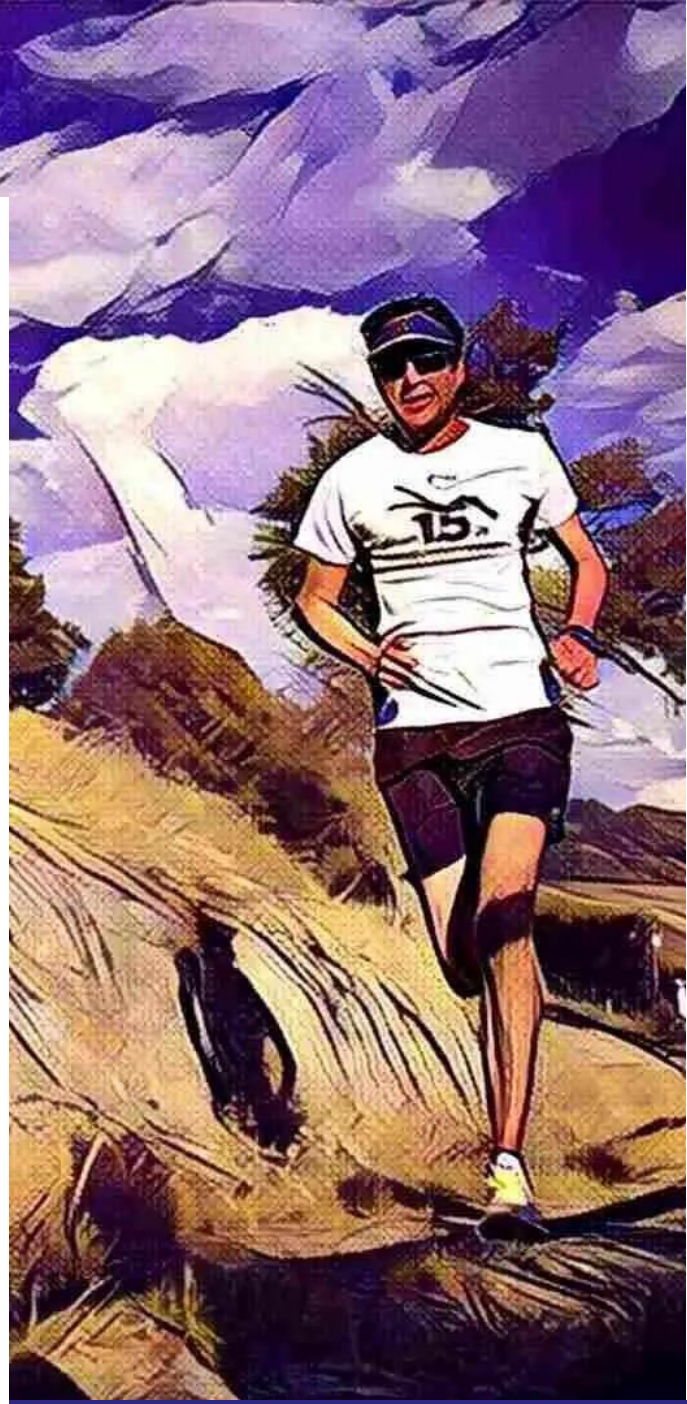


10 Mile to 21K Training Plan



R.E.S.E.T.®

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



10 Mile 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. "

Introduction:

Transitioning from a 10-mile race to a half marathon is a significant leap in distance and requires both physical endurance and mental resilience. Over the course of 12 weeks, a well-structured training plan not only builds the physical capacity to cover the distance but also fortifies the mental basis needed for success. This essay explores the importance of building endurance and mental resilience in preparing for a half marathon and how it contributes to a self-confidence boost.

Building Endurance:

Endurance is the cornerstone of successful long-distance running. Over the 12-week training period, gradually increasing mileage lays the foundation for improved aerobic capacity and muscular endurance. Long runs progressively extend in distance, simulating the demands of the half marathon. Consistency in training is key, allowing the body to adapt gradually to the rigors of running longer distances without succumbing to injury or burnout. As the body becomes more accustomed to sustained effort, runners develop the physical stamina necessary to conquer the half marathon distance.

