

Lesson 7 Quiz

1. Name

2. Which of the following is the best definition of a hard/ready workout?

- It's a workout where effort and energy are measured after it has ended. **True.**
- It's a workout with a difficult pace and ample energy. **(Hard refers to the effort of the workout as a whole, not its pace.)**
- It's a workout that should be done during interval training. **Not necessary.**
- It's a workout that only fitness level 3 and four should do. **Not necessarily.**

3. True/False: An effort/energy combination refers to thirty possible optimal workouts. **False. There are only five optimal combinations.**

4. True/False: A case can be made for saying that a moderate workout is always an optimal effort. **False.**

5. Which of the following is not true about the ready-to-train-hard workout energy pattern?

- It's possible to do a moderate, hard, or very hard workout.
- Only one workout effort level is optimal.
- You can end the workout before or after fatigue sets in.
- It creates the largest possible capacity for exertion. **No. The largest is eager.**

6. True/False: Every workout consists of measurable amounts of effort and energy. **True.**

7. True/False: There is more than one optimal effort for every workout energy pattern. **False**

8. Which is not true of adaptive value?

- It's the potential to increase your capacity.
- You can garner it during all of your workouts. **No. Only optimal workouts.**
- Its ability-building effect can last weeks or months.
- It increases your racing ability from workout to workout.

9. Which of the following has the least adaptive value?

- Very-Hard/Eager.
- Hard/Ready.
- Very-Easy/Sluggish. **This one.**
- Moderate/Lazy.

10. True/False: A very-hard/eager workout feels harmonious. **True.**

11. True/False: The amount of fatigue determines the amount of workout effort. **True.**