

## Comhrá 21: Exercise

[Role-play with phonetics]

Síle:

**Conas atá tú ar maidin, a Sheosaimh?** /Kun-ass ah-taw thoo air maw-dinn, a Hyoh-siv?/

How are you this morning, Seosamh?

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Seosamh:

**Ó a Shíle, táim leathmharbh.** /Oh, a Heel-eh, thaw-im lah-vorr-uv/

Oh Síle, I'm half dead.

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Síle:

**Conas é sin?** /Kun-ass ay shin?/

How is that?

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Seosamh:

**Táim ag iomáint don chontae i mbliana.** /Thaw-im eg um-aw-int dun khoon-tay i mlee-un-ah/

I'm hurling for the county this year.

**Bhí traenáil meáchan ar bun againn aréir.** /vee tray-naw-il maa-khun air bun a-gwin a-ray-irr/

We were doing weight training last night.

**Tá pianta i ngach cuid de mo chorp agam!** /Thaw pee-un-thuh ih nokh kwid deh muh khorp a-gum/

I have pains in every part of my body!

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*Síle:*

**I measc na mbuachaillí móra anois atá tú!** /Ih massk nuh moo-ukh-il-ee moo-ra a-nish a-thaw thoo/

You're in with the big boys now!

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*Seosamh:*

**Agus fear cruu is ea an cóitseálaí nirt agus aclaithe nua atá ceaptha ag bord an chontae.** /Og-uss far kroo-a ish ah un koh-chawl-ee neert og-uss ok-lih-heh noo-a a-thaw kyap-huh eg bord un khoon-tay/

And the new strength and conditioning coach who has been appointed by the county board is a hard man.

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*Síle:*

**Cad is ainm dó?** /Kodd iss an-im doe?/

What is his name?

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*Seosamh:*

**Bradley Foster. Is Astrálach é.** /Bradley Foster. Iss Oss-traw-lukh ay/

Bradley Foster. He is an Australian.

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*Síle:*

**Is fearaíoch iad fir na hAstráile!** /Iss far-ee-ukh ee-ud fyrr nuh hOss-traw-il-eh!/

The men of Australia are macho!

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Seosamh:

**Is fíor duit.** /Iss fee-ur duh-it/

True for you.

**An mbíonn aclaíocht rialta d'aon sórt ar bun agatsa, a Shíle?** /Un mee-un ok-lee-ukth ree-al-thuh day-un sorth air bun a-gut-sa, a Hee-lah?/

Do you any sort of regular exercise, Síle?

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Síle:

**Nílím chomh haclaí is a bhí mé tráth.** /Neel-im khoh hok-lee iss a vee may thraw/

I'm not as fit as I used to be.

**Rithinn Maratón Dhaingin Uí Chúis gach uile bliain go dtí gur theip mo ghlúine orm.** /Rih-hin Mar-a-tone Gang-in Ee Khoo-ish gokh ih-leh blee-in guh dee gur hep muh gloo-in-eh urr-um/

I used to run the Dingle Marathon every year until my knees failed me.

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Seosamh:

**Is deacair drochghlúine a leigheas.** /Iss da-kirr druh-gloo-in-eh a lyss/

It is hard to heal bad knees.

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Síle:

**Ní leigheasfar go deo iad, faraor.** /Nee lys-far guh djoh ee-ud farr-ayr/

They won't ever be healed, alas.

**Anois téim go dtí an linn snámha dhá oíche sa tseachtain.** /A-nish taym guh dee un lin ssnaw gaw ee-heh suh tokh-thin/

Now I go to the swimming pool two nights per week.

**Snámhaim caoga fad.** /SSnaw-vim kway-og-uh fodd/

I swim fifty lengths.

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Seosamh:

**Caithfidh go bhfuil scámhóga láidre agat!** /Ko-higg guh wil skaw-voh-guh law-id-reh a-guth/

You must have strong lungs!

**Seachnaím féin an linn snámha.** /Shok-neem fayn un lin ssnaw/

I avoid the swimming pool myself.

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Síle:

**Cen fáth é sin?** /Kayn faw ay shin?/

Why is that?

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Seosamh:

**Buaileann taom asma mé aon uair a théim ag snámh in uisce a bhfuil clóirín ann.** /Boo-il-un thay-um oss-muh may ay-un oo-irr a haym eg ssnawv in ish-kuh a wil kloh-reen owwn/

I have an asthma attack anytime that I go swimming in water that has chlorine in it.

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*Síle:*

**Tuigim.** /Thigg-im/

I understand.

**Rotháimse chun na hoibre chomh minic agus is féidir.** /Ruh-heem-sheh khun nuh hib-rreh khoh min-ik og-uss iss fay-dirr/

I cycle to work as often as I can.

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*Seosamh:*

**Mise freisin, ach leis an aimsir chomh fliuch is a bhí sí le tamall anuas tá sé ro-éasca a bheith leisciúil agus suí isteach sa chairt ar maidin.** /Mish-eh fresh-in, okh lesh un eye-im-shir khoh flukh iss a vee leh thom-ull a-noo-uss thaw shay roh-ay-uss-kuh a veh lesh-kyoo-il og-uss suh-ee ish-tokh suh khah-irt air maw-dinn/

Me too, but with the weather as wet as it has been for the past while it is too easy to be lazy and sit into the car in the morning.

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*Síle:*

**Tá a fhios agam é.** /Thaw a iss a-gum ay/

I know it.

**B'fhéidir go bhféadfaimis snámh go dtí an oifig?!** /Bay-dirr guh vay-uth-ah-meesh ssnawv guh dee un iff-ig?!/

Perhaps we could swim to the office?!

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