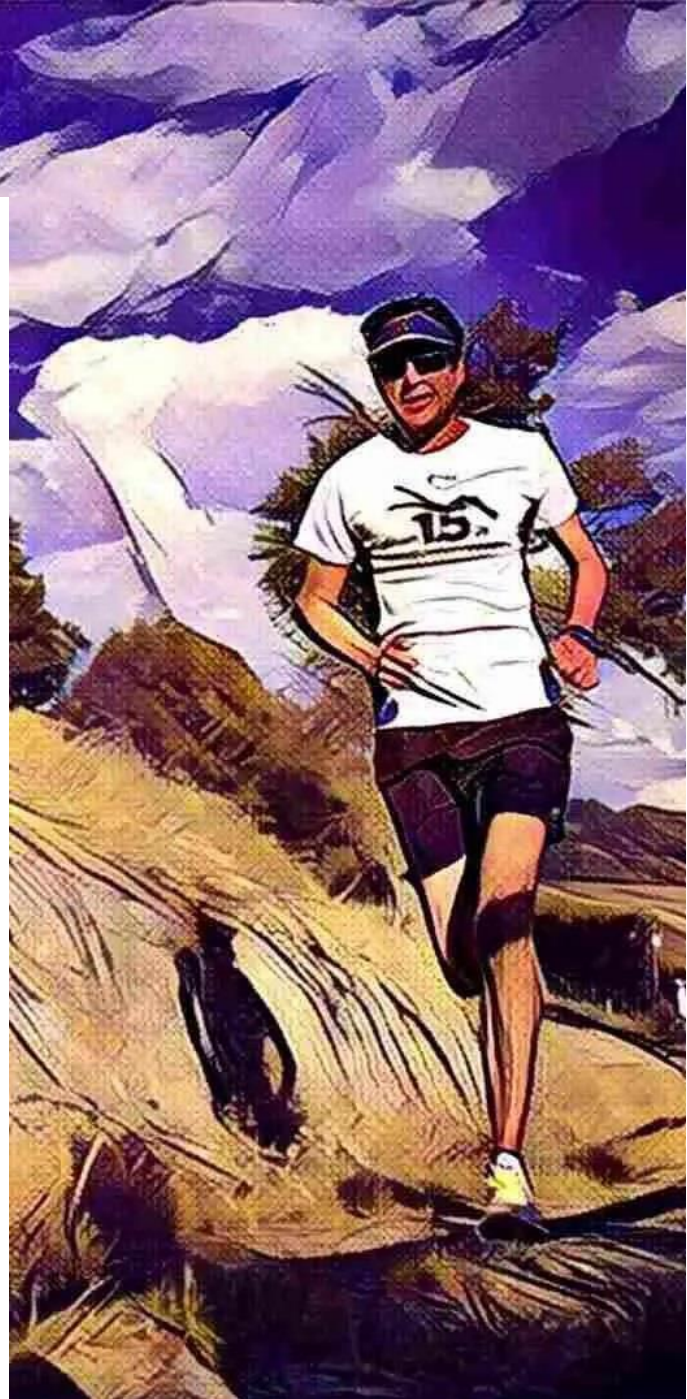


10 Mile Training Plan



R.E.S.E.T.®

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



10 Mile Training Plan

10 Weeks Advanced

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 10-mile race at an advanced level demands a focused approach that emphasizes pace maintenance and the ability to finish strong. With a 10-week training plan tailored to concentrate on these aspects, advanced runners can optimize their performance and achieve their goals on race day.

****Pace Maintenance:****

Maintaining a consistent pace throughout the 10-mile race is essential for optimal performance. Advanced runners should focus on pacing strategies during training runs to develop the ability to hold a steady pace over the duration of the race. Incorporate tempo runs and race pace workouts into your training plan to familiarize yourself with your target pace and build the stamina needed to sustain it for the entire race distance.

****Split Time Fast Final:****

Incorporating a fast final split into your race strategy can help you finish strong and achieve a personal best time. Advanced runners should focus on building speed and efficiency in the later stages of the race by incorporating interval training and speed work into their training plan. Practice finishing strong during long runs by gradually increasing your pace over the final miles, simulating race-day conditions and building confidence in your ability to maintain speed when fatigued.

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,

****Interval Training:****

Interval training is a highly effective way to improve speed, power, and anaerobic capacity, making it an essential component of advanced training for a 10-mile race. Incorporate interval workouts such as 800-meter repeats, mile repeats, or pyramid intervals into your training plan to build speed and increase lactate threshold. Focus on maintaining a consistent effort level during intervals and recovering fully between repetitions to maximize the training stimulus.

****Mental Toughness:****

Training for a 10-mile race at an advanced level requires mental toughness and resilience. Focus on developing a strong mindset during training runs by pushing through fatigue, discomfort, and challenging conditions. Practice visualization techniques to prepare mentally for race day and build confidence in your ability to achieve your goals. Cultivate a positive attitude and embrace the challenges of training, knowing that each workout brings you one step closer to success.

****Recovery and Rest:****

Incorporating adequate recovery and rest into your training plan is essential for advanced runners preparing for a 10-mile race. Listen to your body and prioritize rest days, active recovery, and recovery modalities such as massage, foam rolling, and stretching to reduce the risk of overuse injuries and ensure optimal performance on race day.

By concentrating on pace maintenance, finishing strong with a fast final split, incorporating interval training, developing mental toughness, and prioritizing recovery and rest, advanced runners can optimize their training for a 10-mile race and achieve their performance goals. With dedication, focus, and strategic planning, you can conquer the 10-mile distance with confidence and pride.

