

Power Level Week 1

Spiritual Component: This week you will begin your study of the Gospel of Matthew. Refer to the section on [Bible translations and study guides](#), if needed. If you study just a chapter or two a day, you'll easily finish in three weeks. Take more time if you need it as this is an important tool for Rosary meditation and should not be rushed.

Workout 1 - Intervals (30 minutes total time):

Focus: This [interval](#) workout will build on those you accomplished in the Principality Level. The duration of the intervals is increased to include all the prayers marked by the isolated bead between decades: The Glory Be, Fatima Prayer, next mystery announcement and Our Father. As you increase your exercise pace during the interval, allow the corresponding prayers to lift your thoughts to heaven as you praise and glorify the Trinity, ask for God's mercy and transition to the next mystery. During the [recovery](#), return your focus to meditation on the new mystery.

A graphic representation following the workout description will help you visualize how the intervals and recovery periods are incorporated with the Rosary prayers. At first it may be a challenge to meditate while remembering what to do next, but the workouts have a definite pattern, and you'll quickly adjust.

Workout: After completing the [Power Level Warm-up](#), increase intensity to your [base pace](#) (RPE of 4-5, see chart on page 41). This is a pace which you can comfortably maintain for 30 minutes. At the same time, begin the Rosary. Pray the Apostles' Creed, Our Father, three Hail Marys, Fatima Prayer and Glory Be. Continue with the 1st mystery announcement, Our Father and 10 Hail Marys of the first decade.

The first interval starts with the Glory Be at the end of the first decade. As you begin the Glory Be, increase your base pace [RPE](#) by one. This is not an all-out effort, but rather a speeding up of your base pace. For instance, if you normally walk, you can jog or power walk (swing your arms and walk like you're late for something important). The goal is to maintain this increased pace through the Glory Be, Fatima Prayer, 2nd mystery announcement and Our Father (about 30-60 seconds). Do not rush the prayers in an effort to shorten the interval. This is a good time to use the ["talk test"](#) to judge RPE by saying the prayers out loud. If you are able to just gasp out a few words, you are working too hard. Decrease your effort slightly until you can talk without feeling starved for air, and modify the interval duration if needed.

The ten Hail Marys of the second decade mark your [recovery](#) period during which you will slow down and catch your breath. Do not stop exercising, but decrease your pace to base pace [RPE](#) minus one. (Note that this is actually your interval RPE minus 2.) As you relax and recover, meditate on the new mystery.

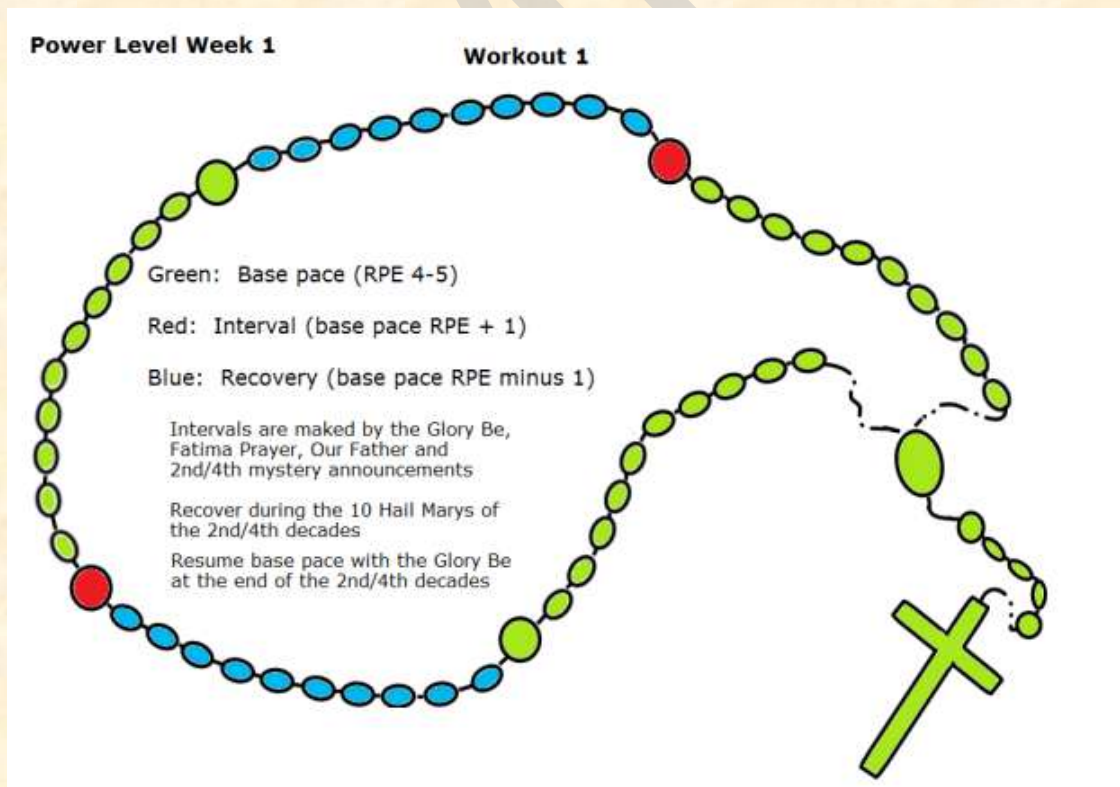
Resume your base pace **RPE** with the Glory Be at the end of the second decade. Take more time to recover if you need it.

The second interval will begin with the Glory Be at the end of the third decade. Repeat the increased pace as you did with the first interval.

The ten Hail Marys of the fourth decade mark your **recovery** period and meditation on the fourth mystery.

Resume your base pace **RPE** with the Glory Be at the end of the fourth decade. Finish praying the Rosary, then transition to the **Power Level Cool-down**.

Journal entry: Log your workout in your journal. Since you're using the Rosary prayers as a timing method for intervals and recovery time, use them as references in your journal. Make sure you include details about the intervals—at what point did you become tired during the interval? How long did it last? When were you able to resume your base pace? When did you feel like you were ready for another interval? Add notes about any revelations or thoughts you experienced during your Rosary meditation.



Note: Warm-up and cool-down periods are not depicted on the graphics.

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