

Lesson 10 Supplemental **Measuring Changes in Ability.**

A brief outline of the sections in the Lesson 10 PowerPoint presentation:

- An intermediate term training cycle has three major phases: shock, adaptation, and exhaustion. The short-term workout cycle has six phases.
- Repeating an established workout maximizes adaptation in the intermediate term (of a few weeks or months).
- Adding effort to an established workout changes its exertion structure, which can renew the shock phase of the training cycle.
- Increasing effort in the throes of shock or exhaustion spurs further decreases capacity while lowering your resistance to colds and injury.

Peaking for a Goal Race. Most coaches and athletes want to perform their best on race day, especially on the day of their goal race. A training or racing peak always occurs in time, whether on race day or at another point in a training period.

- What is it that peaks? Is it your performance or your ability? Let's say that a peak is the point in time at which your body is fully able to do a workout or a regimen of workouts. How would you analyze the following case example?
 - **Suppose** you ran 9 minutes per mile for a 60-minute workout on the 10th week of a training period. Further, let's say it's your best performance of the ten 60-minute workouts.
 - **Suppose** you ran a moderate workout on the 9th week and you averaged 9:30 for the workout. Would you still say the 10th week performance represented peak ability, if that workout was hard?
- **How do you measure changes in ability?** Is the only way by measuring pace performance? Or are there other factors to consider? Workout effort, for instance, factored into the above example. How about your capacity?
 - **Suppose you were feeling lazy** for the week-9 workout and ready for the week-10 workout. How would that affect the equation? Does having a smaller capacity improve relative performance quality?
 - **Given several important factors**, which ones have to be held constant during a training period, especially the latter part when you are attempting to build ability by maximizing adaptation?

It's always a pitfall to add effort to an established workout, especially to indulge in meaningless feel-good performances that ultimately prove nothing. The only performance that counts is on race day—and that's the day you should be at a peak.