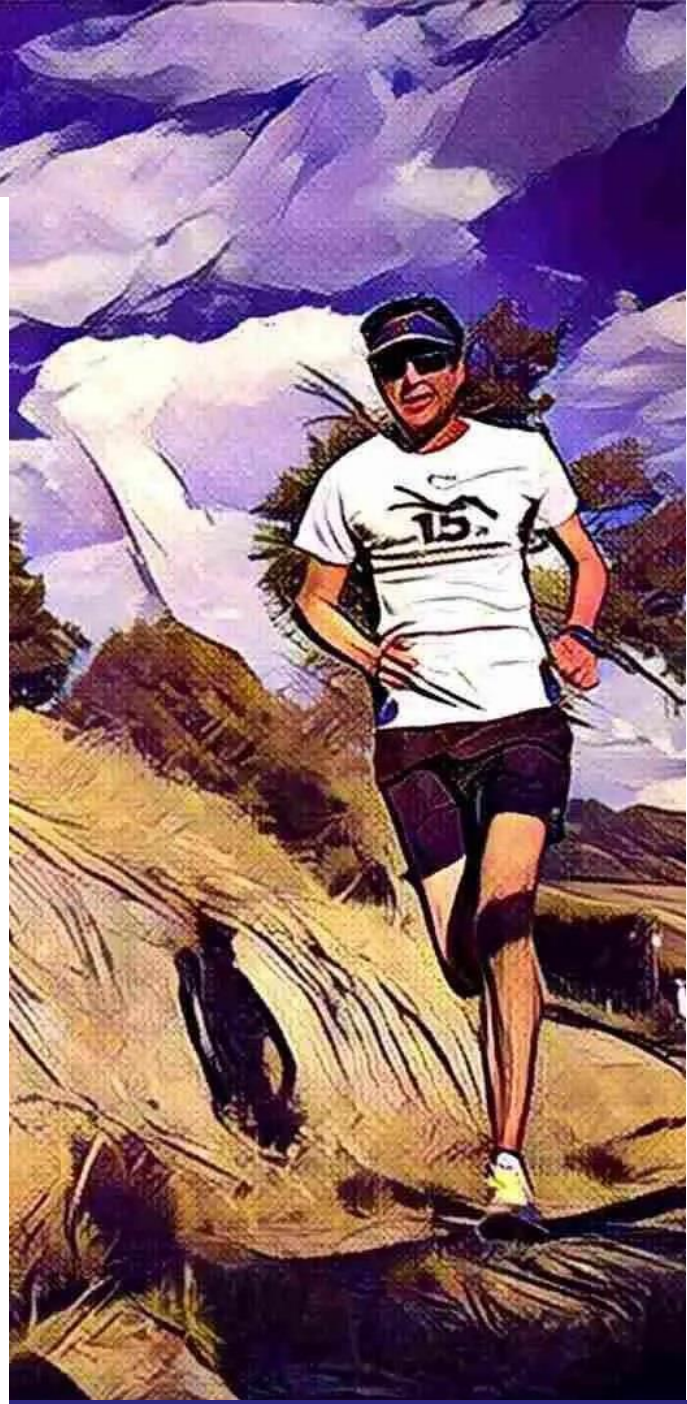


10 Mile Training Plan



R.E.S.E.T.®

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



10 Mile Training Plan

8 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 demands a balanced approach that incorporates various types of runs and workouts to improve endurance, speed, and race-specific fitness. By incorporating easy runs, long runs, tempo runs, and interval workouts into your training plan, you can optimize your performance and prepare yourself to conquer the 10-mile distance with confidence and ease.

****Easy Runs:**** Easy runs are the foundation of any training plan, providing an opportunity for recovery and building aerobic capacity. These runs should be done at a conversational pace, where you can maintain a steady rhythm and carry on a conversation comfortably. Easy runs help improve cardiovascular fitness, build endurance, and allow your body to adapt to the demands of running over longer distances.

****Long Runs:**** Long runs are a crucial component of training for a 10-mile race, helping to build endurance and mental toughness. These runs should be done at a slower pace than your race pace, allowing you to cover the distance comfortably while still challenging yourself. Start with shorter long runs and gradually increase the duration over time, mimicking the distance of the race as you progress through your training plan.

