

Becoming Racing Fit.

Week 2; Workout 1.

Basic Workout Information (and where to find it). The basic workout info is written up in the files I posted on my website.

- Go to the New BC Fitness Training and select your fitness level from the four levels (#1-Launching, #2-Developing, #3-Becoming, #4-Racing Fit).
- Your fitness level page has a pdf file that shows your specific 12-week program and the basic details of each workout in the program (please make sure you have the right program description).

Notice that the basic information includes the following:

- **Theme for the week.** From base building (last week) to disciple (this week).
- **The workout duration in minutes.** It changes with every workout, usually in 5-minute increments. Please see about following the program duration recommendations closely.
- **The workout effort you should aim for**, which is “moderate.” The duration of your initial workouts should make the workout effort moderate, provided you go slowly enough. Slow is light exertion. Light means you hold yourself back to an inaudible breathing level (conversational), your pace is “slow” (between very-slow and quick), and you feel very comfortable (no fatigue-related burning in your leg muscles).
- **The ability you will build**—provided you structure your exertion correctly—is stamina. Stamina is the ability to go long and slow. There are five abilities (stamina, power, tempo, speed, and endurance). We will focus on stamina, power, and tempo.

Your Initial Goal. During the first four weeks, you will establish a base of moderately difficult workouts. Ask yourself how hard the workout was on the following scale when you finish: very-easy, easy, moderate, hard, very-hard, and all-out.

- There will be no hard workouts during the first four weeks. Rather than having to cope with hard training, the goal in the first period is to get used to moderate workouts structured by the rules (e.g., stamina-slow, power-relaxed, tempo-comfortable).

Each moderate workout will have an ability-building purpose: stamina, power, or tempo. We will start with three stamina workouts the first week, convert one of those to hills the second week, and another stamina workout to tempo training the third week.

Setting Up a Route. Please use the same route you were supposed to set up during your week-one small-group workout. Here are some things to keep in mind about the route.

- **Make your route** is long enough that you finish the workout in the exact scheduled duration. You might have to use a short out-and-back route near the finish. Note: routing is a basic new-program skill. Please practice it assiduously.
- **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 soon.

- **Expandable**, meaning you can easily make the workout longer in 5-minute increments. Please note: your training program often increases workout duration in 5-minute increments.
 - The route I want you to construct, 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 First Skill. Warming Up Correctly. Please understand this material and start practicing it as you begin every workout in this training, and until you've made it part of your routine.

- The warm-up doesn't actually begin until about 10-15 minutes into the workout.
- Meanwhile, your body is in a "transition" phase between standing around (before you begin walking or jogging) and actually starting the workout.
- The transition is a very tricky part of the workout. If you go too fast—especially if you can hear your breathing—you can easily injure yourself. Or become prematurely fatigued later in the workout.
- Your transition pace should be *excruciatingly* slow. Some have said "painfully" slow, but that is an incorrect term. If anything, it should be *painlessly* slow, meaning you feel no pain at all.
- Once the warm up starts, you should feel your energy begin to rise on this scale (no energy, little, some, ample, and abundant). It's not unusual to raise your energy by one level, if you go slow enough. More energy means more for the rest of the workout.
- The next phase after the warm-up is "expansion." Please see if you can feel your energy rise above the warm-up level, whatever that was.
- Given your short workout duration, you should finish the workout before fatigue sets in and your energy starts to flag. That's the goal.
- And that's the definition of a "good" workout: you finish with more energy that you had when you started.

Workout Timeline:

- First 15 minutes at a very-slow pace (see above for details).
- Maintain light exertion for the rest of the workout (see above for details).

Other Topics for Discussion.

- Anything pertaining to Lesson One on the website, including the PowerPoint program, the introduction, and the course syllabus.
- Anyone's experience during the workout, including their running energy level, the overall effort of the completed workout, and how the transition went (including what the transition is).
- Staying safe during the workouts by wearing a mask and avoiding close contact with others.

- Having and using ear buds to hear the facilitator on a phone during workouts.