

SPORT IN THE NEWS

Radio 1 presenter Greg James has been completing an extreme endurance challenge for Comic Relief where he is cycling long distances over multiple days with very little rest. While the challenge requires physical fitness, much of the discussion has focused on the mental resilience needed to keep going.

Can physical fitness alone be enough to complete an endurance challenge?



Prompt Questions:

- What mental challenges would he experience during the challenge?
- What physical challenges would he face?
- Can someone complete a challenge like this without strong mental resilience?
- Which is more difficult to maintain over time: physical effort or mental focus?