****Tempo Runs and Threshold Intervals:**** Tempo runs and threshold intervals are designed to improve your lactate threshold, allowing you to run faster for longer periods of time without fatiguing. Tempo runs involve running at a sustained, comfortably hard pace for a set period of time, typically around 20-30 minutes. Threshold intervals break up the effort into shorter segments, with brief periods of recovery in between. These workouts help improve your ability to sustain a faster pace and build mental toughness.

****Interval Workouts:**** Interval workouts involve alternating between periods of high-intensity running and recovery. These workouts help improve speed, power, and anaerobic capacity, making them essential for race preparation. Examples of interval workouts include 400-meter repeats, where you run at a fast pace for a set distance,

followed by a brief recovery period, and pyramid intervals, where you gradually increase and then decrease the duration of the intervals.

10 Miles in 8 Weeks Training Plan:

Week 1-2: Establishing a Base

- **Total Mileage: 10-15 miles per week**
- **Long Run: 4 miles**
- **Interval Workouts: 400m repeats with 1-minute rest**
- **Easy Runs: 3 miles at a comfortable pace**

Week 3-4: Building Endurance

- **Total Mileage: 15-20 miles per week**
- **Long Run: 6 miles**
- **Interval Workouts: 800m repeats with 1-minute rest**
- **Easy Runs: 4 miles at a comfortable pace**

Week 5-6: Enhancing Speed

- **Total Mileage: 20-25 miles per week**
- **Long Run: 8 miles**
- **Interval Workouts: 1k repeats with 1-minute rest**
- **Easy Runs: 4-5 miles at a comfortable pace**

Week 7-8: Sharpening and Tapering

- **Total Mileage: 25-30 miles (Week 7), 15-20 miles (Week 8)**
- **Long Run: 10 miles (Week 7), 6 miles (Week 8)**
- **Interval Workouts: Mile repeats with 2-minute rest (Week 7), 800m repeats with 1-minute rest (Week 8)**
- **Easy Runs: 4-5 miles at a comfortable pace**

Incorporating a variety of runs and workouts into your training plan is essential for preparing for a 10-mile race. By incorporating easy runs, long runs, tempo runs, and interval workouts into your routine, you can improve your endurance, speed, and race-specific fitness, ultimately setting yourself up for success on race day. Remember to listen to your body, prioritize rest and recovery, and stay consistent with your training to achieve your running goals. With dedication and perseverance, you can conquer the 10-mile distance and achieve your personal best.

If you are tired of...

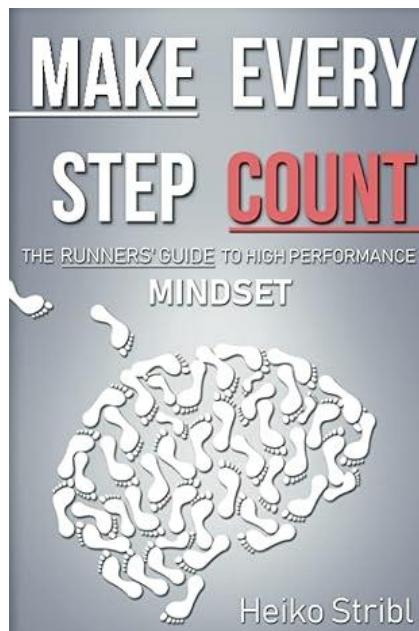
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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

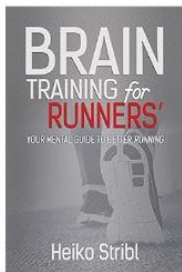
more than just big goals to make them a reality.

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.

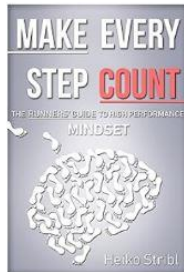
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



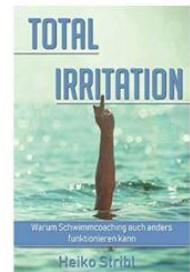
Quick look

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](#).