



Sports

Hello, I'm Laura. I'm a sports fan.

Before, I used to love basketball, but now what I like the most is football.

It's my favourite sport.

Yesterday, I played football with my team and we won. I scored two goals.

This year, I'm going to be captain of my team. I need to train a lot if I want to be a successful leader.

I have a routine to get in shape.

I try to eat healthily every day.

Normally, I go to the gym on Mondays after leaving class.

Every Tuesday I go for a run to try to get faster.

I play a match every Wednesday. But in August we don't play because it's too hot.

On Thursdays and Fridays, I train with my friends.

On Saturdays I always have a match with my team. It's very competitive.

I love it because it's sociable, but above all because it's fun.

On Sundays...I rest. And I try to do something relaxing like watch films.

As you can see, I love playing football but I also like to watch it on telly. My mum says I'm hooked!

All my friends support Barça but I'm a fan of Atlético Madrid.

When I was younger, I used to go to the stadium to watch the matches, but now I live too far from the new stadium. It's on the outskirts of the city.



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Well, today is Monday, so I have to go to the gym. See you later!