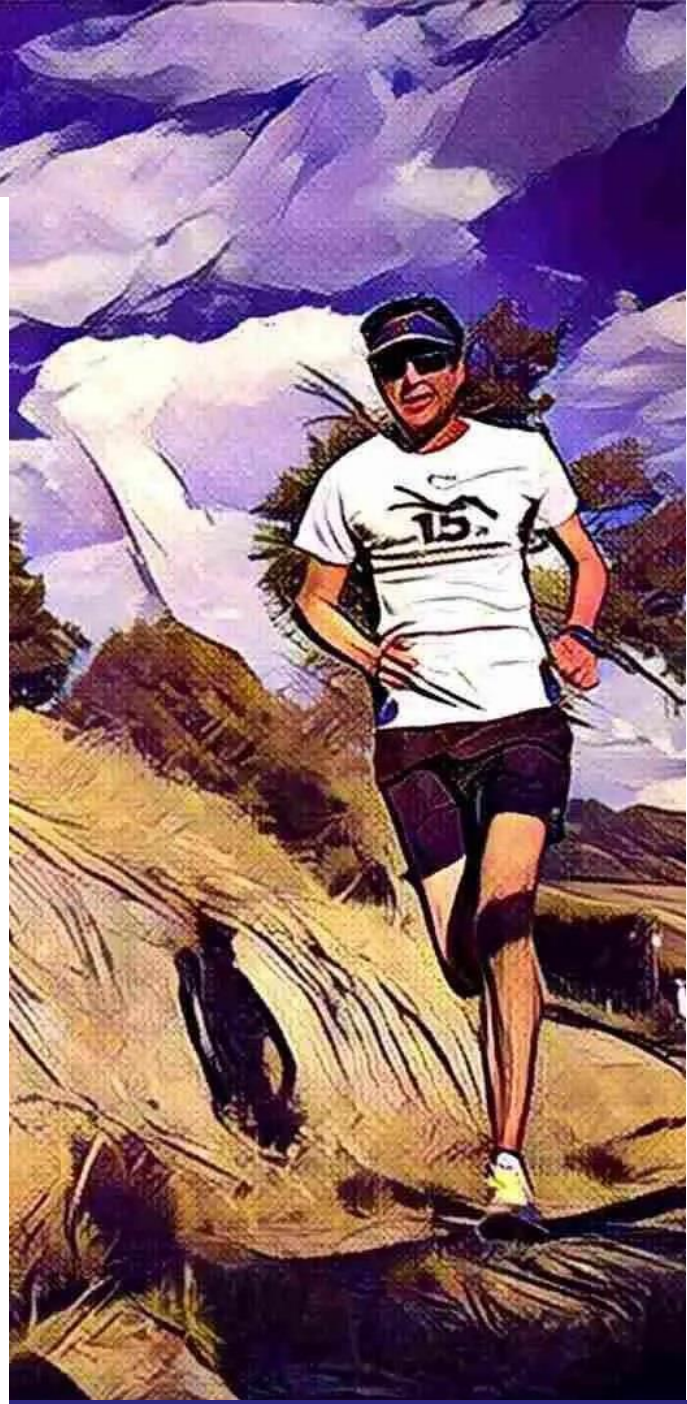


10K to 21K Training Plan



R.E.S.E.T.®

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



10K to 21K Training Plan

12 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. "



Transitioning from a 10K to a half marathon is a significant step that requires careful planning and execution. However, many runners fall into common training mistakes that can hinder their progress and increase their risk of injury or burnout. By identifying and addressing these pitfalls, runners can optimize their half marathon training experience and achieve their goals with confidence.

****Starting Too Fast:**** One of the most common mistakes among novice half marathoners is starting their training too fast. Overexerting yourself in the early stages of training can lead to fatigue, injury, and burnout. It's essential to build a solid base of fitness gradually, allowing your body to adapt to the increased mileage and intensity over time.

****Not Running Your Easy Runs Easy Enough:**** Easy runs play a crucial role in half marathon training, allowing your body to recover and adapt between harder workouts. Many runners make the mistake of running their easy runs too fast, compromising their ability to recover properly and increasing their risk of injury. It's essential to maintain a conversational pace during easy runs, focusing on building endurance and aerobic capacity without overstressing your body.

****Not Cross-Training:**** Incorporating cross-training activities such as cycling, swimming, or yoga into your training regimen can help improve overall fitness, prevent overuse injuries, and provide a mental break from running. Neglecting cross-training can lead to muscular imbalances and limit your overall performance potential.

****Not Strength Training:**** Strength training is essential for runners of all levels, helping to improve muscle strength, power, and endurance. Many runners neglect strength training in favor of logging more miles, but incorporating exercises that target key muscle groups can improve running economy, reduce injury risk, and enhance overall performance.

