

Level 2. 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 2 training schedule. The schedule is posted on your Level 2 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 2 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. The week-1 description focuses 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 where they become second nature.

Basic Workout Information (and where to find it). The basic workout info is written up in the files I posted on your fitness level page on our website.

- Go to the New BC Fitness Training and select your fitness level from the four levels (#1-Launching, #2-Developing, #3-Becoming, #4-Striving).
- Your fitness level page has a pdf file that shows your specific 12-week program schedule and the basic information of each workout in the program (please make sure you have the right program description).

Basic Information on your 1-page, training schedule for the 12-week, level-2 program includes the following items for every workout:

- **Theme for the week.** This week’s theme is “base building.” Your base consists of the duration of each workout (40, 45, and 50 minutes this week for a total of 135 minutes).
- **The workout duration (in minutes).** 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 to control your workout efforts.
- **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, you could make a workout moderately difficult, which is too hard for our training purpose.
- **The workout’s ability-building purpose.** There are five abilities (stamina, power, tempo, speed, and endurance). You are building stamina the first two weeks. Stamina is the ability to go long and slow. It’s the base 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 program goal** is to establish three moderate workouts per week, beginning with three easy workouts, which gradually become harder and more challenging. 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 and become fitter at your fitness level, 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 developer fitness level. Learning how to determine the right effort is one of the primary program skills.

The Developers' Week-one Workouts. Since workout duration is fixed this week at 40, 45, and 50 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 40-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 45-minute easy stamina workout on level ground (for details, see #1 above).
3. **Workout Three.** A 50-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 not in shape yet and that you want to get in shape by tomorrow, at the latest. So here is some contextual advice: you can't build your stamina by going faster than a slow pace. The rule for building stamina is to go at 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).

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.** Gently sloping is okay, but as level as possible. We will incorporate hills during week three in this certification program.
- **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 workout.

- **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 workout. That's how long it takes for the "transition" force to run its course. The transition force decreases energy and increases the risk of injury. Please be careful by going 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.

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, 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 with a link adjacent to the training log link on your fitness level page.

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.