

Lesson 9 Quiz Answers

1. Name
2. Which of the following is not true of a training cycle?
 - Capacity doesn't expand at a constant rate.
 - You control the cycle with workout effort. **This one.**
 - Capacity expands and contracts in phases.
 - There can be more than one cycle in a year.
3. True/False: A training cycle is a shorter version of a workout energy cycle. **False**
4. True/False: Anytime you do anything new in training, your body goes into shock, which increases your capacity. **False**
5. Which of the following is not one of the goals of the hard-easy system?
 - Maximize adaptation.
 - Avoid severe exhaustion.
 - Minimize the effects of shock. **This one.**
 - Optimize workout effort.
6. Which of the following is not true of your stress threshold?
 - It's a moving target.
 - It depends on your fitness level.
 - A lower threshold means more stress symptoms. **This one.**
 - It sets adaptive limits.
7. True/False: The primary way to avoid stress symptoms is to run optimal effort/energy workouts. **True.**
8. True/False: The proficiency scale gives you a way to measure your ability to do a workout without experiencing excessive stress. **True.**
9. Which of the following is not true of the incremental process of establishing workouts?
 - You can avoid most stress symptoms.
 - You remain passably able throughout.
 - Hard/ready workouts are most optimal. **This one.**
 - Becoming unable means you over-trained.
10. True/False: Athletes at the lowest fitness levels are most at risk for injury. **True.**