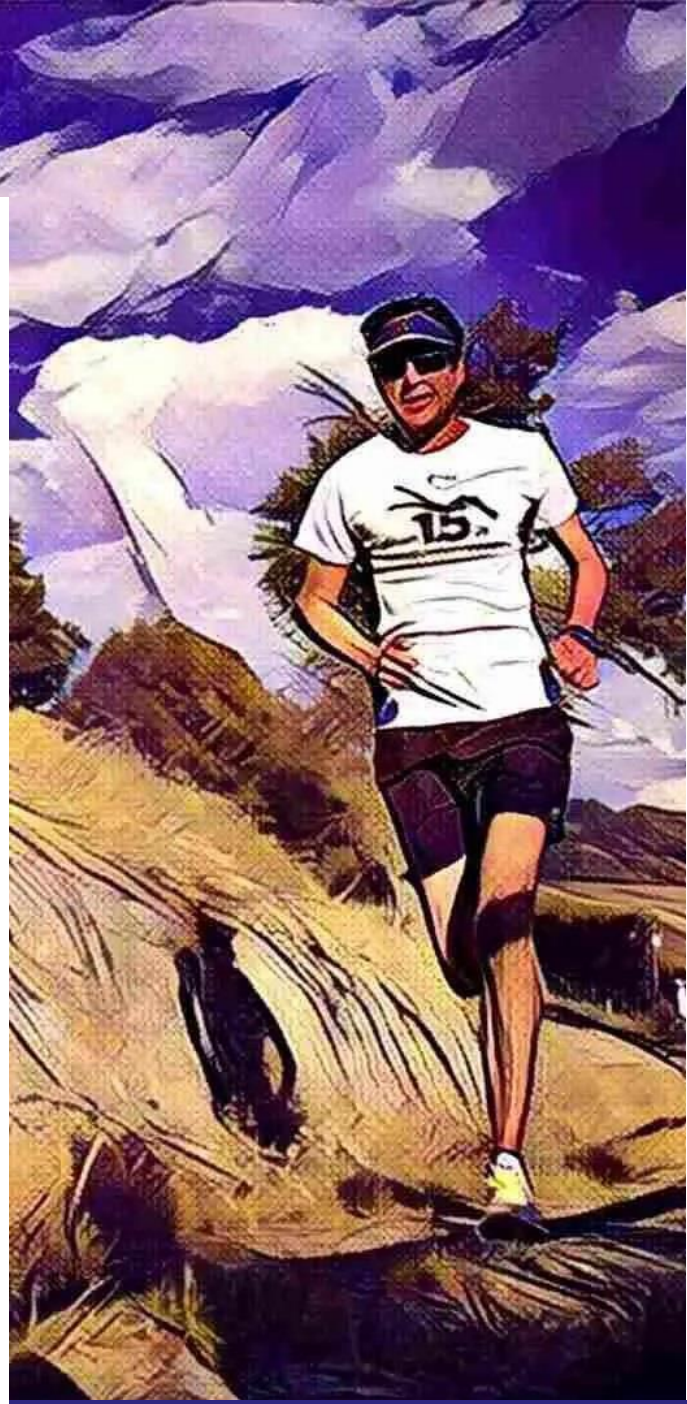


10 Mile Training Plan



R.E.S.E.T.®

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



10 Mile 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. "



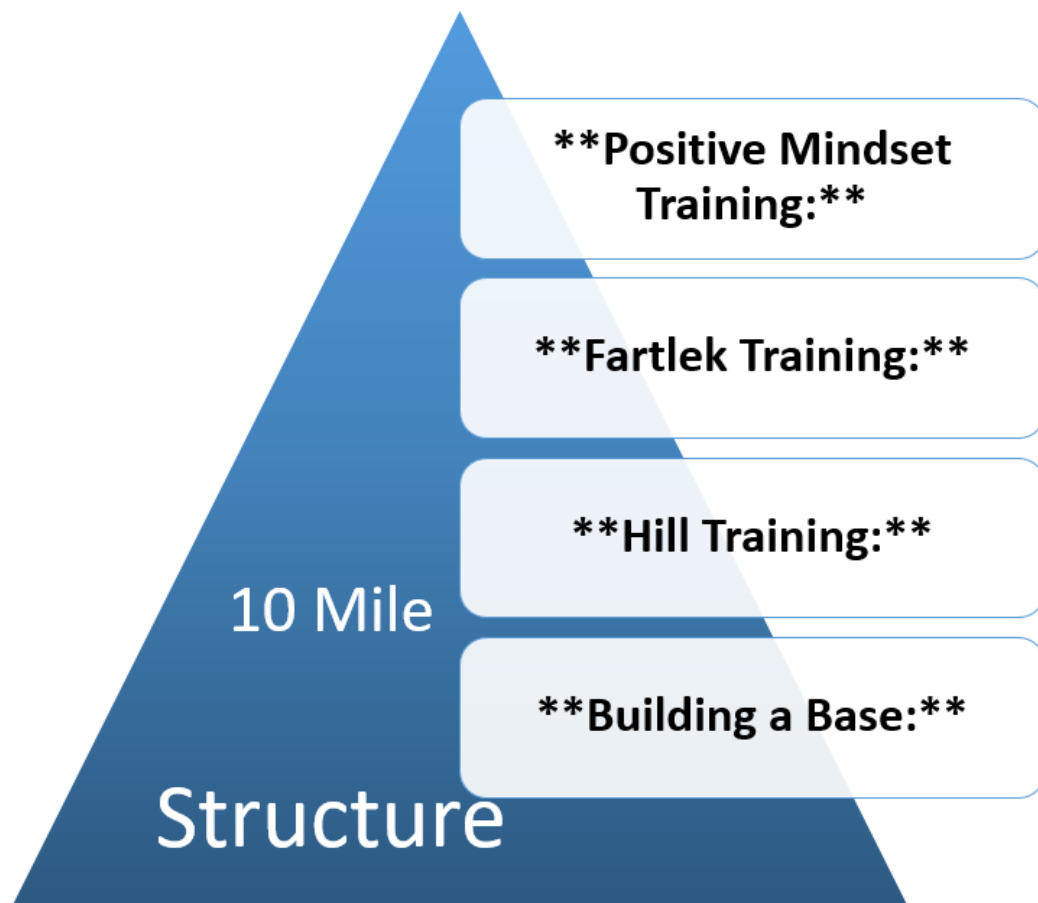
Training for a 10-mile race as a beginner in 12 weeks demands a thoughtful and structured approach, focusing on building a strong base, improving hill running skills, and incorporating fartlek training while maintaining a positive mindset throughout the training process.

