

Level 2 (Developers). Week 12. Workouts 1-3.

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

The Theme for the Week is “Established.” One of the important goals of the program is to establish a regimen of three moderately difficult workouts per week, without becoming sick, injured, or exhausted in the process. If you’ve done that last three weeks, you’ve done it!

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

- **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!

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, Base-Building Periods. We will focus initially on building stamina, then we will add some hills to a stamina workout to build some leg power, then in the second phase we will add tempo intervals to one of the two remaining stamina workouts.

- **Period 1. Easy-to-Moderate Workout Efforts.** Period one consists of three 2-week periods. We start with 3 easy workouts, then convert one easy workout to the moderate level, and then graduate to one easy and two moderate workouts in the final 2-week period.
- **Period 2. Three Moderate Efforts Weekly.** Although the goal is to sustain three moderate workouts a week, we will play with actual workout effort levels, searching for an enjoyable and sustainable training load that's challenging enough to be interesting, but safe and enjoyable, too.

Adopting Consistent Training as a Lifestyle. There is a certain discipline to recreational endurance training. The program will support athletes in doing whatever it takes to carve time and energy into a training week.

- **Getting support** from family, friends, and co-workers; hooking up for workouts with training buddies;
- **Learning about** the training process in order to avoid pitfalls and build interest.
- **Endurance athletics** doesn't have to dominate your life, but it could become a significant and fun part of it.

Setting the Stage for Injury-free Training. The goal of a regular fitness regimen is to coordinate your workout efforts with the metabolic forces that govern changes in pain and energy during workouts.

- **The operative word** in the last sentence is coordinate: to harmonize. You control your effort, but not your energy or the onset of pain.
- **Your experience** and the feedback your body has given you during and after recent workouts will help you to manage your next workout experience.
- **As long as you obey the rules** of right exertion and always coordinate your effort with the amount of energy you feel, you will increase the chance of avoiding injury and optimizing effort.
- **Optimal workouts** not only create adaptive value, but they increase the likelihood that you'll continue training without long rest-and-recovery (R&R) breaks.

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 #2 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?