

Intro music

Host: Welcome everybody back to another day of interviewing athletes. Prepare yourselves for a story of perseverance, bravery and strength. Welcome to the stage, marathon runner Mark!

Mark: Thank you, Sarah.

Host: Mark, would you like to tell us a bit about the marathon you ran in the Sahara Desert?

Mark: It was definitely a day to remember. I couldn't believe my eyes when I realised I had come first! I am so grateful that I tried out for the marathon.

Host: Tell us, Mark, how did you start training for the marathon in the desert?

Mark: I had been going to the Gym for a long time, but in the months leading up to the marathon, I began a 12-week training course in a hot, dry environment. It was often tough and relentless work, but I think it made a huge difference at the actual race.

Host: Amazing. Now, were there any challenges you overcame while running the marathon?

Mark: Certainly. I had to overcome the physical struggle of keeping my stamina. 42.2 kilometres, or to be exact, 42.195 kilometres seems like a piece of cake for experienced runners. However, after the first 10 kilometres, I started to lose stamina. My legs felt weak, and I was short of breath. To make matters worse, The heat meant that I was dehydrated and couldn't move fast.

Host: How did you overcome that?

Mark: I pictured my loved ones at the end of the race, driving me forward to get them.

Host: Great! loved ones always motivate us.

Mark: I also suffered from the mental struggle. The little voice in my head that kept telling me to give up every time I stopped.

Host: Wow! Why didn't you give up?

Mark: I had trained for 12 weeks, or 3 months before the marathon. My family encouraged me to join the marathon and I wanted to too. If I gave up, I would be letting my loved ones down, letting my coach down, and letting myself down. I put all the pain and sweat into all those things, and I wanted to make them proud.

Host: Alright. How did you feel when you crossed the finish line in first place?

Mark: I was so elated, and in that moment, I truly knew that all the things I worked hard on leading up to this were worth it. My friends and family were cheering clapping, and hugging me.

Host: Mark, you are truly an awe-inspiring person. What are some words of encouragement you can give to our listeners?

Mark: Never Give up. Even when your legs are weak and you're out of breath, remember, that you can't let yourself down.

Host: Amazing Quote, Mark. Unfortunately now we must part. Say goodbye to Mark the marathon runner!

Mark: Goodbye!

Host: Today has been a truly amazing day. Now, these touching words from Mark will stay with you forever. Remember: Never give up!