

## Level 1 (Launchers). Week 11. Workouts 1-3.

**This is the fifth week of your second 6-week training period.** You'll only have 1 week left in the training after this week. Are you on the way to Level 1 certification? What would you say that certification should consist of?

**The theme for the week is "Hills and Play."** Are you playing with your hills? Are you playing according to the relaxation rule: constantly adjusting your pace so you remain relaxed on this use-of-muscle power scale: gentle, held-back, relaxed, pressed, forced, strained.

**Here is a summary of Week-11 workouts** as reflected by the Launchers' schedule:

- **Workout 1 (Sunday).** An 80-minute, moderately difficult stamina workout on the flats.
  - **To what extent have you established** this workout? Did you follow the schedule exactly, adding 5 minutes per week when called for? Did you miss or repeat weeks? And are you in fact at an "established" 80 minutes now?
  - **Did you become sick or injured** during the program? Stress is cumulative: it adds up from all sources, including workout stress and other life stressors. Too much stress lowers your resistance to colds and injury.
  - **Colds and injury must disrupt** the training process. Sick? Stop all training until you are 90% healthy. Then start short and slow. Injured? Rehabilitate by slowing down so you experience pain at not-more-than a tender level.
- **Workout 2 (Tuesday).** A 40-minute, easy workout in the hills.
  - **I'm inclined to think** that nobody can be Level-1 certified unless they can demonstrate an ability to run, jog, or walk at the relaxed level on a hill.
  - **It's the basic skill**; nothing else matters. The way to practice this skill is to slow down immediately whenever you come to a hill. It's the first thing.
- **Workout 3 (Thursday).** A 65-minute, moderate workout in the hills.
  - **Did you enjoy** this workout last week? To what extent would you enjoy it more if you went slower up the hills?
  - **What's driving** your desire to press the pace on a hill, instead of strictly observing the relaxation rule?
  - **Feeling good** enough to work a little harder? Suppose you don't feel that good next time? What's your muscle power standard?

**In addition to the following new ideas**, please refer to the week 5 workout description for a summary of the various aspects that should be incorporated into every workout. Please refer also to the new material that has been added to this section in recent weeks.

- **Getting Fit.** As you'll learn in Lessons 9 and 10, getting fit doesn't depend on your exercise activities alone. But on the way your body responds to those activities. There are three phases: shock, adaptation, and exhaustion. And only one is positive.
  - **Nonetheless**, you have to contend with all three, as you no-doubt have during this program. Shock usually governs your attempts to establish a new training regimen: three workouts a week, one easy and two moderate.

- **Some of you** may not be out of the woods yet: still trying to establish three workouts. It's difficult to get it right the first time, much less every time. The goal always remains to optimize the amount of shock you experience.
- **Optimizing shock** means the first workouts in the series are easy enough to so you survive without injury or illness. You should be passably able to do those workouts, but being on the easy side of passable is okay.

**Getting Fit II.** Your workouts are the “doing” side of training. Your energy is the responding side. Everything depends on your body’s energy-related responses—in the short-term of a workout energy cycle and the intermediate term of a training cycle.

- **You are in the intermediate term**, having more-or-less established a new set of weekly workouts. Having established an exercise habit, you have also established the energy needed to do those workouts.
- **Building your energy reserves** is an essential part of the training process. Your training has to be regular so your body can provide the necessary energy. In the process, it also provides some energy for living life.
- **Your body gets used to** providing energy. It likes and expects to have its energy expended during regular exercise. In the best case scenario, your mind and body collaborate cooperatively to expand energy as needed.