

Lesson 10 Quiz Answers

1. Name
2. Which of the following is not true of exhaustion?
 - It can be avoided.
 - It contracts capacity.
 - It can be minimized.
 - It's a short-term cycle. **This one.**
3. True/False: The effort of an established workout is sufficient for adaptation. **True**
4. True/False: Peak ability is another way of saying peak performance. **False**
5. Which of the following is not true of repeating workouts?
 - It maximizes adaptation.
 - You may not increase your effort.
 - Exertion shouldn't change.
 - It's the best way to establish a workout. **This one.**
6. Which of the following is not necessary for measuring changes in ability?
 - Workout effort.
 - Workout energy.
 - Pace performance.
 - An adaptive peak. **This one.**
7. True/False: Proficiency is a way to measure changes in your ability to withstand workout stress. **True.**
8. True/False: Adaptation shows up as improved average pace at the same workout effort **True.**
9. Which of the following is least likely to occur when you increase the effort of an established workout?
 - Your performance will improve.
 - You will throw yourself into shock.
 - Adaptation will be optimized. **This one.**
 - You will probably catch a cold.
10. True/False: Your stress threshold changes according to the phases of a training cycle. **True.**