

Becoming Racing Fit.

Week 2; Workout 3 Script.

Announcements. Bob Lew and I are almost through with rebuilding the BC Endurance Trainings website. By mid-week you'll be able to find all of our program materials in one place, instead of having to search through your email server.

Context. Becomers are into the second week of a 4-week training period. Your goal is to structure the exertion of your three weekly moderate-effort workouts, by the rules (which I will explain, as I did last time with your first hill workout (and the rule is: always run uphill at a relaxed level). You should also add one off-day easy (short-slow) workout per week beginning this week. Please also see about projecting yourself into the following activities:

- **At least three moderate workouts and one easy workout per week.** You can do a workout "live" with your facilitator, or you can listen to the facilitator's recording, or you can do the workout using the written recipe. All are legitimate ways of participating.
- **The most important thing** is to get the workouts in. You must be willing and able to scheme a workout time that's close to giving you recovery periods of 2.5, 2, 2.5 days each week. You can insert the easy (short-slow) workout anywhere.
- **The PowerPoint lesson** and its supplementary course reading material, The Quiz, and a reckoning with your small group to make sure everyone knows the material.
- **A scheduled, weekly, 40-minute Zoom discussion** with your small group. This is no longer a workout meeting. I've decided it's better to keep your training and discussions separate. I still expect someone from your small group to set up this Zoom meeting.
- **Office Hours** with Brian or your facilitator. These *optional* meetings are an opportunity to ask us about course material, to bring up organizational issues, or to chat about world affairs.

I realize there is a lot of hard work associated with being an initiate in the hard-easy system. As you've probably noticed, your workouts are being packed with activities that require focused concentration.

Of course you could use your workout time to listen to music or to ruminate (let your mind wander), but our program purpose is to "run" correctly. Think about getting into the "flow" of training. Turn off the critical internal chatter. Be in the present, enjoyable moment of relaxed and energizing exercise.

The Workout. Please refer back to the week-2; workout-2 recipe for details on the following, which should be incorporated into this workout.

- Basic Workout Information.
- Warming Up Correctly.
- Setting Up a Route.
- A Place to Stretch.
- Smooth-as-Silk Footfall.

Finding your spot on the ground. This is the new skill activity to begin practicing today.

- **Focus your attention on a moving spot** on the ground a couple yards ahead of you. It's not a real spot but a focal point that enables you to see the ground and adjust your footfall to it. It's a basic skill accompanying a smooth-as-silk footfall.
- **Look down with your eyes**, but not with your neck and shoulders. Your neck and head should be erect (not jutted out). Your shoulders should be back and down.
- **It helps to wear a hat/cap** with a low visor that prevents you from seeing people on the sidewalk or in cars.
- **Don't look at passersby**, but listen to them as they go by. Don't listen for meaning as much the feeling or attitude that comes up for you during the listening process.
- **Look up occasionally** from your spot to see the road ahead. But return your gaze to your spot, while focusing on other things such as your route or exertion level.

Workout Timeline:

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