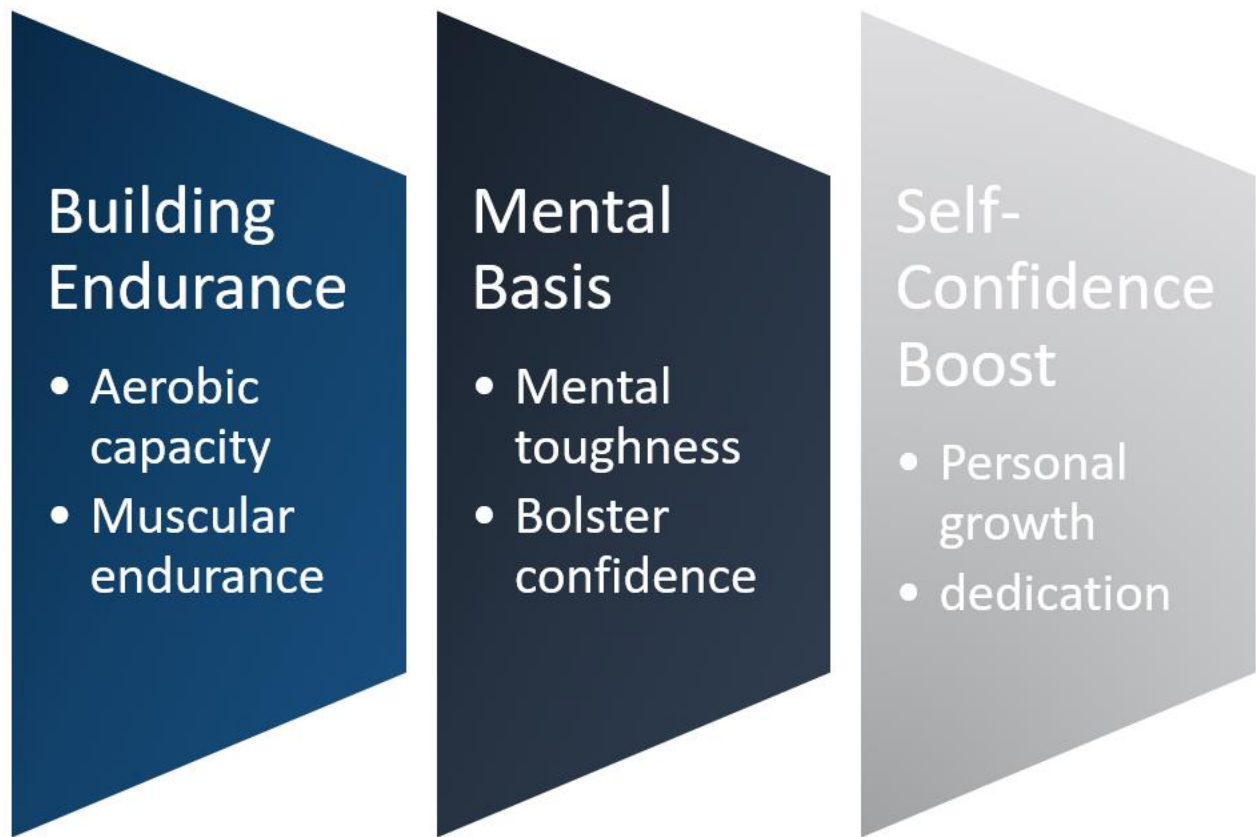
Powerful Mental Basis:

While physical preparation is essential, mental resilience is equally crucial for tackling the challenges of a half marathon. Long-distance running tests not only the body but also the mind. Endurance training provides an opportunity to cultivate mental toughness by pushing through discomfort and fatigue. Visualization techniques help runners envision themselves crossing the finish line, reinforcing a positive mindset and bolstering confidence in their abilities. Additionally, adopting a growth mindset allows runners to embrace setbacks as opportunities for learning and improvement rather than obstacles to success.

