

### Level 3 (Becomers). Week 10. Workouts 1-3.

**This is the second week of your third 4-week training period.** You should be in position to do three moderately difficult workouts this week and add a hard workout next week. You'll keep that moderate-moderate-hard schedule the last three weeks.

- **The only thing** that changes is your energy. You should be ready for most of your workouts, except the two 60-minute taper workouts the last week and the test-effort the last day. This is one of the skills you'll need to learn as you move from level 3 to 4.
- **In fact**, there are a number of moving parts to your schedule the last four weeks. You're trying to establish a new workout (with the possibility of shock decreasing your capacity), you're trying to time your recoveries for each workout, *and* do the workout as scheduled.

**The theme for the week** is "Icing on the Cake." Unless you've hurt yourself by doing your new speed-endurance workout too hard last week, you can think of that workout as putting the icing on the cake of our training program. Think of the icing as a little metabolic energy boost.

- **The boost comes partly from** doing a sharper, higher-level exertion workout (say, quick-to-rapid or steady state to threshold). But it also comes from having dropped workout duration from 85 minutes to 60 minutes, thereby picking up some energy.
- **As 3-Level Becomers**, "becoming racing fit" is the game. Part of the process is to learn how to sharpen your training so you are eager to race. Being eager means having a lot of energy for racing, as you should have the last day of the program.
- **You should be eager** for the test-effort at the end of the training. But not before then. Eager is for racing and being ready is for moderate or hard workouts. How can you discipline yourself to leave your best energy and your best performances for the races?

**Here is a summary of your three Week-10 workouts:**

- **Workout 1.** A 75-minute, moderate/ready tempo workout on a flat route. The object is to see whether you can detect any evidence of improved tempo ability, using your heart rate, the distance covered, and the number of steps you take in 2 minutes.
  - **Warm up as usual.** Then do four sets of 2-minute intervals with 30 seconds rest. After the intervals, continue at a slow pace until 75 minutes.
  - **How can you tell** whether you are getting stronger? Fewer steps in two minutes at the same heart rate? Greater distance covered at the same HR?
  - **Don't forget your energy.** Your workout energy (say, ready or lazy) should be the same from week to week for the other factors to compute correctly.
- **Workout 2.** A 60-minute, moderate/ready, speed-endurance workout on your .25 mile interval route. As you warm up, make sure you are ready for this workout, i.e., you have enough energy to run three 6-minute repetitions and three 2-minute speed repetitions.
  - **You haven't gotten out of the woods.** This is only the second week you've done this workout. It's still new and you haven't established the workout, which means you could be in shock from doing it.
  - **It might take you several weeks** or more to establish this workout, which will take you beyond the end of the program. That's okay, as you can reap the benefits of the workout later. Meanwhile, there is no reason to push it.

- **Rather, our purpose is to practice** establishing a new workout. That's the subject of Lesson 9 on the hard-easy system. It's also one of the hardest skills to master in the training process. How have you performed?
- **Workout 3.** An 80-minute hard/ready stamina workout. This is 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.