

Level 3 (Becomers). Week 5. Workouts 1-3.

This is the first week of your second 4-week training period. You have two goals in this training period.

- Your primary goal is to learn how to better manage workout effort and workout energy for adaptive purposes. Remember, you are training to become racing fit. That process requires doing the right efforts in the right time slots, with the right energy.
- Your specific goal is to build the effort of your stamina workout (#3) from moderate to moderate+ (this week), to moderate++ (in week 6), to hard (by week 7). On week 8 you'll do a hard/eager test-effort to complete the training period.

Here is a summary of your three week-5 workouts:

- **Workout 1.** A 65-minute, moderate/ready tempo interval workout on a flat route.
 - Please refer to your week 3, workout 2 description for details on intervals.
 - Also, please refer to a section below called "Your 10K Interval Pace" for more information about the feeling of 10K pace.
 - In this, your third interval workout, please see about doing 6 sets of 2-minute intervals at 10K tempo for this moderate/ready workout.
 - Note, from now on there should be one minute of very slow jogging between each tempo interval.
 - Very-slow in this context is your slowest jogging pace, which amounts to a gentle pitter-patter on the balls of your feet or a slow gliding motion with no bounce.
 - The purpose of the very-slow recovery-interval pace is to lower your exertion level as quickly as possible from steady state to light exertion so you feel ready to do the next tempo interval in roughly 30 seconds.
- **Workout 2.** A 75-minute, moderate/ready workout in the hills. Please refer to your week 3, workout 3 workout description for details on running hills. Remember, few athletes will be able to incorporate every detail into running hills (or intervals). They will need reminders, especially on their posture and finding a relaxed level of exertion on the hills. The rule for running all hills is: they should feel relaxed, regardless of the grade.
- **Workout 3.** An 85-minute, moderate+/ready stamina workout on the flats. This workout is 5 minutes longer than the week three stamina workout, and it should be long enough at a slow pace to be a little harder than a mere moderate workout effort (see the next two sections on "The Theme for the Week" and "Focusing on Energy" for more information on this workout.

The Theme for the Week is "Building Effort." The third workout of the week should be slightly harder than previous #3 workouts in the series because it's longer. In other words, in order to make the stamina workout harder, you don't have to run faster, just longer according to the schedule.

Focusing on Energy. I'm late in posting Lesson 5, which develops a concept for energy. But energy is relevant in this and future workouts so I will share some basic ideas here.

- **Running energy can be measured** during a workout as follows: no energy, little, some, ample, and abundant. The levels are defined in the workout log/diary.
- **Running energy changes** (rises or drops) during a workout according to four metabolic forces: transition (drop), warm-up (rise), expansion (rise), and fatigue (drop).
 - You must coordinate your exertion (mild, light, steady state, etc.) during a workout in harmony with the metabolic force that's occurring in the moment.
 - This is why it's so important to go very-slow during the transition between standing around before a workout and you first running steps.
 - The faster you run during the transition, the more energy you waste and the greater your risk of injury.
- The way running energy changes (according you the four metabolic forces) forms five **workout energy patterns**: sluggish, tired, lazy, ready, and eager (see log distinctions).
- **Your week 5 workouts** call for you to feel "ready" during the course of the workout, meaning *some* energy develops early, *ample* energy develops in the middle, and you feel no less than ample energy at the end of the workout.
- **You should always end your workouts** at the first sign of fatigue. There should be little or no significant fatigue associated with a moderate workout. Rather, you should be able to recover from a moderate workout in 24 hours.
- **When you start doing hard workouts**, there will be significant fatigue that requires 48-to-60 hours for recovery to the ready level. I will talk about how to recognize and deal with fatigue as you approach the hard workout level.
- These changes in energy should be reflected in your **workout log/diary**, which asks you to say what level it was at the middle and end of every workout.

Your 10K Tempo Interval Pace. Your main purpose in doing tempo intervals is to practice the specific pace of the racing distance you are training for—for practice purposes we are assuming you are training for a 10K. Moreover, you are practicing the average pace you are currently capable of sustaining for the whole racing distance.

- There is a feeling associated with a specific race pace. It's the way your average 10K pace feels. In terms of tempo, it's the feeling of your arms and legs in motion that should be the practice focus of every workout. In most cases, it should feel quick on this scale: very-slow, slow, quick, rapid, fast, very-fast.
- Moreover, that feeling carries over to intensity, which is another set of internal sensations. During the first half of your race and during every practice interval, you should feel comfortable, as opposed to very comfortable or tolerably uncomfortable on this intensity scale: soothing, very-comfortable, comfortable, tolerably uncomfortable, uncomfortable, and very-uncomfortable. You have to be able to make these distinctions during a race or workout, especially if you want to run tempo workouts correctly.

Please continue to incorporate the following into **every workout**:

- **Enjoy your workout routines.** Don't rush them, as they are an integral part of the whole workout experience.
- **Warm up for 10-15 minutes** at a very slow pace, regardless of your energy.
- **Stretch at the mid-point** of every workout. Your body loves stretching. Cats and dogs do it instinctively. We humans mostly have to contrive our stretching opportunities.

- **Practice your running skills**, including a quiet, silky smooth footfall, with your balance focal point on the ground a couple yards ahead.
- **Pay attention to the way your body feels.** The scales in our workout log/diary point at the most relevant training-related ranges.
- **Pay equal attention to** the feelings, emotions, and moods affecting your experience before, during, and after every workout.
- **Fill out the effort-energy workout log/diary** after every workout. Book mark it into your phone so you can fill it in immediately after every workout.