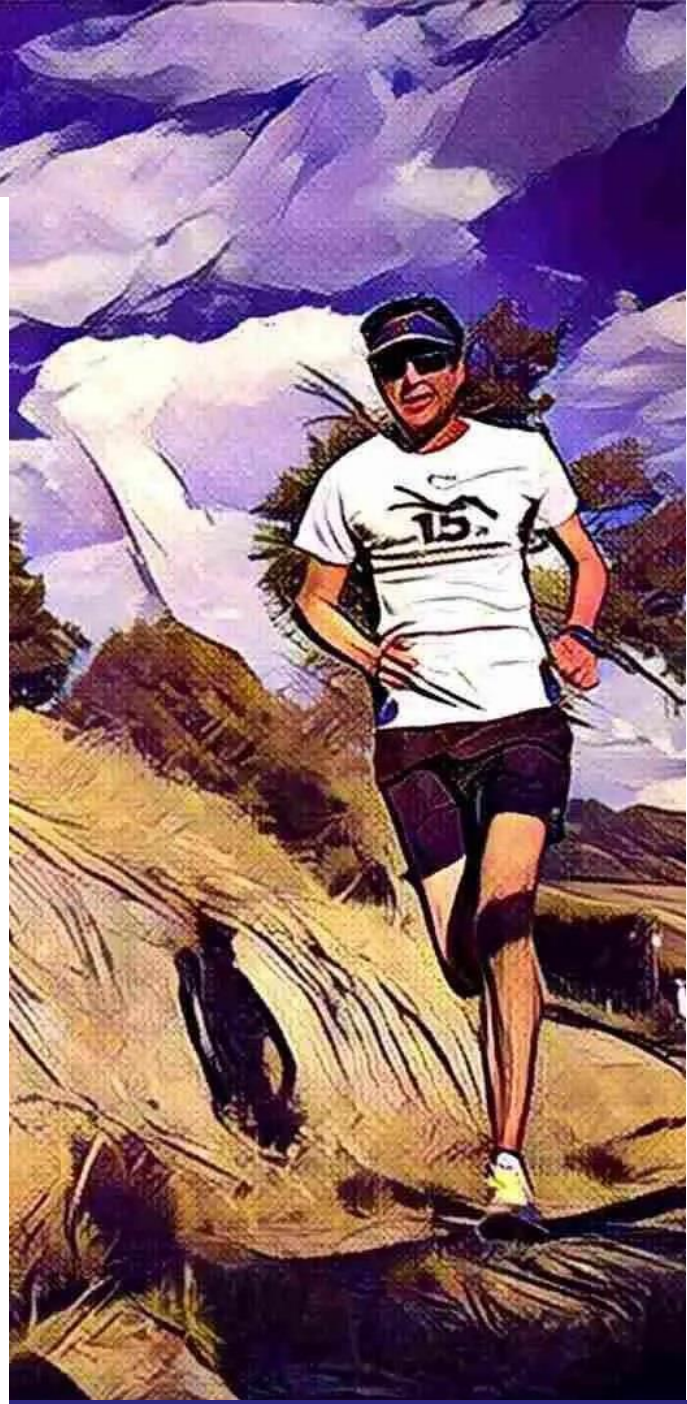


# 10 Mile Training Plan



**R.E.S.E.T.®**

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



# 10 Mile Training Plan

10 Weeks Intermediate

## 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 as an intermediate runner involves a comprehensive approach that combines base training, hill workouts, fartlek training, and a positive mindset to achieve peak performance and tackle the challenges of the longer distance.

**\*\*Base Training:\*\*** Intermediate runners should start their training by focusing on building a solid base of fitness. This involves gradually increasing mileage and incorporating a mix of easy runs, long runs, and cross-training activities to improve aerobic capacity and endurance. Base training lays the foundation for more intense workouts later in the training cycle and helps reduce the risk of injury by allowing the body to adapt gradually to increased training loads.

**\*\*Hill Workouts:\*\*** Hills provide an excellent opportunity to develop strength, power, and running efficiency. Intermediate runners should incorporate hill repeats into their training regimen to improve leg strength and prepare for the demands of running on varied terrain during the race. Start with shorter hills and gradually increase the duration and intensity of the workouts over time. Focus on maintaining good form and posture while running uphill, and use the downhill sections to practice controlled descents and recovery.

**\*\*Fartlek Training:\*\*** Fartlek training is a versatile and effective way to improve speed, endurance, and mental toughness. Intermediate runners can incorporate fartlek workouts into their training plan by alternating between periods of faster running and recovery at a more relaxed pace. This can be done by varying the pace and intensity of your runs, such as sprinting for short intervals followed by jogging or walking to recover. Fartlek training helps improve the body's ability to handle changes in pace and terrain during the race and boosts confidence by simulating race-like conditions in training.

**\*\*Positive Mindset Training:\*\*** Maintaining a positive mindset is essential for intermediate runners as they train for a 10-mile race. Focus on setting realistic goals, staying motivated, and celebrating your progress along the way. Visualize success and focus on the benefits of your training, such as improved fitness, increased energy levels, and enhanced well-being. Cultivate resilience and perseverance by learning from setbacks and challenges, and trust in your training and abilities as you work towards achieving your running goals.

By incorporating base training, hill workouts, fartlek training, and maintaining a positive mindset throughout the training process, intermediate runners can build the strength, endurance, and confidence needed to conquer a 10-mile race. Stay consistent with your

training, listen to your body, and trust in your abilities as you work towards achieving your running goals. With dedication and perseverance, you'll be well-prepared to cross the finish line of your 10-mile race with pride and satisfaction.

