

## Level 1 (Launchers). Week 12. Workouts 1-3.

This is the sixth week of your second 6-week training period.

The Theme for the Week is “Accomplished.” This week represents the third week in which you’ve done two moderate and one easy workout per week. If you have established these workouts as an enjoyable part of your weekly exercise routine, congratulations!

Here is a summary of the Launchers’ three, Week-12 workouts (the same as week 11):

- **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?

**Becoming Certified.** This week marks the completion of a 12-week certification program. The program has three parts: the lessons, the workouts, and the people who support you in the certification process. Here is the workout recipe you were given in writing 12 weeks ago.

### Two 6-Week Training Periods.

- **Period 1. Building an Easy-workout Base.** Athletes will build a base of three weekly workouts, at an easy workout level, where the ability-building focus is on stamina (training relatively long-and-slow) and power (with some gradual hills thrown in to increase muscle strength).
- **Period 2. Adding Effort to an Easy-effort Base.** Athletes will slowly increase the overall effort of 1-2 workouts from the easy, base level until they reach the moderate level. The increase in effort will be built into the training because workout duration will have increased incrementally by five minutes a week,

starting with week-one workouts at 30, 35, and 40 minutes, respectively. The goal during the 12-week program is to double the duration of the longest week-1 workout, from 40 to 80 minutes, in the context of a moderately difficult workout. Athletes will be taught to manage their effort with the pattern of running energy that develops during all workouts, but especially the moderate workout.

### **Gaging Workout Effort Correctly.**

- Student athletes will use the program effort-energy diary to become more aware of the feedback their body gives them during a fitness regimen. In addition, the online course (through lesson 6) will help to focus attention intellectually on pertinent effort and energy-related ideas.
- Similarly, during the second training period, we will increase awareness of the training process by deliberately and incrementally increasing the duration of a well-established, easy stamina workout. By increasing overall workout effort to the moderate level—without significant or noticeable distress—athletes will experience new possibilities for gaining fitness in future programs.

### **Develop an Enjoyable Routine.**

- A fitness training routine consists of the following: maintaining a weekly workout schedule (in specific timeslots); looking forward to the workouts; taking time (not rushing) before each workout to change into exercise clothes and put on accessories (hat, fanny pack, music, phone, etc.); and going out to train.
- The routine also includes stretching, bathing, and, above all, feeling energized and ready for the rest of the day or evening.
- In the process of establishing a routine, athletes will get support from family, friends, and co-workers to maintain the discipline of scheduled training. They will also cultivate training partners for company during one or two workouts a week.

**To what extent** did you follow the above certification plan? To what extent did the program helped you become certified? To what extent did you follow your own plan instead of the certification plan? To what extent are you now worthy of training yourself with minimal supervision during future BC Endurance race-preparation programs or other non-racing fitness programs? If you feel unqualified to train yourself with minimal supervision, to what extent would you be willing to participate in a remedial program aimed at full certification at your #1 level by the end of the year? What case can you make for having met minimal certification standards? What standards would you propose for this and future certification programs?