

Lesson 11 Quiz Answers

1. Name
2. Which of the following is not true of maximal sustainable exertion?
 - Exertion rises gradually with fatigue.
 - It's your hardest level of exertion. **This one.**
 - It's an optimal range of exertion.
 - It extends for an entire race.
3. True/False: Optimal pacing will result in the fastest average pace performance. **True**
4. True/False: An all-out/eager combination always yields the best performance. **False**
5. Which of the following is not true of crashing?
 - It's a measure of pace performance on the final race segment.
 - It's a larger percentage of average race pace than cruising.
 - It's an indication of optimal pacing early in the race. **This one.**
 - It's usually accompanied by disagreeable stress symptoms.
6. Which of the following is not true for a 5-hour marathoner who tries to run a 4:30 marathon?
 - He will run slower than 5 hours in all circumstances.
 - With optimal pacing he can run faster than 5 hours. **This one.**
 - He won't run 4:30 because he is only capable of 5 hours.
 - 4:30 is a fantasy time that's totally beyond his reach.
7. True/False: It's possible to have more energy in the middle of a race than at the beginning. **True.**
8. True/False: Flying is a measure of final segment pace as a percent of average race pace. **True.**
9. Which of the following is not true of an all-out race?
 - You couldn't have gone farther without slowing down.
 - You ran as fast as possible for the racing distance.
 - You ran a very-hard/eager combination. **This one.**
 - You ran a maximal sustained effort.
10. True/False: You get to decide what a great race consists of. **True.**