



Adapting to the Training

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Experience Levels

As with any new training program, The Method means you need to adapt your training to your abilities. The Rest & Recovery guidelines in the FAQ outline how to approach your training for optimal consistency and prudent recovery.

Here are some guidelines to help you ease into Method Training.

Beginning Athlete

If you are a Beginning athlete, you should aim to ease into your training for the first month. This means:

- **Week 1** - Focus on "going through the motions" of your training in the first week. Do not perform intense workouts but aim to accomplish the frequency of the training, but with volume reduced by 33 - 50%.
- **Week 2** - Aim to "nudge at" the intense sessions in the training. For example, instead of completing an entire run of increasing intensity, aim to run 15-25% of each duration and skip the final, hardest component of the run.
- **Week 3** - Aim to complete 50% of the entire volume of intense effort. Do all the workouts and the remainder of the volume.
- **Week 4** - Aim to complete 75% of the entire volume of intense effort, and complete all the workouts and remainder of the volume.
- **Week 5** - Your goal now should be to complete the entire training in the program -- you are now "in sync" with the remainder of the group and can look forward to continued improvement.



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Experienced Athlete

If you are an Experienced athlete, you still require several weeks of adaptation in your training. Try to avoid racing in the first 4 weeks after switching to the new program.

- **Week 1** - As with the Beginning Athlete, focus on "going through the motions" of your training in the first week. Just get a feel for the workouts and try to perform all sessions and the entire frequency of the training. Keep the volume reduced by 20 - 30%. Since you are experienced it is assumed you have been doing some intense training recently, so it's advisable to "nudge at" the intense sessions in the training. Aim to accomplish 25-33% of the duration of each intense session.
- **Week 2** - Aim to complete 50-75% of the entire volume of intense effort. Do all the workouts and the remainder of the volume.
- **Week 3** - Aim to complete the entire training on the program, at full volume, frequency and intensity. You are now "in sync" with the remainder of the group and can look forward to continued improvement.