

## Level 2 (Developers). Week 11. Workouts 1-3.

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

The Theme for the Week is “Duration Goal.”

- **Your longest week:** three hours and fifty minutes. Have you arrived? How does it feel to do almost four hours of training in a week? Do you like doing one workout more than the others? Do you enjoy them all? Is there one you resist doing? How come?
- **It's not enough** to have achieved a performance goal. Especially if you have over-trained in the process. Your training has to be sustainable, meaning no major mental-emotional resistance to continuing it. You should look forward to every workout.

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

- **Workout 1.** A 70-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.
  - **Refer to the week 7, 8, 9, and 10** workout descriptions for details on how to structure the workout.
  - **The most important thing is** to obey the comfort rule. All tempo intervals must be short enough to remain comfortable at racing tempo.
  - **Since two-minute** intervals are a given, you must run slow enough that you remain comfortable throughout, not even tolerably uncomfortable.

**Counting Steps.** Refer to the week 10 workout description to review the way to count your steps during a two-minute interval. The object is to establish a 2-minute step-count standard for each interval. In future weeks you can track how your step-count changes.

- **There are two ways** your body can manifest adaptation, i.e., a positive change in your ability: a faster pace at the same heart rate, meaning you go farther in two comfortable minutes. This is an increase in tempo ability.
  - **The other way** is to take more steps in two minutes, which is a sign of increased efficiency. The most efficient athletes take 190 steps per minute at marathon pace. How many steps do you take at a quick, relaxed 10K pace?
  - **The less time you spend** on the ground, the more efficient you become. The object is to spend more time floating in mid-air, where little work is done. Which is why taking shorter-quicker steps is a way to practice efficiency.
- **Workout 2.** A 70-minute, moderately difficult workout in the hills.
    - **I'm inclined to think** that nobody can be Level-2 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.** A 90-minute, flat, moderate-effort workout at a slow pace to build stamina.
    - **90 minutes is long enough** that it become imperative that you focus closely on the rules for structuring stamina workouts: slow and comfortable exertion.

- **The way to maintain a slow pace** is to make a conscious decision to hold yourself back, so you avoid slipping into a quick, relaxed pace.
- **It may feel good to do so**, but that's not what a stamina workout calls for. Patience, discipline, and moderation. That's what's called for!

**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.