

Running (跑步)

知识点:

1. 爱跑步的人:

- A runner (or, an avid runner, a dedicated runner) 爱跑步的人
- A running enthusiast 跑步爱好者 (注意, running lover, running person 不太常见, 可能是因为 running 本身除了跑步的名词词性, 还有“跑走的, 逃跑的”形容词词性。Running lover 听起来有歧义, 感觉像是“逃跑的爱人”)
- Running addict 跑步成瘾的人
- Jogger 慢跑者
- Marathoner 马拉松跑步者
- Sprinter 冲刺跑的人

2. 相关表达:

- Go for a run: 出去跑个步
I'm going to go for a run in the park after work.
- Hit the track: 去操场跑圈儿, 或者表示 开始跑步
Let's hit the track early tomorrow morning for some sprints (冲刺跑).
- Run like the wind: 跑得像风一样快
She ran like the wind and won the race.
- Out of breath: 跑得上气不接下气
I was completely out of breath after running up that hill.

- **The runner's high:** 跑步者跑多了会感到的那种 high, 多巴胺兴奋 (The feeling of euphoria that some people experience during or after a run)
I love the runner's high I get from a long jog.
- **Keep pace:** 保持速度
It's important to keep pace during a marathon to conserve energy.
- **Warm up:** 热身
Always remember to warm up before your run to avoid muscle strain (肌肉拉伤).
- **Cool down:** 运动结束后慢慢舒缓 stretch 拉伸
A proper cool-down and stretch can help prevent muscle soreness (肌肉酸痛).
- **In the zone:** 完全在状态里, 全神贯注
During the race, I was in the zone and couldn't hear anything but the sound of my footsteps (脚步声).
- **Set a personal best (PB):** 个人最佳成绩 (动词是 set)
I trained hard and set a personal best in the half marathon (半马).

1. Do you go running a lot?

① Yes, I would say I'm a runner (爱跑步的人). I run quite a bit actually. I mean, I'm not like a marathoner or anything, but I try to get out of there (努力出去跑一个) a few times a week, hitting the track or the park nearby, in the morning before going to work/school, just myself. I enjoy the feeling of the morning breeze touching my face and hair (享受早上清风拂面的感觉). It's a great way to clear my head and disconnect from my life (和生活脱轨, 清空大脑) /it's like a little escape from the daily grind (日常内卷中的一刻小逃离), you know. When I run, I stay in the zone completely and I can't hear anything but my own footsteps. It's an amazing feeling. (原因, WH 法)

② I have to admit that I'm not a runner. Running is not really my thing (不是我的菜) . I tend to lead a more sedentary lifestyle (趋向于久坐似的生活方式) , a couch potato (沙发土豆, 表示成天坐着的那种人) , to be more precise (更准确的说) . HAHA! I prefer binge-watching shows (疯狂刷剧) , reading books, watching movies, or just chilling on my couch and scrolling on the phone (在沙发上闲着刷刷手机) . Running just doesn't excite me that much (不怎么令我兴奋, 含蓄表示“不喜欢”) . It seems boring. (原因, 取而代之的行为)

2. Where do you usually go running? 不跑步的人不会被问到

① I often go running at the local running track (当地的跑步场) . It's convenient, well-maintained, and safe. Running on a track gives me a precise distance to measure my progress (给我具体的距离去丈量我的进步) , and it's a great place to do speed workouts (速度练习) . So, it's my go-to spot (首选场地) . I actually a personal best lately there. (原因)

② My go-to place (首选地点) for a nice run would be the park near my home. It's a beautiful park with running trails (跑步路线) and a lot of greenery (绿植) . I love running outdoors in nature, surrounded by trees, and meanwhile soaking up the sun (晒晒太阳) , getting some fresh air (透气) . Especially in the morning, I can even hear birds chirping (听到鸟叫) in the trees. It's just such a great way to start the day. (原因, 细节)

3. When was the last time you went running?

① It was this morning actually. I went for a run with my parents. I usually run alone, but since they are visiting this week, we decided to run together. We left home around 7:00 a.m. And returned at around 8:30. After that, we treated ourselves to a big breakfast. It was a great way to kickstart the day. (WH 法)

② Oh gosh I can't even remember. Like I said, I'm such a couch potato (沙发土豆) and running has never been my thing (从过去到现在都不是我的菜). I can't recall any specific memories of running. But I do remember that I had one yoga session last week and I was very proud of myself! (原因)

4. What do you think of running as a sport?

For me, running is a very simple and accessible way to exercise (简单、可实施的运动方式). All you need is just a pair of running shoes (一双跑鞋), and you're good to go (你就可以出发了)! You can run in the park, or in a running track (田径场), or simply on the street. On top of that, it's really beneficial for your physical and mental well-being (生理、心理健康). You get to be outdoors, breathe in fresh air (呼吸新鲜空气), get some sun and vitamin D (晒太阳补钙), and at the same time, it can help you maintain weight (保持体重), boost metabolism (增加新陈代谢). It's also excellent for improving your physical endurance (增加体能). (Too bad/ It's a shame that it's not my thing. 不爱跑步的宝宝最后可以加这么一句, 哈哈, “道理我都懂, 可惜我不喜欢”) (原因) 不用都说, 选一些内容来说就好