WEEK 1

Monday: 3 mi @ 65% MHR

Tuesday: 7 mi w/ 5 mi @ LT pace

Wednesday: Cross-train

Thursday: 5 mi w/ 1/2 mi x 4 @ 5-K pace, 1/4-mi recovery

Friday: Rest

Saturday: 4 mi w/ Track Striders--8 laps

Sunday: 10 mi @ 80% MHR

Total: 29 mi

WEEK 2

Monday: 4 mi @ 65% MHR

Tuesday: 8 mi w/ 2 mi x 2 @ LT pace, 3-min recovery

Wednesday: Cross-train

Thursday: 7 mi w/ 1/2 mi x 6 @ 5-pace, 1/4-mi recovery

Friday: Rest

Saturday: 4 mi w/ 4 x Downhills

Sunday: 10 mi @ 80% MHR

Total: 33 mi

WEEK 3

Monday: 4 mi @ 65% MHR

Tuesday: 10 mi w/ 2 mi x 3 @ LT pace, 3-min recovery

Wednesday: Cross-train

Thursday: 5 mi w/ 6 x Uphills

Friday: Rest

Saturday: 4 mi w/ Track Striders 8 laps

Sunday: 13 mi @ 80% MHR

Total: 36 mi

"The ultimate is not to win, but to reach within the depths of your capabilities and to compete against yourself to the greatest extent possible. When you do that, you have dignity. You have the pride. You can walk about with character and pride no matter in what place you happen to finish." Billy Mills, 10K Gold Medal Olympian 1964

WEEK 4

Monday: 6 mi @ 65% MHR

Tuesday: 8 mi w/ 4 mi @ LT pace on hilly course

Wednesday: Cross-train

Thursday: 6 mi w/ 1 mi x 3 @ 10-K pace, 1/4-mi recovery

Friday: Rest

Saturday: 5 mi w/ 6 x Downhills

Sunday: 10 mi w/ 5 mi @ 80% MHR and 5 mi @ LT pace

Total: 35 mi

WEEK 5

Monday: 5 mi @ 65% MHR

Tuesday: 10 mi w/ 2 mi x 3 @ LT pace, 3-min recovery

Wednesday: Cross-train

Thursday: 7 mi w/8 x Uphills

Friday: Rest

Saturday: 5 mi w/ Track Striders-- 10 laps

Sunday: 14 mi w/ 10 mi @ 80% MHR and 4 mi @ LT pace

Total: 41 mi

WEEK 6

Monday: 7 mi @ 65% MHR

Tuesday: 7 mi w/ 5 mi @ LT pace on hilly course

Wednesday: Cross-train

Thursday: 4 mi w/ Track Striders 8 laps

Friday: 3 mi easy

Saturday: Rest

Sunday: 10-K race

Total: 27 mi

WEEK 7

Monday: 4 mi @ 65% MHR

Tuesday: 10 mi w/ 6 mi @ LT pace

Wednesday: Cross-train

Thursday: 7 mi w/ 1 mi x 4 @ 10-K pace, 1/4-mi recovery

Friday: Rest

Saturday: 5 mi w/ 8 x Downhills

Sunday: 16 mi w/ 10 mi @ 80% MHR and 6 mi @ LT pace

Total: 42 mi

WEEK 8

Monday: 5 mi @ 65% MHR

Tuesday: 10 mi w/ 2 mi x 3 @ pace, 3-min recovery

Wednesday: Cross-train

Thursday: 7 mi w/ 10 x Uphills

Friday: Rest

Saturday: 4 mi w/ Track Striders--6 laps

Sunday: 10 mi time trial at goal race pace

Total: 36 mi

WEEK 9

Monday: 5 mi @ 65% MHR

Tuesday: 6 mi w/ 4 mi @ LT pace

Wednesday: Cross-train

Thursday: 4 mi w/ 1/4 mi x 8 @ 5-K pace, 200-meter rec.

Friday: Rest

Saturday: 4 mi w/ Track Striders 6 laps

Sunday: 8 mi @ 80% MHR

Total: 27 mi

WEEK 10

Monday: 3 mi easy

Tuesday: 6 mi w/ 4 mi @ LT pace

Wednesday: Cross-train

Thursday: 4 mi w/ Track Striders--4 laps

Friday: Rest

Saturday: 2 mi easy

Sunday: 10-MILER

If you are tired of...

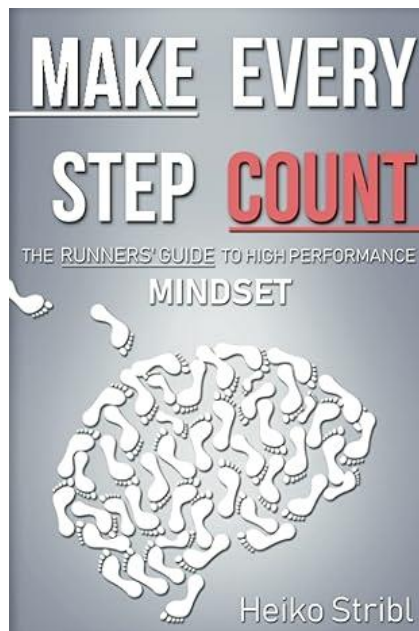
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



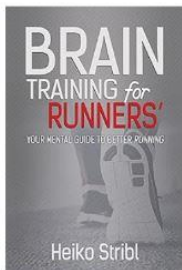
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

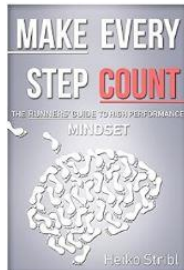
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



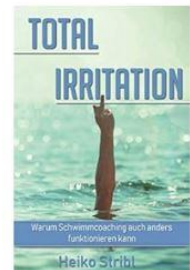
Quick look

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](#).