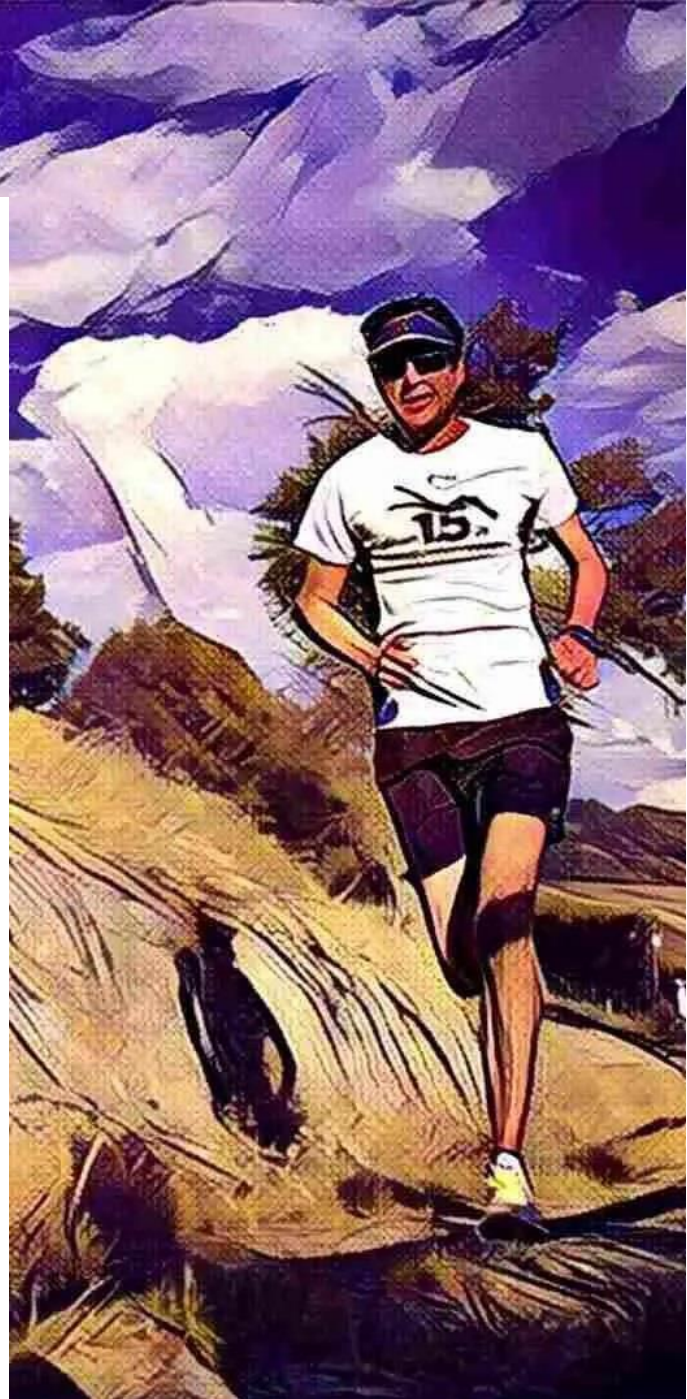


10K Training Plan 20 Weeks



R.E.S.E.T.®

Reorganising of Emotional Systems into Effective Transformation
....by Heiko Stribl



10K Training Plan

20 weeks

Getting Started

Commitment:

I (your name) _____ wholeheartedly commit to diligently follow my running plan, acknowledging its significance in my pursuit of physical well-being and personal growth. I pledge to adhere to the **prescribed schedule**, embracing each run as an opportunity for **progress** and self-improvement. Regardless of external challenges or distractions, I will prioritize this commitment, understanding that **consistency** is the key to achieving my fitness goals. With unwavering dedication, I promise to honor the plan's structure, push my limits, and **celebrate** the incremental victories on this journey towards a healthier, stronger version of myself. This commitment is not just to a plan but to the betterment of my mind and body.

My goal: on _____ (date) complete a _____-kilometer run in _____

hour/minutes at the _____ (event name).

