

Becoming Fitness.

Week 2; Workout 2.

Basic Workout Information (and where to find it). The basic workout info is written up in the developing program file posted on our website under developing a fitness regimen. Please access your printed version for basic workout information, including, the theme for the week, the workout duration in minutes, the workout effort you should aim for, and the ability you will build.

Setting Up a Route with Hills. Keeping the same features of the route you were developing in the previous workouts. But please adjust that flat route or create a new route so you incorporate several long gradual hills, such as the ones going up Waialae Avenue into Kaimuki or through the UH and into Woodlawn. The grade of the hill is not as important as the way you run, jog, or walk the hills. Here's what to look for.

- **The primary rule** for all uphill training is to stay relaxed on the following scale: gentle, held-back, relaxed, pressed, forced, strained.
- **This scale measures the power component of exertion**—the amount of muscle power you are using to generate and sustain your pace.
- **While you are on the hill**, please practice the following:
 - Start at your slowest pace (gentle), then increase your pace until you are “holding back,” then increase your pace to the relaxed level.
 - Then try pressing the pace briefly to see what that feels like.
 - Then repeat the process several times until you know what each level feels like.

As long as you are relaxed, that's hard enough to build muscle power in your legs. To press the pace is to work too hard. Pressing is too hard. Pressing won't get you home significantly faster when you are tired and you won't enjoy the effort if you press. Stay relaxed!

A Place to Stretch. Here is the next thing to incorporate into your route.

- Find a place somewhere in the middle of your route to stretch.
- The place should be relatively private/quiet and sheltered from the wind.
- You'll need something to hang on to for balance as you stretch (a pole, a fence).
- Create a stretching routine, including stretches for your quads, hamstrings, calves, inner thighs, etc. Anything that feels good.
- Make sure you stretch very slowly and gently. Find the point where each stretch becomes uncomfortable and stay on the comfortable side of uncomfortable.
- Do nothing that causes you to wince with pain. Your body doesn't like pain so be good to your body.
- Take at least 5-to-7 minutes to stretch (stop your watch while you stretch) and see about feeling better when you leave your stretching place.

Warming Up Correctly. This was the first basic training skill, added in the previous workout. Please use the instructions on warming up correctly (included in your week-2-workout-1 description) until you've made it part of your routine. Remember, there is a difference between the transition and the warm-up.

Smooth-as-Silk Footfall. The second skill (to be added during this workout, and from now on) has three elements:

- **No Jolting.** You are practicing this skill correctly when you take a step and feel no jolting (or hard landing) footfalls, either a sudden accidental footfall, or constant jolting footfalls.
- **Quiet Footfalls.** Similarly, you shouldn't hear your footfalls—either loud pounding or scraping sounds. See about doing whatever you need to do to make your footfalls quiet.
- **Posture Check.**
 - Focus your gaze on a spot on the ground about two yards ahead of you. That will help you see uneven ground ahead of you and also help to keep your balance.
 - Check that your hips are tilted back (not thrust forward), and that your chest is up and your shoulders are down and back. Swing your arms relaxed.
 - Until this becomes a constant habit, please see about setting your cell phone timer to go off every 10 minutes to remind you to check your posture and your footfall.

The smooth-as-silk footfall will save on shoe wear and tear. It will also save on body wear and tear. Your ankles, knees, and hips will like you for being gentle on them. And you will be practicing one of the basic skills of running and racing, namely how to be efficient.

Remember also, we are adding enjoyable activities to your workout regimen. If you enjoy these activities, you'll look forward to doing your workouts. So anything you add to the workout should be enjoyable, not disagreeable or burdensome. See about keeping your activities enjoyable.

Workout Timeline:

- First 15 minutes at a very-slow pace (see above for details).
- Posture check every 10 minutes.
- Stretching during the middle of the workout.
- Maintain light exertion for the rest of the workout (see above for details).

Discussion Topics.

- The posture checks.
- Stretching.
- Lesson One (the power (gentle, light, steady state) and breathing (conversational/inaudible and huffing/audible) components of exertion and how they apply to the current workout).
- 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.