Host: today sam will be talking us through his extraordinary adventure in the grueling Sahara desert.

Sam: he's right I ran a marathon in the unforgivable Sahara .I have been training for about the last three years whit a lot of determination. The first element is endurance around fifteen kilometre per hour then speed twenty five kilometre per hour that is just the beginning. Then mental you will be isolated while you running so you should be courages and be isolated while you train.The pain that you will go through is tremendous so you have to train for that also. Three years flash by the pistol for the start of the race gets shot I am in the lead I push on and on my thighs are hurting I slow down.Look at the blazing sun, the golden sand and whopping 49 degrees .

Host: what were the hardships you faced along the way .

Sam : the heat really did some damage the water was also heavy I was determined to win the race. I imagined my family cheering me on at the finish line that gave me some energy to keep me going after all I was first nothing to worry about the finish line is in five kilometres . My family was supporting me the whole way .Not much longer come on you can do this push, push ,push tWO kilometres away. I can see thee finish line i can see my family as i reach the finish line it was a memorable joy and relieve fills me. I am happy after I slowed down pain filled all of me but i am proud of my self.

Host: do you have any advice or words for people who want to follow you.

Sam: yes it is that the human body can do a lot of amazing things when you push it to it's max.