" Written training plans provide clarity, focus, and accountability, enhancing goal adherence and facilitating progress tracking for improved performance and results. "

Training for a 10K race over a 20-week period provides ample opportunity to focus on various aspects of running, including pace, endurance, mindset, attitude, hill repeats, and the power of self-talk. By incorporating these elements into your training regimen and visualizing success, you can optimize your performance and achieve your goals on race day.

****Pace and Endurance:****

Begin by establishing a baseline pace and gradually increasing both speed and distance over time. Incorporate long runs to build endurance and tempo runs to improve your ability to sustain a faster pace for longer durations. By focusing on consistent pacing and gradually increasing the intensity of your workouts, you'll develop the stamina needed to complete the 10K distance with confidence.

Hebrews 12:1

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,

****Visualize Success:****

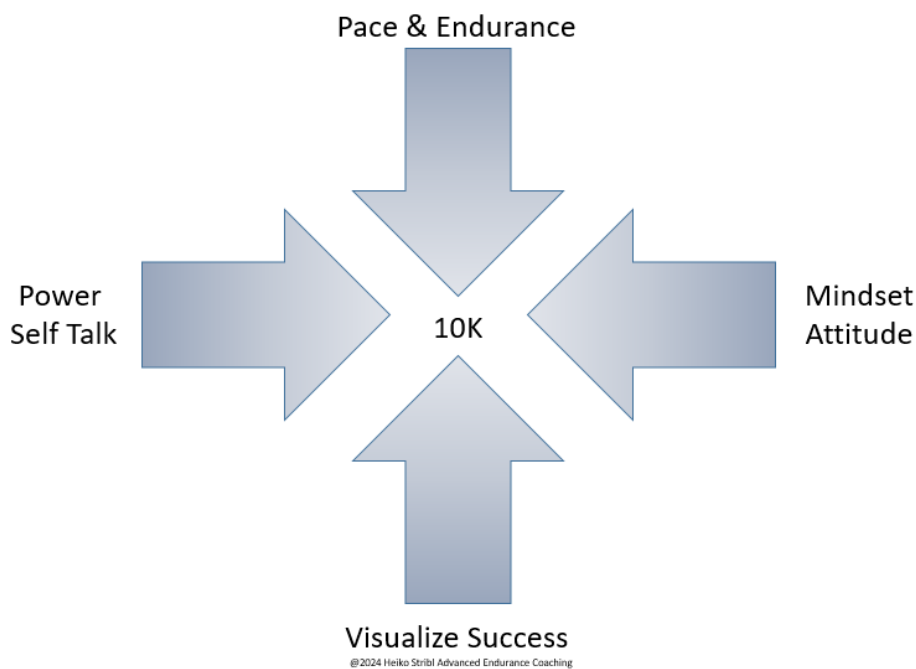
Visualization is a powerful tool for enhancing performance. Take time to mentally rehearse your race day experience, envisioning yourself crossing the finish line strong and achieving your goals. Visualizing success helps build confidence, reduces pre-race nerves, and primes your mind and body for peak performance.

****Mindset and Attitude:****

Maintaining a positive mindset and attitude throughout your training is essential for staying motivated and overcoming obstacles. Embrace challenges as opportunities for growth and view setbacks as learning experiences rather than failures. Cultivate a mindset of resilience, determination, and gratitude, focusing on the joy of running and the progress you're making along the way.

****Hill Repeats:****

Incorporate hill repeats into your training to improve strength, speed, and mental toughness. Find a challenging hill and alternate between uphill sprints and downhill recoveries. Hill repeats build muscular endurance, increase lactate threshold, and prepare you to tackle inclines with confidence during the race.



****Power of Self-Talk: ****

Harness the power of self-talk to stay motivated and focused during training runs and on race day. Replace negative thoughts with positive affirmations such as "I am strong," "I am capable," and "I can do this." Self-talk influences your perception of effort and helps you push through fatigue and discomfort when the going gets tough.

