Lesson 6 Supplemental

Workout Effort and Capacity for Exertion.

A brief outline of the sections in the Lesson 6 PowerPoint presentation:

- What is capacity for exertion and what does it contain?
- What is workout effort? How is it different from exertion?
- What’s the difference between a hard and an easy workout?
- How does capacity determine the difficulty of a workout?

Workout effort and pace exertion are two different concepts in the hard-easy system. To avoid confusion, you must know the difference, otherwise you won’t understand how to optimize the effort of your workouts. Why work harder than you need to?

Pace Exertion. Is defined as the effort needed to sustain a running pace. Your sensations of exertion can change from moment to moment during a race or workout on the following scale: mild, light, steady-state, threshold, ragged-edge, and maximum.

- The way you structure the exertion of your workouts enables you to build racing ability.
- The interval structure shown in the following graph is designed to build tempo ability for a long distance race like the marathon.
- The green oval container within which exertion evolves is your capacity for exertion. Capacity is in constant, cyclic, and communicative motion.
Workout Effort. Defined as the effort of a workout as a whole; measured as very-easy, easy, moderate, hard, very-hard, and all-out.

- The workout effort of a race or workout cannot be fully measured until after the run is finished and you have stopped exerting yourself.
- Please don’t confuse workout effort with pace exertion (defined above), which is the effort needed to sustain a pace during a race or workout.

The solid black oval nestled within the green capacity oval is an illustration of workout effort. Notice, there is no blue exertion curve (as in the graph above) because the workout has ended and you are no longer exerting yourself.

Though you are no longer running, the effort oval enables you to feel the effects of the recently completed workout. They can range, say, from invigoration to lingering fatigue.

Your body is actively recovering from its last workout. And you can readily feel the “sensational” effects of that reparative and recuperative process. Being able to adjust to those sensations is important to effective endurance athletics.

Ultimately, you must be able to exert and optimal workout effort: in harmony with the pattern of energy that developed during the workout. You are in charge of your effort but not your energy, which is the determining “right-effort” factor.