

Level 3. Week 1. Workouts 1-3

Workout Description #1. This is your first set of workout descriptions, covering the three workouts in week one on your Level 3 training schedule. The schedule is posted on your Level 3 fitness page in the BC Endurance Website. This file is also posted there under the above title.

- **I will post** twelve separate weekly workout descriptions, describing in detail the 36 workouts on your Level 3 schedule. Please see about reading the descriptions before you do the workouts. Please also listen to the weekly workout description recordings.
- **The workout descriptions** include details about each workout. They also include descriptions of the skills you are expected to master during the training. This week-1 description focuses (below) on several “running” skills, such as warming up correctly.
- **Whether you are** a walker, jogger, or a runner, there are important 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 of habituation and enjoyment.

During the first four weeks, your goal is to establish a base of moderately difficult workouts. “Moderate” is the level between easy and hard on the following scale: very-easy, easy, moderate, hard, very-hard, and all-out. This scale measures your workout effort as a whole.

- **Exertion, by contrast,** is the effort needed to sustain a pace from moment to moment during a run. Your job during every workout is to structure your exertion for an ability-building purpose, e.g., light exertion builds stamina, the ability to run long and slow.
- **Hard workouts** are not scheduled before the seventh week. Rather, the initial goal is to get used to doing moderate workouts by the ability-building rules: *stamina*: maintain a slow pace; *power*: run uphill at a relaxed pace; *tempo*: train comfortably at race pace.
- **Concurrently, you’ll be expected** to identify your recovery level during every workout. That’s the pattern of running energy that develops through the entire workout (sluggish, tired, lazy, ready, and eager). These ideas are further explained below.

Basic Workout Information. There is a 1-page program schedule on your fitness level page. Please make a copy for easy reference, as you should see how the thirty-six workouts fit together during the 12 weeks, including the following four items listed for every workout:

1. **Theme for the week.** This week’s theme is “Finding Moderate/Lazy.” A moderate/lazy effort/energy combination is in the mid-range of the workout effort and energy scales, as I’ll explain below. Nothing extreme is required this week, except attention to detail.
2. **The workout duration (in minutes).** In this training, workout duration increases by 5-minute increments, adding to your weekly base accordingly. Please follow the duration schedule closely, as workout duration is a way for you to control overall workout effort.
3. **Workout effort** refers to the effort of a workout as a whole. This week’s workouts are intended to be “moderate,” meaning moderately long, but slow. If you go too fast, you could make a workout difficult (hard), which is too hard for our initial training purposes.
4. **The workout’s ability-building purpose.** There are five racing abilities (stamina, power, tempo, speed, and endurance). The first week, you are building stamina, which is the ability to run long and slow. Stamina is the ability upon which the others are built.

Finding the Right Effort. It could be that the workouts this week are considerably easier than the workouts you usually do. You'll feel that you aren't running fast enough or long enough to do any good. Nonetheless, please see about following the workout schedule exactly.

- **Our initial program goal** is to establish three moderate workouts per week, which gradually become harder and more challenging as you increase workout duration. In the process, you'll learn how to increase your effort incrementally and non-injuriously.
- **This is not a conventional training program** designed to get you in shape, say, to do a marathon. Rather our purpose is to teach you a training system so you can train alone while becoming fitter, but without becoming sick, injured, or exhausted.
- **You could use your workout time to listen to music.** But our program goal is to learn how to run correctly, and thereby become certified at the "becoming-racing-fit" level. Learning how to determine the right effort is one of the primary beginner program skills.

The Week-one Beginner Workouts. Since workout duration is fixed this week at 60, 65, and 70 minutes respectively, the only way you can determine the overall effort of the following workouts is to adjust your pace to finish each workout feeling you've done a moderate workout.

1. **Workout One.** A 60-minute moderate/lazy 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 definition of light exertion).
2. **Workout Two.** A 65-minute moderate/lazy stamina workout on level ground (for details, see #1 above). In our system, the word "lazy" doesn't have the usual pejorative meaning. See below for a definition of lazy that makes sense in a training context.
3. **Workout Three.** A 70-minute moderate/lazy stamina workout on level ground (for details, see #1 and #2). You'll add hills to one of your workouts next week. Meanwhile, see about running on mostly level ground. And focus on your running skills (see below).

Light Exertion, Defined. Since all of your week-1 workouts will be run at light exertion (after the warm-up), you should know what light exertion is so you can recognize it in your experience. By "experience," I refer to physical sensations related to, say, your breathing or comfort level.

- **As you'll learn** in the first several lessons on the hard-easy system, exertion is the effort needed to sustain a pace during a run. You have to be careful how you exert yourself because your exertion will determine which of the five abilities you will build.
- **Every workout** should have an ability-building purpose. You must intend to build a specific racing ability (stamina, power, tempo, speed, or endurance). And your exertion this week has to follow the rules for building stamina, which requires light exertion.
- **Thus, 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 burning or even tolerable discomfort in your legs).

The "Lazy" Workout Energy Pattern, Defined. Before you can understand "patterns," you should understand the way to measure your energy during a run (none, little, some, ample, abundant). You'll feel at least one of these levels during every run. Please pay attention.

- **The energy you experience** during your workouts this week will depend on how recovered you are from recent workouts. Thus, you won't necessarily feel lazy during your three program workouts. You could feel sluggish, tired, lazy, ready, or eager.

- **These words represent** regular patterns of energy as it changes in response to metabolic forces going on within you. If you want to have consistently good energy during your training, you must be aware of the forces affecting your energy.
- **Anyway, “lazy” is** the recurring pattern of energy that starts at the “little” energy level, becomes “some” energy after a long warm-up, but runs out early. One of the ways to learn about energy is to fill out the workout log, using the definitions to learn the terms.

Setting up 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.** Gently sloping is okay, but as level as possible. We will incorporate hills into your workouts starting next week and the following week.
- **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 a distance that’s halfway through the workout, requiring you to run the same distance back. Your mid-point is a time, not a distance.
 - **Ideally, at the mid-point** of your workouts you can take a short-cut that gets you back much sooner than the time you needed to get to the mid-point. That’s an advantage, if you choose to end the workout early because of injury or 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 jogging workout, roughly the time it takes for the “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 10-5 minutes. The transition is 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, your transition pace 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.

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 must fill out the log immediately after workouts (even a 12-hour delay hinders recollection), only logged workouts count as completed workouts for certification.
- **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 with a link adjacent to the training log link on your fitness level page. The log is simple to use; the terms are anything but simple. Pay attention to the definitions until you are comfortable with old words and new meanings.

There will be valuable applications of this logging information:

- **Knowing what you did during this and future programs** so you don't have to always reinvent the workout exertion-structure "wheel."
- **Knowing how a workout affected your body** so you can make necessary adjustments to your effort in order to accommodate your body.
- **Recalling how you did an earlier workout** so you can repeat it with (or without) necessary adjustments to the workout exertion structure.
- **Measuring changes in your ability** so you don't continue doing workouts that are not building your ability.