

## The Benefits of Certification

The **BC Endurance Certification Program** is a 12-week, 11-lesson, 36-workout, costly, time-demanding, comprehensive training and education program. Here are a few thoughts to bring you up to speed on how the program can benefit you.

- **The main benefit of certification** is to be eligible to do future *BC Endurance* training programs at your current fitness level.

**For instance**, I am planning a Hapalua Half-marathon program in the New Year. That 4-level program will have three workouts a week aimed at four fitness levels: Launchers, Developers, Becomers, and Strivers.

**Provided you are certified**, you'll be allowed and enabled to do the Hapalua program safely, in a pandemic world that will, for the foreseeable future, preclude the old (show-up-and-do-a-workout) paradigm.

**The old way isn't coming back soon.** Thus, certification enables you to train with confidence that you can achieve your race-preparation or basic-fitness-level goals without hurting yourself in the process. Great!

- **Another benefit of certification** is to reduce the cost of future BC Endurance race-preparation programs (such as the Hapalua training). I will direct those trainings with little or no facilitator supervision—a major part of a training fee.

**I will rely instead** on written and recorded workout descriptions which will be made available to participants and their virtual training partners. You will understand what's required in a workout so you can do it correctly.

**Thus, the primary goal** of the certification program is to teach you how to train alone, setting your own pace, without injury, illness, or exhaustion, and without close supervision (from a buddy, group leader or facilitator).

- **A third benefit of the certification program** is to be able to develop and adjust your own non-injurious, ability-building workouts.

**Given the course** on the hard-easy system, you will be able to correctly structure long runs, hills, and intervals because you'll know the rules for structuring workouts to build enough racing ability for a best effort.

**The certification** program also teaches a way to optimize your workout efforts—the only way to improve your fitness. Even if you never do another BC Endurance training, you should be able to train yourself.

**The certification program is tough.** It requires time, discipline, and effort to do it properly. But the benefits in terms of more fun, less expense, and more freedom to train at your fitness level with safety and confidence will accrue to the conscientious.

Thus, the certification program is highly structured so you can learn what you need to learn to be able to train effectively, without injury. Are you up for the challenge?