

Level 2 (Developers). Week 9. Workouts 1-3.

This is the fourth week of your second 6-week training period. It's also the second week of doing three moderately difficult workouts. Will you have sustained them all? If so you deserve another hearty congratulations, as two weeks in a row wasn't something you could do before.

The Theme for the Week is "Almost There." You're one week short of having established the longest workouts of the training. Having almost "arrived," it makes sense to look ahead to several possible scenarios.

- **Consolidating your gains** by maintaining the same workouts. This will enable you to get stronger by virtue of simply repeating your workouts for a while. That's the purpose of week 11—a consolidation week in which you begin rising from passable to fully able.
- **Meanwhile, Lesson 9**, which will be posted this week, talks about the difficulty of establishing new workouts without becoming sick or injured in the process. If you get through the training having established these new workouts, kudos to you.
- **What is your next step?** What will you do with your new capacity? Will you fall back to a more sustainable level, maintain your current gains and train for racing at the #2 Developer Level, or surge ahead to the #3 Becomer Level? All are legitimate options.

Here is a summary of the Developers' three, Week-10 workouts:

- **Workout 1.** A 65-minute, moderate tempo interval workout. Using a flat quarter-mile circuit, do eight sets of 2-minute 10K-tempo intervals (16 total) that feel quick, relaxed, and comfortable throughout.
 - **The workout will consist of** your usual 12-15 minute very-slow warm-up, followed by sixteen 2-minute tempo intervals (30 seconds rest), plus a cool-down jog if you finish the intervals before the 65 minutes is up.
 - **Refer to the week 7, 8, and 9** workout descriptions for details on how to structure the workout.
 - **Pace the tempo intervals** according to the following protocol.
 - **First six sets at a quick, relaxed** pace that remains comfortable throughout.
 - **Before you start the 7th and 8th sets**, make sure you are still on track for a 60-minute moderately difficult workout that won't hurt you in any noticeable way. There's plenty to gain; much to lose by overshooting.
 - **Adding a New Wrinkle.** The object is to determine how many steps you take in 2 minutes.
 - **Count the number of steps** you take in this way: every time your right foot hits the ground, count two steps, as in 2, 4, 6, 8, 10; 2, 4, 6, 8, 20; etc. Count to 100 and start over.
 - **Establish a 2-minute step-count standard** during the sixteen 2-minute intervals. How many steps do you take on average, ending each 2 minutes in approximately the same place as recent workouts?

- **The purpose is to see how the number of steps changes** during the remainder of the training and into future training programs. Maybe you can tell if you are getting stronger, with the same effort. Nice?
- **Workout 2.** A 70-minute, moderately difficult workout in the hills. You should know how to do this workout enjoyably by now. All that's left is to practice what you've learned. Remember, every workout is an opportunity to learn how your body responds to training.
- **Workout 3.** A 90-minute, flat, moderate-effort workout at a slow pace to build stamina. An opportunity to practice all the skills we've talked about. See about incorporating a mid-workout stretching session. Or find a measured mile and count your steps.

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.

- **Brian's Mid-Workout Stretching Routine.** The stretching routine that's posted to your fitness level page evolved to meet my particular needs (but not necessarily yours):
 - **A Lower-Back Issue.** Caused by an accident 10+ years ago. The pain is now related to the amount of sitting I do each week. Stretching helps.
 - **Short muscles.** I've always been relatively inflexible, despite a lot of stretching in my life. Not everyone can easily touch their toes.
 - **Training-related stiffness/soreness.** I've always stretched because it made my body feel more relaxed and less twitchy between workouts.

You may have different needs, which could make my routine inappropriate for you (see the next section below on what to look for).

- **Your Mid-Workout Stretching Routine.** I've given you little direction on what stretches to incorporate into your mid-workout routine. Your stretches might be better than mine for your needs. Here's what to consider in further developing your routine.
 - **Your Goal.** What are you trying to achieve/accomplish with a mid-workout stretching routine? Do you want to be more flexible? What does that mean? How would you measure it and when would you know you've arrived?
 - **Your Mind.** Suppose you want a new self-image, as being physically flexible. Being able, say, to touch your toes, instead of mid-shin. Are you concerned about your image in your eyes or the eyes of those who see you?
 - **Your Body.** Has to be in charge, not your mind. Your thinking should never predetermine your standard for flexibility, either for yourself or others. The only relevant issue is whether your stretching makes your body feel better.