Self-Confidence Boost:

Completing a half marathon is a significant achievement that boosts self-confidence and self-esteem. The journey from 10 miles to 13.1 miles represents a tangible measure of progress and personal growth. Each successful long run and challenging workout reinforces the belief that goals are attainable with dedication and perseverance. The mental fortitude developed through endurance training extends beyond running, empowering individuals to tackle challenges in other areas of life with confidence and

resilience. Crossing the finish line of a half marathon is not just a physical accomplishment but a testament to the power of your ability to set & reach goals.



Conclusion:

Preparing for a half marathon requires more than just logging miles; it demands a holistic approach that builds both physical endurance and mental resilience. Over 12 weeks, this structured training plan lays the groundwork for success, instilling the confidence and determination needed to conquer the distance. As runners push their limits and overcome obstacles, they emerge stronger, more resilient, and ready to tackle whatever challenges lie ahead, both on and off the road.

10 Miles to Half marathon in 12 Weeks:

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 mi run	6 x hill	3 mi run	40 min tempo	Rest	3 mi run	90 min run (3/1)
2	3 mi run	7 x 400 5-K pace	3 mi run	45 min tempo	Rest	3 mi pace	90 min run
3	3 mi run	7 x hill	3 mi run	30 min tempo	Rest or easy run	Rest	5-K Race
4	3 mi run	8 x 400 5-K pace	3 mi run	40 min tempo	Rest	3 mi run	90 min run (3/1)
5	3 mi run	8 x hill	3 mi run	45 min tempo	Rest	3 mi pace	90 min run
6	3 mi run	8 x 400 5-K pace	3 mi run	30 min tempo	Rest or easy run	Rest	10-K Race
7	3 mi run	4 x 800 10-K pace	3 mi run	45 min tempo	Rest	4 mi pace	1:45 run (3/1)
8	3 mi run	3 x 1600 race pace	3 mi run	50 min tempo	Rest	5 mi pace	1:45 run
9	3 mi run	5 x 800 10-K pace	3 mi run	30 min tempo	Rest or easy run	Rest	15-K Race
10	3 mi run	4 x 1600 race pace	3 mi run	55 min tempo	Rest	5 mi pace	2:00 run (3/1)

11	3 mi run	6 x 800 10- K pace	3 mi run	60 min tempo	Rest	3 mi pace	2:00 run
12	3 mi run	6 x 400 5-K pace	2 mi run	30 min tempo	Rest	Rest	Half Marathon

If you are tired of...

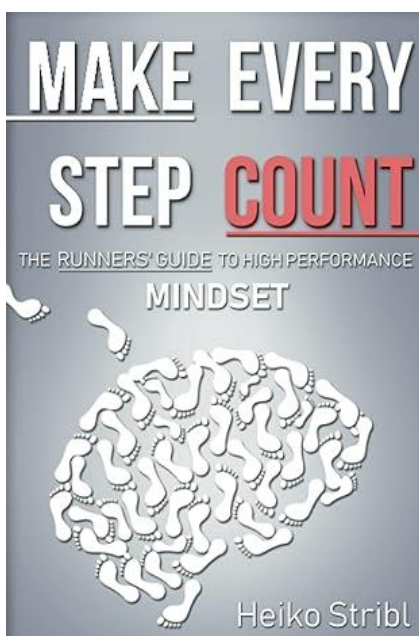
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



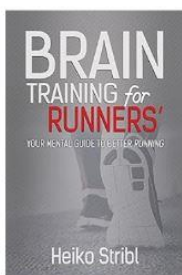
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

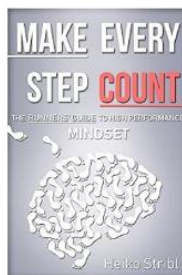
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



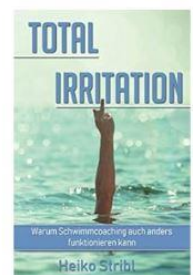
Quick look

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](#).