경험 (응용: 조깅하다가 다친 경험)
4. (추가 응용) 조깅/걷기와 다른 운동 비교

### 2. 나의 답변 틀 (스토리라인) 만들기

[좋아하는 조깅/걷기 장소 = 나의 조깅/걷기 습관]

서론 - 조깅 좋아해

본론 1 - 어디서

본론 2 - 언제, 얼마나 자주, 무엇을

마무리 - 조깅 즐겨!

[조깅/걷기에 흥미를 갖게 된 계기와 변화]

서론 - 조깅 광팬이야

본론 1 - 과거 계기: 언제, 왜

본론 2 - 현재 습관과 변화

마무리 - 조깅 추천!

[조깅하다가/걷다가 겪은 경험 = 조깅하다가 다친 경험]

서론 - 언제의 경험 소개

본론1 - 어디서, 무슨 일

본론 2 - 특별했던 점

마무리 - 내가 배운 점!

[추가 응용 문제 - 조깅/걷기와 다른 운동 비교]

### 3. 실전 문제 & 모범 답안

★ 밑줄 친 부분은 여러분의 이야기로 바꿔서 말해보세요!

좋아하는 조깅/걷기 장소 (= 나의 조깅/걷기 습관)

Q. In your background survey, you mentioned that you like to jog. Do you have a specific place you like to go for jogging? Where is it located? Why do you go to this specific place? Provide me with as many details as possible.

배경 설문에서, 당신은 조깅을 좋아한다고 했습니다. 조깅하러 가기 좋아하는 특정 장소가 있나요? 그곳은 어디에 위치해 있나요? 당신은 왜 이 특정한 장소로 가나요? 되도록 대해 상세히 설명해 주세요.

(서론 - 조깅 좋아해)

- It's a good question because not a week/a day goes by that I don't spend at least an hour or two jogging/walking.
- I guess it's because I like/enjoy jogging/walking so much.

(본론 1 - 어디서)

- The place where I most like to go jogging is a park in my neighborhood, which is right across/behind my home.
- It's called Han River Park, and I like to go there for running/jogging/walking.
- What makes the park special is that it has a nice running track/walking trail and a lot of workout machines.
- The track/trail is well maintained and of high quality, so I visit this place whenever I feel like going for a run.

(본론 2 - 언제, 얼마나 자주, 무엇을)

- Speaking of how often I go there, I like to jog/walk at least a couple of/2 to 3 times a week.
- I typically go alone because I like to jog/walk at the crack of dawn/early in the morning.
- My typical routine consists of jogging 5 or 6 kilometers, which takes about 40 minutes.
- On top of that, when I have enough energy after jogging, I do some exercises on the workout machines or stretch my arms and legs.

(마무리 - 조깅 즐겨!)

- Anyway, I enjoy jogging because I feel so healthy/energetic afterwards.
- Personally, I'd much rather exercise at the park/run outside than stuck inside a gym/run on a treadmill.
- I have to say I'm so lucky to have such a nice park nearby.

★ 고득점 Key point

조깅 습관/경향: 어디서, 언제, 얼마나 자주, 무엇을 “육하원칙 keywords”

- 어디서) a park in my neighborhood, which is right across my home / a nice walking trail
- 언제) at the crack of dawn / early in the morning
- 얼마나 자주) a couple of times a week / about 40 minutes
- 무엇을) jog 5 or 6 kilometers / do some exercises / stretch my arms and legs

## 조깅/걷기에 흥미를 갖게 된 계기와 변화

Q. When did you first become interested in jogging? Why did you start? Has your physical condition changed since you started jogging? How has it changed?

당신은 언제 처음 조깅에 관심을 갖게 되었나요? 왜 시작했나요? 당신이 조깅을 시작한 이후로 신체적 상태가 변했나요? 어떻게 변했나요?

(서론 - 조깅 광팬이야)

- I'm a huge fan of jogging/running/walking, and I've been jogging for several/a few years now.
- So I would say, my love of jogging goes back to when I was in high school/college.

(본론1 - 과거 계기: 언제, 왜)

- I first started jogging when I was 21/a teenager, so it's been about 5/more than 10 years!
- Back then, I was overweight/out of shape, so I wanted a way to lose weight/get in shape.
- I searched online, and lots of people suggested running/jogging as a great option.
- So I made a New Year's resolution to work out regularly, and that's how I began jogging.
- At the beginning, I got tired very easily while jogging.
- But after my first month jogging every other day, it got easier every day.