By integrating these elements into your 10K training plan over a 20-week period, you'll develop the physical and mental strength needed to excel on race day. Stay consistent, stay positive, and stay focused on your goals, knowing that your hard work and dedication will pay off when you cross that finish line.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	15:00 of 2:00 run 3:00 walk	15:00 walk	15:00 of 2:00 run 3:00 walk	10:00 Cross Train	Stretching	5:00 Walk 6:00 Run 5:00 Walk	Off
2	20:00 of 2:00 run 3:00 walk	15:00 walk	20:00 of 2:00 run 3:00 walk	10:00 Cross Train	Stretching	5:00 Walk 8:00 Run 5:00 Walk	Off
3	20:00 of 2:30 run 2:30 walk	20:00 walk	20:00 of 2:30 run 2:30 walk	10:00 Cross Train	Stretching	5:00 Walk 10:00 Run 5:00 Walk	Off
4	20:00 of 3:00 run 2:00 walk	20:00 walk	20:00 of 3:00 run 2:00 walk	15:00 Cross Train	Stretching	5:00 Walk 12:00 Run 5:00 Walk	Off
5	25:00 of 3:00 run 2:00 walk	25:00 walk	25:00 of 3:00 run 2:00 walk	15:00 Cross Train	Stretching	5:00 Walk 14:00 Run 5:00 Walk	Off
6	25:00 of 3:30 run 1:30 walk	25:00 walk	25:00 of 3:30 run 1:30 walk	15:00 Cross Train	Stretching	5:00 Walk 16:00 Run 5:00 Walk	Off
7	30:00 of 3:30 run 1:30 walk	30:00 walk	30:00 of 3:30 run 1:30 walk	20:00 Cross Train	Stretching	5:00 Walk 18:00 Run 5:00 Walk	Off
8	30:00 of 4:00 run 1:00 walk	30:00 walk	30:00 of 4:00 run 1:00 walk	20:00 Cross Train	Stretching	5:00 Walk 20:00 Run 5:00 Walk	Off
9	35:00 of 4:00 run 1:00 walk	35:00 walk	35:00 of 4:00 run 1:00 walk	20:00 Cross Train	Stretching	5:00 Walk 22:00 Run 5:00 Walk	Off
10	40:00 of 4:30 run :30 walk	11:00 run	40:00 of 4:30 run :30 walk	25:00 Cross Train	Stretching	5:00 Walk 24:00 Run 5:00 Walk	Off

11	45:00 of 4:30 run :30 walk	12:00 run	45:00 of 4:30 run :30 walk	25:00 Cross Train	Stretching	5:00 Walk 26:00 Run 5:00 Walk	Off
12	45:00 of 5:00 run :15 walk	13:00 run	45:00 of 5:00 run :15 walk	25:00 Cross Train	Stretching	5:00 Walk 28:00 Run 5:00 Walk	Off
13	10:00 run 5:00 walk 10:00 run	14:00 run	10:00 run 5:00 walk 10:00 walk	30:00 Cross Train	Stretching	5:00 Walk 30:00 Run 5:00 Walk	Off
14	12:00 run 5:00 walk 12:00 run	15:00 run	12:00 run 5:00 walk 12:00 run	30:00 Cross Train	Stretching	5:00 Walk 32:00 Run 5:00 Walk	Off
15	15:00 run 4:00 walk 15:00 run	16:00 run	15:00 run 4:00 walk 15:00 run	30:00 Cross Train	Stretching	5:00 Walk 34:00 Run 5:00 Walk	Off
16	17:00 run 3:00 walk 17:00 run	17:00 run	17:00 run 3:00 walk 17:00 run	35:00 Cross Train	Stretching	5:00 Walk 36:00 Run 5:00 Walk	Off
17	20:00 run 2:00 walk 20:00 run	18:00 run	20:00 run 2:00 walk 20:00 run	35:00 Cross Train	Stretching	5:00 Walk 38:00 Run 5:00 Walk	Off
18	22:00 run 1:00 walk 22:00 run	19:00 run	22:00 run 1:00 walk 22:00 run	35:00 Cross Train	Stretching	5:00 Walk 40:00 Run 5:00 Walk	Off
19	30:00 run	20:00 run	30:00 run	40:00 Cross Train	Stretching	5:00 Walk 45:00 Run 5:00 Walk	Off
20	20:00 run	10:00 run	15:00 run	Off	Stretching	10k Run	Off

