

## Lesson 8 Quiz Answers

1. Name

2. Which of the following is not true of scheduling?

- A schedule is a list of workout times during a training week.
- There are standard recovery times for optimal workouts.
- Athletes should adjust their efforts for scheduled time slots.
- A schedule is a list of ability-building workout structures. **This one.**

3. True/False: There are six phases in a typical workout energy cycle. **True**

4. True/False: An easy workout is short and slow enough to promote recovery from harder workouts. **True**

5. Which of the following is the least important for understanding the scheduling process?

- A consideration of the two aspects of every workout.
- The optimal effort/energy combinations.
- The contraction and recovery forces.
- A workout's ability-building structure. **This one.**

6. Which of the following has the most adaptive value?

- All-out/Eager. **Not optimal.**
- Hard/Ready. **This one.**
- Moderate/Tired. **Not optimal.**
- Easy/Tired. **Less than Hard/Ready.**

7. True/False: In an unconventional workout schedule, thinking begins with the effort of a workout as a whole. **True.**

8. True/False: Your workouts are connected to your races by the ability you build during a training period. **False. Connected by workout energy cycles.**

9. Which of the following has the least adaptive value?

- Very-Hard/Eager.
- Hard/Ready.
- Very-Easy/Sluggish. **This one.**
- Moderate/Lazy.

10. True/False: Freelancing means exerting effort without a schedule. **True.**