



Kev's English Podcast: Episode 2: Why learning a language is like bodybuilding!...

This is a short musing over something I have thinking about for a while, about how, like bodybuilders, those who have a plan and are consistent, make gains. This applies to anything and everything in life, so why not to learning English?..

My links..

If you want lessons, click here <https://www.italki.com/en/teacher/1078268>

If you want to see my videos, click here <https://www.youtube.com/@TheEnglishNative>

Hello and welcome to Kev's English Podcast. Real English every week. Hello, hello.

It's Kev here. Kev's English Podcast episode 2. It's been a while since my previous one. About a month.

In fact, anyway, it's a rainy Saturday morning here. I'm sitting in my office drinking my morning brew. You can maybe hear the sounds of the rain and the birds tweeting outside my office window.

Very nice. What I wanted to talk about though is not birds or the rain. It's something I've been thinking about recently with many of my students.

Oh, and a big shout out to all my students on italki. As a matter of fact, it's because of them that I haven't been making any episodes of a podcast. I've had 30 to 40 lessons with my students a week and it's quite a lot.

But still, I have a bit of time now. It's a Saturday so we can have a chat. Now, what was I going to say? I think that in many ways learning a language, English for most of my students, is very analogous to bodybuilding.

I'll tell you what I mean. There's two different things here. For both activities, you need a plan and to be consistent.

For example, if you've ever been into a gym, some of you might have done. I used to do. You'll

always see one guy at the gym and he's running around, he's benching, then he's squatting and he's curling.

He's on this machine, he's on that machine. You've no idea what he's doing and neither does he. He's running around with no plan.

He has no strategy. He has no overall, as I say, plan to reach his goals, if he even knows what those goals are. However, if you look around you and you see some of the other guys, the ones who obviously are making gains as bodybuilders, you will notice they do have a plan.

They have a strategy. Monday is bench press day for chest and maybe they'll do legs on Wednesday, then back and biceps on Friday. They have a plan.

You'll often see them writing down the weights that they've done, the number of reps, etc. They have a clear goal, clear plan of action and they're putting it into place. Or just wait for a second while this plane flies overhead.

I thought it would be quiet on Saturday morning. It's only 7.30 but as you can hear, not particularly quiet. Okay, so the plane's gone now.

Anyway, so back to the plot. The successful guys at the gym are those who have a plan, a strategy. We're not jumping around watching this video, listening to this podcast, reading this article.

They don't go maybe Monday, maybe it'll be Wednesday, maybe they'll skip a week. The second thing is they are consistent every week, Monday, Wednesday and Friday. So if you think about that, if you compare the two.

So guys at the gym, you know, they have a plan, they have a schedule, they have a programme that they have to achieve and they are consistent. They do Monday, Wednesday and Friday. That's the usual three-day split for bodybuilders.

Okay, compare that to language learners and maybe this applies to you. Do you have a plan? Do you have a strategy? Are you just, when you have time, when you can be bothered, you might watch a film in English, maybe you'll read something or maybe you won't, maybe you'll listen to a podcast. Is it every week? Is it every six, seven days, every eight days, every nine days? Oh, I'll do it later, I'll do it later.

Or do you have a plan? Do you have a strategy? It's like all my students who contact me here on italki, that's the first thing that we do. We have a chat, we have a trial session, we discuss their goals. I try and get them to tell me exactly what it is they want to achieve and then we make a plan.

In the same way that if you go to a gym, a personal trainer will take your measurements, your height, your weight and make you a training plan. So it's the same kind of idea, you know. So, well, it's not a secret, is it? The, well, I shall call it that, Ryan, the secret to success in anything, whether it be bodybuilding, learning a language, any kind of skill is to have a plan, have clear goals, understand what you're doing, why you're doing it and be consistent.

Don't just come once a week, maybe once every two weeks, you might watch a video, you might read a book. In the same way that guys at the gym, they've got a plan, Monday, Wednesday, Friday, they know what they're doing. So if you take this analogy and keep it in mind, that's what I advise.

This is why I say for many of my students, bodybuilding is analogous. So we can draw comparisons

with learning a language. So what you need, whether it's with me or any other teacher here on italki, have a chat first, clearly establish what your goals are, get them to make you a schedule, a routine.

Every Tuesday night, I'm talking with Kev, every Thursday night, I'm talking with so and so, every Monday, I'm reading, every Wednesday, I'm writing an essay, whatever. But this is what you need to try and make English in the same way that personal trainers would say, try and make exercise a part of your life, you need to try and do this for language learning also. Make English, if that is the language, and if you're listening to me, it probably is.

Make that a part of your routine, okay? It's not rocket science, is it? Really, get a goal. Right, I want to pass IELTS, I want to be able to speak at an interview, I want to be able to understand natives in conference calls. Get your teacher to make you a plan, watch this video, read this book, do this exercise, and be consistent, don't skip.

It's like, there's a very famous saying at the gym, don't skip on leg day, because guys always go in, they're always working on the chest, chest, chest, but they don't work on the legs, and you can see this, you know? So, in the same way, don't skip a leg day, don't be inconsistent, have a routine and stick to it. Okay, that's all for today, I hope you find that useful and advice. Well, I'm gonna wrap this up for now, I'm going to put this together with my intro music and I'll put it on italki and you can have a listen.

And then, Saturday, I'm going to the gym a little bit later, the outdoor gym, in my case. But anyway, I have a routine, I have a schedule for physical training, do you have one for language learning? That's the question. Okay, talk to you soon.