

Course Syllabus

Lesson 1. What is a Marathon? (According to the Hard-Easy System.)

- Pace Exertion.
- Exertion Structures.
- The Five Components of Exertion.
- The Breathing Component.

Lesson 2. Building Marathon Ability. (How do we build ability?)

- Light Exertion and Ability.
- Talent and Ability.
- The Intensity Component.
- Stamina and Endurance.

Lesson 3. The Rules of Right Exertion. (Rules? What rules?)

- Rules for Structuring Stamina and Endurance.
- The Interval Workout Structure.
- Power and Right Exertion.
- Power as a Racing Ability.

Lesson 4. Tempo, Speed, and Endurance. (Building related abilities, without confusion.)

- Practicing Marathon Tempo.
- The Tempo Workout Rule.
- Speed vs. Endurance.
- Speed vs. Tempo.

Lesson 5. What is a Workout? (Effort and energy.)

- Measuring Running Energy.
- The Five Workout Energy Patterns.
- Capacity for Exertion.
- Understanding Workout Effort.

Lesson 6. Workout Effort and Capacity for Exertion.

- The three aspects of energy.
- What does capacity contain?
- Workout effort and pace exertion.
- Defining hard and Easy efforts.

Lesson 7. Optimizing Workout Effort. (How do you know when you have your effort right?)

- Is Optimum Effort Possible?
- Effort/Energy Combinations.
- Training and Adaptive Value.
- The Hard/Ready Combination.

Lesson 8. Scheduling Effort and Recovery. (What is a training schedule?)

- Training Periods and Training Cycles.
- Recovery-Period Standards.
- A Hard-Easy Schedule.
- Regular and Adequate Recovery.

Lesson 9. Establishing New Workouts by Optimizing Shock. (The first objective of the training process.)

- Establishing Workouts.
- Shock and Fitness.
- The Stress Threshold.
- Measuring Proficiency.

Lesson 10. Measuring Adaptation. (The name of the training game.)

- The Training Cycle.
- Repeating Workouts.
- Adaptation, Capacity, and Performance.
- Exhaustion and Ability.

Lesson 11. The Marathon Revisited. (Can you “muscle” the marathon?)

- Workouts and Races.
- Maximum Sustainable Exertion.
- Correct and Incorrect Pacing.
- Cruising and Crashing.