***Rate of perceived exertion (RPE) is used to measure how hard your body works during physical activity. It runs from 0 – 10, using numbers to rate how much effort an activity takes. The RPE scale can help you manage exercise intensity and improve cardio training and endurance. Some healthcare providers use RPE to evaluate heart and lung health.**

If you are tired of...

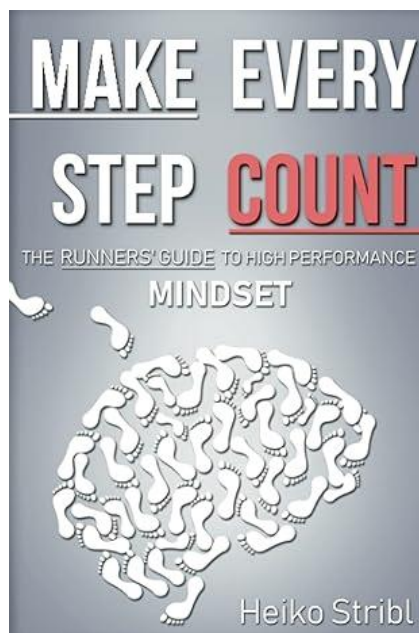
Inconsistent practice sessions — some days you are on, some days you are (way) off.

Feeling unfocused and unmotivated when the weather isn't to your liking, or you face a steep hill. Dreaming of being a stronger and smarter runner? But, you are not confident even though you are following the training plan,

Feeling like you aren't progressing as fast as you could be? And you know that you could be training and running much faster than you are right now...

Then you need to get your hands on Make Every Step Count today.

"The Runners' Secret Weapon for Better Run Practices and Faster Running..."



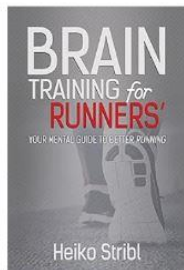
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

Discover the essentials of crafting a remarkable running goal and, more crucially, construct a comprehensive plan to turn that goal into an accomplishment. Our program includes a detailed guide for creating training objectives, ensuring you stay focused and motivated during every run.

Do not settle for being the runner with grand aspirations that never come to fruition.

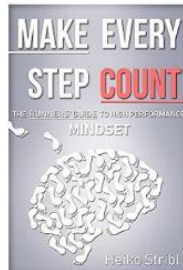
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

Brain Training For Runners': Your Mental Guide To Better Running. (English Edition)
★★★★☆ 7



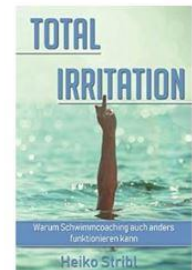
Quick look

Make Every Step Count: THE RUNNERS' GUIDE TO HIGH PERFORMANCE MINDSET...
★★★★★ 8



Quick look

Das W.I.E.S.O. Konzept.: Effektiver fragen, effizienter trainieren.
★★★★★ 9



Quick look

TOTAL IRRITATION: Warum Schwimmcoaching auch anders...
★★★★★ 7

SHOWNOTES:

What does this mean for your running? Here some useful links.

Your “how to do it” run streak [Run 365 Days: Your 365 Day Run Streak](#)

[Brain Training For Runners': Your Mental Guide To Better Running.](#)

Improve your discipline [Accountability Coach](#).

Add swimming to your run [Become a better swimmer](#).

Follow us on [INSTAGRAM](#).

Follow us on [TWITTER](#).

Follow us on [YouTube](#).

More about your [HOST](#).

Train your BRAIN become a better runner.

Podcast [Apple Advanced Endurance Coaching](#).

Podcast [Spotify Advanced Endurance Coaching](#).