## **Intermediate 10-Week**

### **WEEK 1**

**Monday: Rest**

**Tuesday: 5 mi w/ 3 mi @ LT pace**

**Wednesday: Cross-train**

**Thursday: 5 mi w/ 1/4 mi x 6 @ 5-Kk pace, 1/4-mi recovery**

**Friday: 4 mi @ 65% MHR**

**Saturday: Cross-train**

**Sunday: 6 mi @ 75/80% MHR**

**Total: 20 mi**

### **WEEK 2**

**Monday: Rest**

**Tuesday: 5 mi w/ 3 mi @ LT pace**

**Wednesday: Cross-train**

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

**Friday: 4 mi @ 65% MHR**

**Saturday: Cross-train**

**Sunday: 8 mi @ 75/80% MHR**

**Total: 22 mi**

### **WEEK 3**

**Monday: Rest**

**Tuesday: 6 mi w/ 4 mi @ LT pace**

**Wednesday: Cross-train**

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

**Friday: 5 mi @ 65% MHR**

**Saturday: Cross-train**

**Sunday: 10 mi @ 75/80% MHR**

**Total: 26 mi**

#### **WEEK 4**

**Monday: Rest**

**Tuesday: 6 mi w/ 4 mi @ LT pace**

**Wednesday: Cross-train**

**Thursday: 7 mi w/ 1 mi x 3 @ 10-pace, 3- min recovery**

**Friday: 4 mi @ 65% MHR and 4 x 45-sec pickups**

**Saturday: Cross-train**

**Sunday: 8 mi w/ 6 mi @ 75/80% MHR and 1 mi @ LT**

**Total: 25 mi**

#### **WEEK 5**

**Monday: Rest**

**Tuesday: 7 mi w/ 5 mi @ LT pace**

**Wednesday: Cross-train**

**Thursday: 5 mi w/ 6 x Uphills**

**Friday: 6 mi @ 65% MHR and 6 x 45-sec pickups**

**Saturday: Cross-train**

**Sunday: 12 mi w/11 mi @ 75/80% MHR and 1 mi @ LT**

**Total: 30 mi**

## **WEEK 6**

**Monday: Rest**

**Tuesday: 6 mi w/ 2 mi x 2 @ LT pace, 4-min recovery**

**Wednesday: Cross-train**

**Thursday: 5 mi @ 65% MHR**

**Friday: 3 mi very easy**

**Saturday: Cross-train**

**Sunday: 10-K Race**

**Total: 20 mi**

## **WEEK 7**

**Monday: Rest**

**Tuesday: 6 mi w/ 4 mi @ LT pace**

**Wednesday: Cross-train**

**Thursday: 7 mi w/ 1 mi x 3 @ 10-K pace, 3-min recovery**

**Friday: 6 mi @ 65% MHR and 8 x 45-sec pickups**

**Saturday: Cross-train**

**Sunday: 14 mi @ 75/80% MHR and mi 8 to 10@ LT**

**Total: 33 mi**

## **WEEK 8**

**Monday: Rest**

**Tuesday: 6 mi w/ 1/4 mi x 6 @ 5-K pace, 1/4-mi recovery**

**Wednesday: Cross-train**

**Thursday: 5 mi @ 65% MHR**

**Friday: 3 mi very easy**

**Saturday: Rest**

**Sunday: 10 mi time trial at goal race pace**

**Total: 24 mi**

## **WEEK 9**

**Monday: Rest**

**Tuesday: 5 mi w/ 3 mi @ LT pace**

**Wednesday: Cross-train**

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

**Friday: 4 mi @ 65% MHR and 8 x 45-sec pickups**

**Saturday: Cross-train**

**Sunday: 6 mi w/ 3 mi @ 75/80% MHR and 3 mi @ LT**

**Total: 20 mi**

## **Week 10**

**Monday: Rest**

**Tuesday: 5 mi w/ 3 mi @ 75% MHR**

**Wednesday: Cross-train**

**Thursday: 4 mi easy w/ 6 x 45-sec pickups**

**Friday: Rest**

**Saturday: 20 minutes very easy**

**Sunday: 10 MILER**

**If you are tired of...**

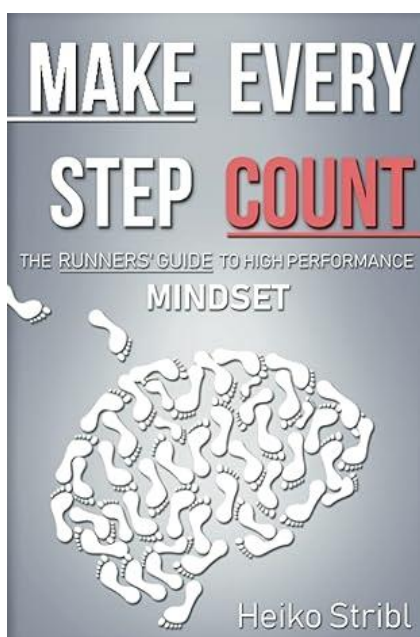
**Inconsistent practice sessions — some days you are on, some days you are (way) off.**

**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..."**



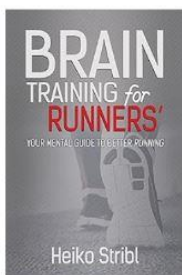
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

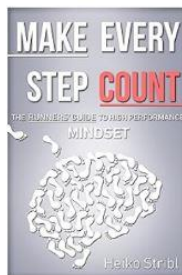
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



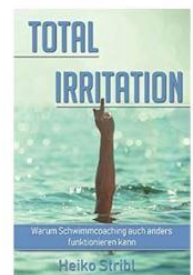
Quick look

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.](#)

