

Becoming Racing Fit (12-Week Certification Program)												
Week by Week			Workout 1			Workout 2			Workout 3			
Period	Week	Theme	Duration	Effort/Energy	Ability/Purpose	Duration	Effort/Energy	Ability/Purpose	Duration	Effort/Energy	Ability/Purpose	Number of Off-Day Workouts
1	1	Finding Moderate/Lazy	60	Moderate/Lazy	Stamina	65	Moderate/Lazy	Stamina	70	Moderate/Lazy	Stamina	
1	2	Adding Hills	65	Moderate/Lazy	Stamina	70	Moderate/Lazy	Power	75	Moderate/Lazy	Stamina	1
1	3	Adding Tempo Intervals	70	Moderate/Ready	Tempo	75	Moderate/Ready	Power	80	Moderate/Ready	Stamina	2
1	4	1st Test (Concerned)	60	Moderate/Ready	Tempo	60	Moderate/Ready	Power	70	Moderate/Ready	Test Effort	
2	5	Building Effort	65	Moderate/Ready	Tempo	75	Moderate/Ready	Power	85	Moderate+/Ready	Stamina	
2	6	More Effort	70	Moderate/Ready	Tempo	80	Moderate/Ready	Power	90	Mod++/Ready	Stamina	1
2	7	Established	75	Moderate/Ready	Tempo	85	Moderate/Ready	Power	95	Hard/Ready	Stamina	2
2	8	2nd Test (Challenged)	60	Moderate/Lazy	Stamina	60	Moderate/Lazy	Stamina	80	Hard/Eager	Test Effort	
3	9	Sharpening	75	Moderate/Lazy	Tempo	60	Moderate/Ready	Spd-End	70	Moderate/Ready	Stamina	
3	10	Icing on the Cake	75	Moderate/Ready	Tempo	60	Moderate/Ready	Spd-End	80	Hard/Ready	Stamina	1
3	11	Taper-Gather	70	Moderate/Ready	Tempo	50	Moderate/Ready	Spd-End	70	Hard/Ready	Stamina	2
3	12	3rd Test (Calloused)	60	Moderate/Lazy	Stamina	60	Moderate/Lazy	Stamina	80	Hard/Eager	Test Effort	