****Building a Base:**** For beginners, establishing a solid base of fitness is essential before tackling the challenges of a 10-mile race. Start with a mix of walking and running, gradually increasing the duration and intensity of your workouts over time. Focus on building endurance and aerobic capacity by incorporating longer, slower runs into your training regimen. As your fitness improves, gradually increase the distance and frequency of your runs, ensuring to listen to your body and avoid overtraining.

****Hill Training:**** Hills provide an excellent opportunity to improve strength, power, and running efficiency. Incorporate hill repeats into your training plan to build leg strength and improve your ability to tackle inclines during the race. Start with shorter hills and gradually increase the duration and intensity of your hill workouts over time. Focus on maintaining good form and posture while running uphill, and use the downhill sections to practice controlled descents and recoveries.

****Fartlek Training:**** Fartlek training involves alternating between periods of faster running and recovery at a more relaxed pace. This type of training helps improve speed, endurance, and mental toughness, making it an excellent addition to your 10-mile race training plan. Incorporate fartlek workouts into your training regimen by varying your pace and intensity throughout your runs. For example, alternate between faster running for one minute followed by two minutes of easy jogging, repeating the cycle for a set duration or distance.

****Positive Mindset Training:**** Maintaining a positive mindset is crucial for beginner runners as they train for a 10-mile race. Embrace the journey and focus on progress rather than perfection. Celebrate your accomplishments, no matter how small, and learn from setbacks or challenges along the way. Visualize success and stay motivated by setting achievable goals and focusing on the benefits of your training, such as improved fitness, increased energy levels, and enhanced well-being.



By

incorporating base training, hill workouts, fartlek training, and maintaining a positive mindset throughout your training, beginner runners can build the strength, endurance, and confidence needed to tackle 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 first 10-mile race with pride and satisfaction. **For Beginners 10-Week**

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,

Week Monday Tuesday Wednesday Thursday Friday Saturday Sunday

1	2 miles	Cross Training	2 miles (2 x 400)	Strength Training	2 miles OR Cross Train	3 miles	Rest
2	2 miles	Cross Training	2.5 miles (3 x 400)	Strength Training	2 miles OR Cross Train	3 miles	Rest
3	3 miles	Cross Training	3 miles (2 x 800)	Strength Training	2 miles OR Cross Train	4 miles	Rest
4	3 miles	Cross Training	3 miles (3 x 400)	Strength Training	2 miles OR Cross Train	5 miles	Rest
5	4 miles	Cross Training	3 miles (4 x 400)	Strength Training	2 miles OR Cross Train	4 miles	Rest
6	4 miles	Cross Training	3.5 miles (5 x 400)	Strength Training	2 miles OR Cross Train	5 miles	Rest
7	5 miles	Cross Training	4 miles (4 x 800)	Strength Training	2 miles OR Cross Train	6 miles	Rest
8	4 miles	Cross Training	3 miles (4 x 400)	Strength Training	2 miles OR Cross Train	7 miles	Rest
9	5 miles	Cross Training	4 miles (6 x 400)	Strength Training	2 miles OR Cross Train	8 miles	Rest
10	6 miles	Cross Training	5 miles (8 x 400)	Strength Training	2 miles OR Cross Train	9 miles	Rest
11	4 miles	Cross Training	3 miles (2 x 800)	Strength Training	2 miles OR Cross Train	4 miles	Rest
12	3 miles	Yoga	2 miles	2 miles OR rest	Rest	Race Weekend!	

If you are tired of...

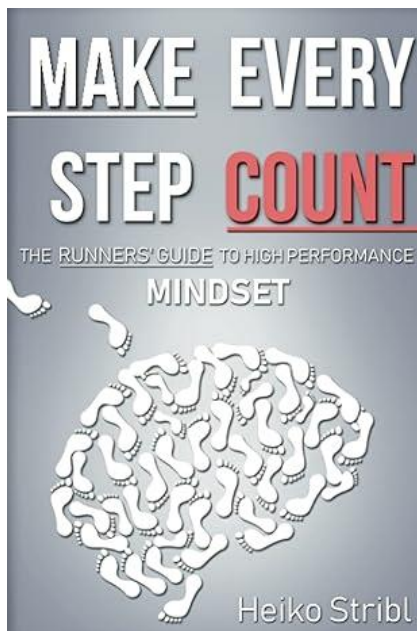
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



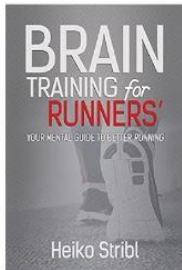
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

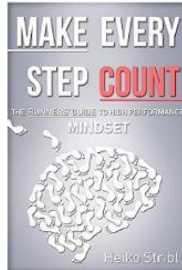
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

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](#).