

## HEALTH

## Treadmill

by Aidan



A treadmill is a machine you can walk or run on. It is also called a "running machine." The belt moves backwards as you walk. You can change the speed up or down. It shows your heart rate and the number of calories burned. You can run indoors on a treadmill. Be careful, you can also slip and fall!



You can run on a treadmill



Be careful!

Listen



## WORDS

backwards	뒤로	heart rate	심박수
burn	소모하다	machine	기계
calories	칼로리	show	보여주다
careful	조심스러운	slip	미끄러지다

## THIS WEEK'S WORDS

## GRADE 3

aunt	이모 / 고모	grandmother	할머니
brother	오빠/형/남동생	mom	엄마
cousin	사촌	older	나이가 더 많은
dad	아빠	sister	언니/누나/동생
family	가족	uncle	삼촌 / 고모부
grandfather	할아버지	younger	나이가 더 젊은

## GRADE 5

beach	해변	panda	판다
clean	청소하다	read	읽다
climb	오르다	ride	타다
good	좋은	see	보다
Hallasan	한라산	Seoraksan	설악산
horse	말	this	이번
house	집	walk	걷다
idea	생각	want to ~	~하고 싶다
movie	영화	watch	보다
Olle-gil	올레길	weekend	주말

## GRADE 4

book	책	homework	숙제
doing	하고 있다	picture	그림
drawing	그리고 있다	pizza	피자
eating	먹고 있다	playing	놀고 있다
game	게임	reading	읽고 있다
hand	손	washing	씻고 있다
helping	도와주고 있다	what	무엇

## GRADE 6

anxious	불안한	quiz	퀴즈
bike	자전거	sad	슬픈
birthday	생일	science	과학
excited	신난	soccer	축구
find	찾다	tomorrow	내일
game	게임 / 경기	upset	마음이 상한
happy	행복한	why	왜
help	돕다	win	이기다
nervous	초조한	worried	걱정하는
now	지금	worry	걱정하다

English News Korea



by Aidan Mocke

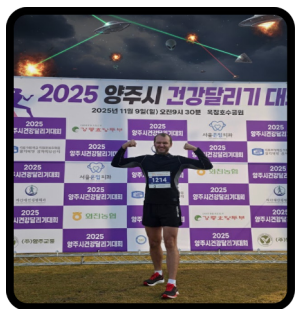
## SPORTS

## Running

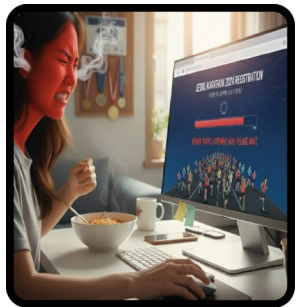
by Aidan



Do you know anything about running? These days it is experiencing a boost in popularity in South Korea. Every day thousands of people take to the streets and hit the gym to practice. It has become so popular that even applying for a race has become very difficult. Most are done online and some events are so popular that applications are closed less than a minute after they open due to the sheer number of people applying. This means that even for a grueling event like a marathon, applying could be harder than completing it!



I like running



It's hard to apply

Listen



## WORDS

applying	지원하는 것	grueling	(몹시) 힘든
boost	급상승	sheer	엄청난
completing	완주하는 것	take to	~에 가다
due to	~ 때문에	thousands	수천

YouTube KR



Instagram





# HISTORY

## Marathon

by Aidan



Have you heard the word "marathon" before? The word comes from the ancient Greek legend of the messenger Pheidippides. Following the Greek army's decisive victory over the Persians at the Battle of Marathon, Pheidippides was tasked with running all the way back home to Athens to announce the triumph. His final words to the Greek king were "Nike", which means "victory." This is where the shoe company Nike got its name from. He then succumbed to complete exhaustion. The distance he ran was around 42.2km. In South Korea, you can frequently see the misnomer "5km marathon" but this is actually erroneous because a marathon is *always* 42.2km in length in tribute to Pheidippides' historic achievement. The modern marathon is one of the most



Pheidippides ran 42.2km to Athens



Preparing for a marathon is tough

grueling running challenges imaginable. It takes many months to prepare for the long distance effort and even then once athletes surpass the 30km mark, many of them inevitably hit the wall. This means their muscles completely run out of glycogen and start to cramp. In my experience, the final 10km of the marathon are more about mental toughness than physical readiness. Ultimately, it is a phenomenal test of endurance and anyone who undertakes such a feat should be proud of their accomplishment regardless of their time!



Hitting the wall feels like this

### WORDS

accomplishment	업적	exhaustion	탈진
decisive	결정적인	feat	위업
endurance	인내(심)	grueling	힘든
erroneous	잘못된	phenomenal	경이로운

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# SPORTS

## Sprinting

by Aidan



Have you heard about sprinting? People often think of sprinting as just running very fast, but it actually refers to an all-out maximal effort over a short distance. Running and jogging is mostly a form of aerobic exercise, which means it uses oxygen for energy. Sprinting, however, is a form of anaerobic exercise, which means it doesn't use as much oxygen and mainly uses glycogen. This also means you can't sprint for long before you become exhausted. The most common sprinting distances are 100m, 200m and 400m. Sprinters often have more muscular bodies than marathon runners because they need to generate a lot of power in a short time. To help them with this, they wear track spikes.



Sprinters wear track spikes



Usain Bolt is a famous sprinter

### WORDS

actually	실제로	exhausted	지친
aerobic	유산소의	generate	생성하다
anaerobic	무산소의	glycogen	글리코겐
effort	노력	sprinting	전력 질주

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# TECHNOLOGY

## Running shoes

by Aidan



Flexible shoes

Running shoes are special shoes you wear when you run. How are they different from regular shoes? First, running shoes are usually very light. This means your muscles don't tire as easily when you lift up your legs. Second, running shoes are very flexible. Regular shoes are usually stiff to support your feet. The flexibility helps your feet move naturally. It also gives you some energy back for each step you take. This makes running a little easier.

### WORDS

different	다른	muscle	근육
energy	에너지	naturally	자연스럽게
flexible	유연한	regular	일반적인
flexibility	유연성	stiff	뻣뻣한

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