

Lesson 8 Supplemental

Scheduling Effort and Recovery.

A brief outline of the sections in the Lesson 8 PowerPoint presentation:

- What is a workout energy cycle?
- What are the standard recovery times?
- What is the process of scheduling workouts?
- The importance of regular and adequate energy cycles.

From a runner's point of view, keeping a schedule requires that you coordinate your workout efforts with your recoveries in certain scheduled time slots. This isn't easy to do. It takes a lot of disciplined practice to get it right consistently.

Nonetheless, if the schedule isn't there as a guide, you could be tempted to freelance your training, exerting effort by whim or caprice, without referring to a definitive, well-planned schedule.

- **Freelancing** often means going out to train when you "feel" like it, and running the workout too fast (and too hard) because you have more energy than needed.
- **In such cases**, you often disrupt the necessary rhythm of optimal effort and recovery. Consistency is the most important part of progressive training.
- **Running is like baking a cake.** You've got to mix the ingredients correctly or you ruin the consistency of the cake. Are you mixing effort and energy correctly?

Many athletes discount the efficacy of easy/tired workouts because they think "easy" training is too short and slow to build significant racing ability.

- **As a result**, even though they may be tired from their last hard workout, they add pace or duration to what could have been an easy workout in a vain attempt to build more ability than they believe an easy workout would have built.
- **In doing so**, however, they make an optimal, easy/tired workout into an exhaustive, moderate/tired workout that doesn't generate adaptive value. In fact, moderate/tired workouts generate negative, exhaustive adaptive value.

Easy workouts are often as important to the overall effect of a training regimen as their harder brethren.

- **Suppose you taught yourself** to do fourteen workouts a week—one every twelve hours, including three hard workouts and eleven easy workouts.
- **What do you suppose** would happen to your capacity for exertion over a period of several months, with so many easy workouts providing regular and cumulative infusions of adaptive value, however small?