

Reading 3

Skills:

- Main idea
- Details
- Make inferences
- Vocabulary in context
- Understand negative facts
- Understand connections and transitions

Getting started: Do you use any indoor training app to help you keep fit at home?

WHAT IS ZWIFT – RIDE?



Whether you want to race, get fit fast, or just run or ride, Zwift is the answer. With this amazing workout app, you can choose from more than 1,000 workouts and training plans, hundreds of daily events, as well as countless miles of road racing.

Zwift is an app that makes indoor training fun and delivers serious results. You can train, race, or free ride from your home, no matter what time it is or what the weather is like. Ready for a good time? Zwift delivers a fun and efficient workout. To use Zwift, you need a bike, a trainer, and a

device like a laptop, iPad, Apple TV, or smartphone. If you're running, you'll need a treadmill, and your favorite sneakers.

No matter what sort of ride or run you're looking for, Zwift is your best **choice**. Want a structured workout? We've got plenty. Some are as short as 30 minutes long, so even amateur athletes can enjoy activities design for their own forms. **Moreover**, you can use customized training plans created by World-class Coaches. Our training plans even auto-adjust if life gets in the way, and you miss a workout. If you just want to ride, you can do that too. For longer rides, there are long races, multi-stage tours, and more. Want to compete? There are competitions at all hours for all abilities without paying extra money.

What about the community? Day or night, there are fellow athletes ready to work out on Zwift. So, you can share a ride on, climb a steep mountain with friends, or see how your sprint compares with others'. What about running lovers? Sure, we said it before, but we'll say it again. Zwift isn't **just** cycling. Zwift Run has training plans, group runs, and more.

** Adapted from: <https://zwift.com/uk/video/how-to-cycling/what-is-zwift-ride>*

Answer the following questions:

1. What is the main function of the text?
 - a. Describe how to work out in the mountains.
 - b. List activities that could make you a good athlete.
 - c. Present an app that simulates outdoor training.
 - d. Use an application that will train you to run a marathon.
2. The word **whether** in paragraph 1 is closest in meaning to
 - a. if
 - b. while
 - c. although
 - d. after
3. Paragraph 2 does NOT talk about
 - a. home workout being pleasant
 - b. personalized cycling training
 - c. starting a team race
 - d. necessary equipment

4. The word **choice** in paragraph 3 is closest in meaning to
 - a. determination
 - b. option
 - c. interest
 - d. verdict

5. The word **moreover** in paragraph 3 is closest in meaning to
 - a. because
 - b. however
 - c. additionally
 - d. consequently

6. The word **just** in paragraph 4 can be replaced by
 - a. only
 - b. fair
 - c. but
 - d. right

7. Who is more likely to use Zwift?
 - a. Amateur athletes
 - b. Professional athletes
 - c. Athletes who need to train for indoor competitions.
 - d. Any person who wants to do some training at home.

8. Training apps have become a trend during the pandemic due to Covid-19. Plan an app that could help people have a better time while they are locked at home. Think of the purpose, features, design, benefit it can bring, and possible fees.

What do you think?

In this modern world, there is a growing demand for indoor training apps. Which advantages and disadvantages do you consider these kinds of apps have?