Radio Script:

Host (Bob): Good morning listeners tuned in on Bob's radio station, I am Bob, your host for today. Today we will interview the remarkable journey of a marathon runner who conquered the Sahara Desert. His name is Mr Potato– Welcome Mr Potato to the show!

Host (Bob): Hello Mr potato! It is lovely to have you here today! Tell us about your journey to finishing the Sahara Desert marathon.

Mr Potato: So basically, when I thought about doing the Sahara Desert marathon, I first researched the marathon, and the Sahara Desert, so that I would have a rough idea about doing the marathon.

Host (Bob): So, what sort of topics did you research?

Mr. Potato: I first researched the marathon, how long it was, and the temperature of the Sahara. It was 42.2 kilometres long, averaging 30 degrees. Luckily, it was summer when I was preparing so I was practicing under 27 - 33 degrees. Then, I researched about the equipment I would need for the marathon.

Host (Bob): What sort of equipment did you use?

Mr. Potato: I got some sports clothes, a breathable short-sleeved top, quick dry, and sun protection, same for my pants, but I wore long pants. On my arms, I put sports arm warmers to block UV light. I still wore sunscreen on my arms, legs, feet, and face. I also wore a big-brimmed hat so that it would shade my face and some UV UV-protected sunglasses. My shoes were running breathable shoes. I carried a light backpack with me, it kept cold inside, I had a banana, a big water bottle with Ice inside, and an emergency refill bottle as well, my phone and wallet were also in the bag. I also kept an ice pack and some reusable ice cubes inside as well. Also, a light sports jacket, in case the race went into the nighttime.

Host (Bob): That is a lot you had to prepare for! Tell us about your training schedule.

Mr Potato: I did run 11 - 12 kilometres Monday - Friday for the first week, and went to the gym. While on weekends I would rest one day, and do research, and on the other day I would run maybe 2 to 3 times the distance I ran on the weekdays. I would slowly increase my running distance by 3-5 kilometers per week while going to the gym for some time as well. Not only that, but after running up to 25 kilometers on weekdays I would start timing myself until I reached 42 kilometers in 3 hours and 30 minutes, then I would start attempting to biome quicker over many weeks.

Host (Bob): Oh, wow, what about when you were running the marathon, how did you mentally prepare yourself?

Mr Potato: Every single time I prepare, I reward myself with something to motivate me to continue practicing and thinking of the moment when I finish the finish line and seeing my family there cheering for me. During the marathon, I thought of the same thing.

Host (Bob): So, what were the challenges you faced?

Mr Potato: It took me a long time to face the fact that I had to wear sunscreen under my clothes and how sticky I would be during the marathon. Also thought about how hot it would be and how to overcome my nerves.

Host (Bob): What were the memorable moments during the marathon?

Mr. Potato: Crossing the finish line, starting, overtaking all my competitors halfway, speeding up when I saw the five kilometres left to go sign, and sprinting towards the finish line when I saw it in the distance.

Host (Bob): Wow, what a memorable journey, what would you like to say to aspiring marathon runners?

Mr Potato: I would like to say, do your research, set realistic goals for yourself, and do your best and never give up.