

Week 1; Workout 1. Small Group Instructions.

Here are the steps for doing the first workout of the New BC Fitness Training.

Setting up the Zoom Meeting. Someone in your small group of about 5 athletes should set up a Zoom meeting for a time this Wednesday or Thursday. The whole group should agree to the time so everyone is in on the meeting/workout.

Knowing the basic workout information. You'll need the basic information about the workout, including its duration (in minutes), the whole workout effort level, whether easy (short-and-slow) or moderately difficult. And the workout's ability-building purpose. What's that?

- That information is written up for you in the files I posted on my website. Go to the New BC Fitness Training (<https://bcendurancetrainings.com/the-new-bc-fitness-training/>) and select your program (1, 2, 3, or 4).
- That page has a pdf file that shows your specific 12-week program and some of the details of your first workout (please make sure you have the right program description).

Here are additional details about the workout.

- Warm up for 10-to-12 minutes at a very slow pace (either your slowest jogging pace or, for the walkers, a stroll).
- Thereafter for the rest of the workout, maintain a light exertion pace ("light" is an exertion level), defined in the first lesson as: held-back to an inaudible breathing level (conversational), "slow" pace (between very-slow and quick) that feels very comfortable.
- End the workout early if you feel little or no energy (on this running energy scale: none, little, some, ample, abundant) during the workout. Otherwise, if you still aren't close to your ending point, slow down and relax, in spite of fatigue.
- If you feel a sharp darting pain, slow down immediately and see if the pain gradually goes away. Making pain go away is a skill that can be mastered.

Your main task during the workout. Please see about "discovering" a route that will take exactly the amount of time that's scheduled for you in your fitness level's 12-week training program. Here's what to look for in that route:

- **Start and finish from your home** or a convenient place where you will also end the workout. That place should have quick access to a shower and a change of clothes.
- **Level ground, i.e., no major hills.** Gently sloping is okay, but as level as possible. We will incorporate hills later in the training program.
- **Expandable**, meaning you can easily make the workout longer in 5-minute increments. Please note: your program often increases workout duration in 5-minute increments.
 - The route I want you to construct in your mind, is not an out-and-back route, where at the mid-point you would be only halfway through the workout.
 - Ideally, at the mid-point of your new route you can take a short-cut that gets you back much sooner. That's an advantage, if you choose to end the workout early because of injury or the early onset of fatigue.
 - Meanwhile, as long as you're feeling okay, you can add duration to the workout in five minute increments.

The Thought for the Week is: Enjoy your activity.