****Not Listening To Their Bodies:**** Ignoring warning signs of fatigue, pain, or overtraining can lead to serious injury and setbacks in your training. It's essential to listen to your body and adjust your training plan accordingly, whether that means taking extra rest days, scaling back on mileage, or seeking professional guidance from a coach or physical therapist.

****Losing Motivation During Training:**** Training for a half marathon requires dedication, consistency, and mental fortitude. Many runners struggle with motivation during the long weeks of training, especially when faced with setbacks or plateaus. Setting realistic goals, finding a support network, and varying your training routine can help keep you motivated and engaged throughout your training journey.

****Skipping the Long Runs:**** Long runs are the cornerstone of half marathon training, helping to build endurance, mental toughness, and confidence. Skipping long runs or consistently cutting them short can leave you underprepared for race day and increase your risk of hitting the wall during the race.

****Not Recovering Correctly:**** Proper recovery is essential for optimizing performance and reducing the risk of injury during half marathon training. This includes getting enough sleep, refueling with nutritious foods, hydrating adequately, and incorporating rest days and recovery activities into your training plan.

****Changing up Your Nutrition and Hydration:**** Nutrition and hydration play a crucial role in half marathon training, yet many runners neglect to dial in their fueling strategies. Experimenting with new foods or drinks on race day can lead to gastrointestinal distress, cramping, or bonking. It's essential to practice your nutrition and hydration plan during training runs to ensure it works for you on race day.

****Not Following a Training Program:**** Finally, many runners make the mistake of not following a structured training program or attempting to wing it without a plan. A well-designed training program provides guidance, structure, and progression, helping you build fitness safely and effectively leading up to race day.

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,

In conclusion, avoiding these common training mistakes can help runners transition from a 10K to a half marathon successfully. By starting slowly, running easy runs at the appropriate pace, incorporating cross-training and strength training, listening to their bodies, staying motivated, prioritizing long runs and recovery, dialing in nutrition and hydration, and following a structured training program, runners can optimize their half marathon training experience and achieve their goals with confidence.*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.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3 miles + hill repeat	30 min cross training	3 miles run	Full body strength workout	Rest	5 mile run
2	Rest	3 miles + hill repeat	Full body strength workout	3 miles run	Full body workout	Rest	6 miles run
3	Rest	3 miles + hill repeat	20 min cross training	3 miles run	Full body workout	2 miles run	7 miles run
4	Rest	3 miles + hill repeat	20 min cross training	4 miles run	Full body workout	2 miles run	8 miles run
5	Rest	4 miles run	Full body workout	3 miles run	Full body workout	Rest	5 mile run

6	Rest	4 miles run	4 miles run + core workout	30 min cross training	Full body workout	3 miles run	9 miles run
7	Rest	3 miles + upper body workout	5 mile run	4 miles run	Full body workout	3 miles run	10 miles run
8	Rest	4 miles run + core workout	3 miles + hill 2	30 min cross training	Full body workout	5 mile run	8 miles run
9	Rest	3 miles run	6 miles run	4 miles run	Full body workout	4 miles run	10 miles run
10	Rest	5 mile run + upperbody & core workout	6 miles run	4 miles run	Full body workout	3 miles run	11 miles run
11	Rest	3 miles run	Core workout & stretch	1 mile warm up: speed play 1 round 1 mile cool down	Rest+ Mobility	3 miles run	7 miles run
12	Rest	3 miles run	Rest	3 miles run	Rest	Race Day!	Rest

If you are tired of...

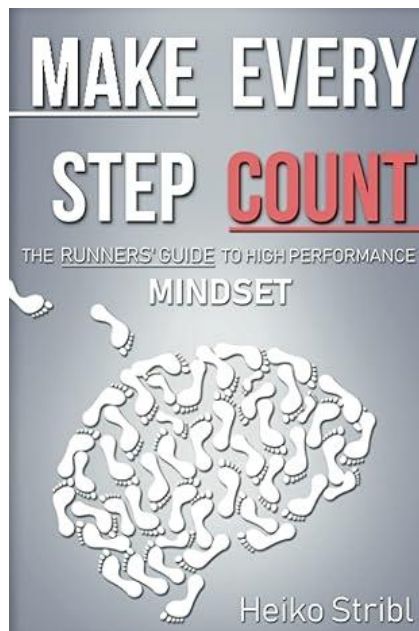
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



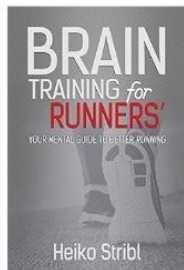
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

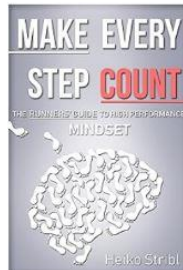
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



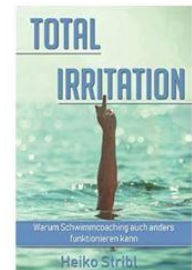
Quick look

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 funktionieren kann
★★★★☆ 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](#).