

Level 1. Week 1. Workouts 1-3.

Understanding Workout Descriptions. This is your first set of workout descriptions, covering the three workouts in week one on your Level 1 training schedule. The schedule is posted on your Level 1 fitness page in the BC Endurance Website. This file is also posted there.

- **I will post** twelve separate weekly workout descriptions, describing in detail the 36 workouts on your Level 1 schedule. Please read this (or listen to the audio) version before you do the workouts so you're prepared to get the most from the activity.
- **The workout descriptions** include basic details about each workout (see "The One-Page Launcher schedule," below). The descriptions also include contextual material which explains important aspects of the training process.
- **Similarly,** workout descriptions describe running (jogging and walking) skills which are fundamental to the game you are learning in this certification course. Becoming certified is partly a matter of practicing these skills to a point where they become habitual.

The One-Page Launcher Schedule. Launching a fitness regimen is primarily a function of getting out the door, right? Once there, however, you'll need to know what you are going to do. Your schedule summarizes the necessary information on one page, as follows.

1. **Theme for the week.** This week's theme is "First Steps." They say that the hardest steps are the ones that get you off the couch and out the door. I'll deal with this issue below, especially in the section on launching an enjoyable routine.
2. **The workout duration (in minutes).** I would be happy for you to do thirty minutes three times a week, exclusively. In fact one of your workouts remains at 40 minutes throughout. Otherwise, workout duration increases by regular 5-minute increments.
3. **Workout effort** refers to the effort of a workout as a whole. This week's workouts are intended to be "easy," meaning short and slow. If you go short, but fast (relative terms), you could make a workout harder than it needs to be for our "launcher" fitness purposes.
4. **The workout's ability-building purpose.** Of the five running abilities, we will focus exclusively on stamina (the ability to run long and slow) and power (muscle strength). The first two weeks, you'll employ a slow pace exclusively to build a base of stamina.

Launching an Enjoyable Fitness Regimen. One of our primary Level-1 program goals is to adopt consistent training as a fitness lifestyle, including a regimen of three enjoyable weekly workouts and sets of pre-and post-workout routines, which are equally enjoyable.

- **Your pre-workout routine:** taking time to eat a nutritious snack, use the restroom, change into exercise clothes, and gather accessories (fanny pack, face-mask, phone, ear plugs). Organize your things so you don't have to waste time hunting for them.
- **Routines trigger an anticipation** of the fun you are about to have with your training buddies and the pleasure you'll experience practicing new running skills. Congratulations on bringing these positive emotions into your life.
- **Post-workout routines** include stretching, bathing, and feeling energized and ready for the rest of the day or evening. Routines should not be an intrusion on "more important" life activities. Routines are an integral part of an enjoyable fitness lifestyle.

Discovering a Route (the 1st basic certification skill). You can use the same basic route for all three week-1 workouts or you can change the route for each workout. Here are some things to keep in mind about the routes you choose to run.

- **Make your route** just long enough that you finish the workout in the exact scheduled time. You might have to go around a block or use a short out-and-back route near the finish. Note: “discovering” a route is a basic skill; please practice it assiduously.
- **Start and finish from your home** or a convenient place where you will also end the workout. That place should have quick access to a shower and a change of clothes.
- **Level ground, i.e., no major hills.** We will incorporate hills during week three in this certification program. Meanwhile, gently sloping hills are okay, but as level as possible.
- **Expandable**, meaning you can easily make the workout longer in 5-minute increments. Please note: the program increases workout duration in 5-minute increments.
 - **The route I want you to discover** should not be an out-and-back route, where the mid-point would be halfway through the scheduled workout duration.
 - **Ideally, at the mid-point** of your new route you can take a short-cut that gets you back much sooner. That’s an advantage, if you choose to end the workout early because of injury or the early onset of fatigue.
 - **Meanwhile**, as long as you’re feeling okay, you can add duration to the workout in five minute increments, as scheduled. But don’t make the workouts longer because you want to get in shape faster. You have 11 more weeks to do that.

Warming up correctly (a 2nd basic “running” skill). The following material is explained in Lesson 5 of our course on the hard-easy system. Please see about practicing it as you begin every workout in this training, and until you’ve made it part of your training routine.

- **The “warm-up” doesn’t actually begin** until about 10-15 minutes into the running workout. That’s how long it takes for the metabolic “transition” force to run its course. The transition decreases energy and increases the risk of injury. Please go very slow.
 - **The “transition” phase** of the workout energy cycle occurs between standing around before the workout and the warm-up phase, which begins once you’ve walked or jogged for 10 minutes. The transition represents a shock to your body.
 - **As such, the transition** is a tricky part of the workout. If you go too fast—especially if you can hear your breathing—you can easily injure yourself. Or become prematurely fatigued later in the workout.
 - **Your transition pace** should be *excruciatingly* slow. Some have said “painfully” slow, but that is an incorrect term. If anything, it should be *painlessly* slow, meaning you feel no pain at all.
- **Once the warm-up phase begins**, you should feel your energy rise on this scale (no energy, little, some, ample, and abundant). It’s not unusual to raise your energy by one level, if you go slow enough. More energy means more for the rest of the workout.

The week-one workouts. Since workout duration is fixed this week at 30, 35, and 40 minutes respectively, the only way you can determine the overall effort of the following workouts is to adjust your pace so you finish each workout feeling you’ve done an easy workout.

1. **Workout One.** A 30-minute easy stamina workout on level ground. Run, jog, or walk the first 10-15 minutes at a very-slow pace and then maintain *light exertion* for the rest of the workout (see below for a short definition of light exertion). Note also that light exertion is defined in Lesson 2 of our course on the hard-easy system.
2. **Workout Two.** A 35-minute easy stamina workout on level ground (for details, see #1 above).
3. **Workout Three.** A 40-minute easy stamina workout on level ground (for details, see #1 above).

Light Exertion Defined. See about holding yourself back to inaudible (conversational) breathing. After a very-slow warm-up, your pace should feel “slow” (between very-slow and quick), and you should feel very comfortable (no fatigue-related burning in your legs).

- **I’ll assume here** that you are coming off the couch. In other words, you want to get in shape by tomorrow, at the latest. So here is some contextual advice: you can’t get in shape faster by going faster than a slow pace.
- **Even if the workout feels** “too slow to do you any good,” we have to begin somewhere, and it’s better to start too short and too slow than too long and too fast. Once you have a week or two under your belt, you can assess your ability and decide where you are.
- **Meanwhile,** light exertion is the order of the day. Light means slow (not quick), it means inaudible breathing (without even a huff between phrases in conversation), it means you remain comfortable throughout the workout (not even tolerably uncomfortable).

Completing the training log. Our goal this week is to begin using the BC training log after all workouts. The purpose of your logging activity is to track your experience of the two fundamental aspects of every workout: effort and energy (see Lesson 5).

- **The training log is our way of tracking** your progress through the certification program. You should fill out the log immediately after workouts, with only logged workouts counting as completed workouts for certification purposes.
- **There is a link to the training log** on your fitness level page. Please see about carrying your cell phone with you, including a link to the log so you can take a couple minutes to fill it out. The director and your facilitator will read the logs once a week.
- **Instructions and definition of terms** are included with a link adjacent to the training log link on your fitness level page.

Other Topics for Discussion.

- Anything pertaining to Lesson One on the website, including the PowerPoint program, the introduction, and the course syllabus.
- Anyone’s experience during the workout, including their running energy level, the overall effort of the completed workout, and how the transition went (including what the transition is).
- Staying safe during the workouts by wearing a mask and avoiding close contact with others.
- Having and using ear buds to hear the facilitator on a phone during workouts.