(본론 2 - 현재 습관과 변화)

- So now, I jog on a daily basis, and it's something I like to do in my free time.
- I love to go jogging in the morning, and I always feel so refreshed/peaceful afterwards.
- Since the first starting 5 years ago, I've lost nearly 5 kilos.
- Thanks to jogging, I feel like I've become more energetic/much healthier than before.
- I mean, although I spend a lot of energy on jogging, I'm more active during the day than I was before.

(마무리 - 조깅 추천!)

- So overall, I would say jogging is a perfect way to stay fit/keep in shape.
- I highly recommend jogging on a regular basis/regular jogging because it's a great workout!

### ★ 고득점 Key point

본론 1: 과거 시제 / 본론 2+마무리: 현재 & 현재완료 시제 → 다양한 시제 정확히!

과거) I first started jogging when I was 21.

I searched online, and lots of people suggested running as a great option.

현재+현재 완료) Since the first starting 5 years ago, I've lost nearly 5 kilos.

Thanks to jogging, I feel like I've become more energetic than before.

### 조깅하다가/걷다가 겪은 경험 (= 조깅하다가 다친 경험)

Q. In your background survey, you indicated that you enjoy taking walks. Has anything memorable or special ever happened while you were on a walk? When was it and what happened? Where were you when this happened? Who were you with? Provide as many details as possible.

배경 설문에서, 당신은 걷기를 즐긴다고 했습니다. 걷던 중 기억에 남거나 특별한 일이 일어난 적이 있나요? 그것이 언제였고, 어떤 일이 일어났나요? 어디에서 그 일이 일어났나요? 누구와 함께 있었나요? 그것에 대해 되도록 상세히 설명해 주세요.

Q. People occasionally get hurt when exercising. For example, they might twist their ankles or sprain their knees. Have you ever injured yourself while you were jogging? What kind of injury did you get? Do you do anything special to avoid injuries? What do you do?

사람들은 운동을 하다가 때로 다치기도 합니다. 예를 들어, 발목을 삐거나 무릎을 접지를 수 있습니다. 당신은 조깅을 하다 다쳐본 적이 있나요? 어떤 부상을 입었나요? 부상을 방지하기 위해 무언가 특별한 일을 하나요? 어떤 일을 하나요?

(서론 - 언제의 경험 소개)

- Normally, I enjoy taking walks/jogging in all kinds of weather, which means, I need to be careful.
- So... I had a memorable experience one time while I was walking/jogging in the winter.
- It was a year ago/last year/last winter in December.

(본론 1 - 어디서, 무슨 일)

- One day, I was walking on an icy road in my neighborhood.
- I was on my way to the park to exercise/hang out with some friends.
- When I got to the park, I spotted my friends from afar and called out to them.
- Then, I started to run in their direction, but I suddenly slipped on a patch of ice.
- My breath stopped, and for a moment, both of my feet were in the air.
- So, you know/can you guess what happened after?
- I fell backward and landed heavily on my bottom.

(본론 2 - 특별했던 점)

- What made it even worse/so memorable was that I was almost injured/super embarrassed.
- And even though I wasn't hurt, I couldn't help but feel embarrassed by the whole situation.
- I mean, the park was kind of crowded that day, so my friends and some other people were all watching me.

(마무리 - 내가 배운 점!)

- So anyway, looking back now, the incident made me a more careful jogger, especially in the winter.
- The most important lesson I've learned from the experience is not to run on an icy road.

★ 고득점 Key point

경험 소개 필수 핵심 문장!

I had a memorable experience one time while I was V + ing in 언제 (년도/계절).

→ I had a memorable experience one time while I was walking in the winter.

What made it 부사/형용사 was that I was 형용사 (기분/상태).

→ What made it even worse was that I was almost injured/super embarrassed.

(추가 응용 문제) 조깅/걷기와 다른 운동 비교 - 키워드

Q. Please choose one sport such as swimming or cycling and compare it with jogging. Are there any similarities between the two? What are the differences between them? Please talk about the activities in detail.

수영이나 자전거 타기와 같은 운동 하나를 선택해서 조깅과 비교해 보세요.

둘 사이에 어떤 공통점이 있나요? 둘 사이의 차이점이 무엇인가요? 두 스포츠에 대해 상세히 이야기해 주세요.

서론 - 어려운 질문이야

- a very hard/difficult/tricky question
- have never/not thought about it

본론 1 - 조깅 특징

- Jogging = anywhere
- feel so energetic afterwards
- a perfect way to stay fit
- No need to take a lesson

본론 2 - 수영 특징

- Swimming = an indoor pool
- also a good workout
- a great way to keep in shape
- need to take a swim lesson & learn the swimming skills