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| --- |
| **OBJECTIVES** |
| Staying in good shape podcast |
|  |
|  |

**Date**

**27/09/2016**

**Hours**

**4,5/**

**Session**

**3**

|  |  |
| --- | --- |
| **NEW VOCABULARY** | |
| The top of mountain |  |
| Cousin |  |
| 2 hours and a half |  |
| Half past two | 2.30AM / PM |
| Cycle lane | Voie cyclable |
| In the past |  |
| Trail |  |
| We lose a lot of time | Perdre |
| To miss | Manquer |
| We need more time | Avoir besoin |
| Setter | Un regleur |
| Training is shorter |  |
| To pay | Payer |
| Better salary |  |
| Threading | Filetage |
| Welding | Soudure |
| 3,000 | Three thousand |
| 1,200 | One thousand two hundred |
| Customer | Client |
| Sparkplug | Bougie |
| Combustion chamber |  |
| More demanding | Plus exigeant |
| Stay in shape | S entretenir |
| Junk food | Malbouffe |
| To bring | Apporter |
| Leftovers | Des restes |
| To own | To possess |
| I tend to walk everywhere | J ai tendance à marcher partout |
| Twice or 3 times a week | 2 fois / 3 par semaine |
| To be honest | Pour etre honnete |
| A few times | Quelques fois |
| Treadmill | Tapis roulant |
| Push-ups | Des pompes |
| Oily food | Gras |
| To keep fit | Rester en forme |
|  |  |
|  |  |
|  |  |

**Future Objectives**

**GRAMMAR**

I’ve never found anything on LBC

**Lesson Summary**

**Next Lesson**

DATE

09/09

TIME 12.00