

## Lesson 7 Supplemental

### Optimizing Workout Effort.

**A brief outline** of the sections in the Lesson 7 PowerPoint presentation:

- How does fatigue determine workout effort?
- What two concepts make an effort/energy combination?
- What is the experience of running an optimal combination?
- How does adaptive value vary among the optimal combinations?

### Understanding the Hard/Ready Combination.

- Can you do a hard/ready, tempo interval workout? **Yes, the exertion of a hard/ready workout can be structured for any ability-building purpose.**
- Is there a best time to do hard/ready workouts? Say, during the first, second, or third month of a training period? **In our training system, it's okay to do hard/ready workouts anytime.**
- Moreover, is there a preferred sort of athlete who can and should do hard/ready workouts? Or should some athletes avoid them? **Fitness could play a part in this decision. But anyone could become fit enough to do hard/ready workouts.**
- Why would you (or anyone) want to do hard/ready workouts, as opposed to moderate/ready or moderate/lazy workouts? **This decision boils down to one's ambition. And the effort one is willing to exert for the sake of competitive glory.**

**What makes a hard/ready workout adaptive?** It feels different (satisfying and harmonious) from the too-hard (dissonant and discordant) or too-easy (blah and not satisfying) combinations.

**Wouldn't it be nice to have a bigger running engine** with which to do your next goal race? What would it take?

- Running optimal workouts exclusively.
- Always having sufficient energy for the effort.
- Ending all workouts at the first sign of fatigue.
- Never running discordant workout efforts.

**Suppose you could garner adaptive value** with all of your workouts, regardless of how easy they might be. Is this possible? Yes. Even the easiest workouts can garner adaptive value. What would it take?

- Combine them with the least-energy pattern, i.e., sluggish.
- Slow down to whatever you consider a very-slow pace.
- End the workout before it becomes a burden.