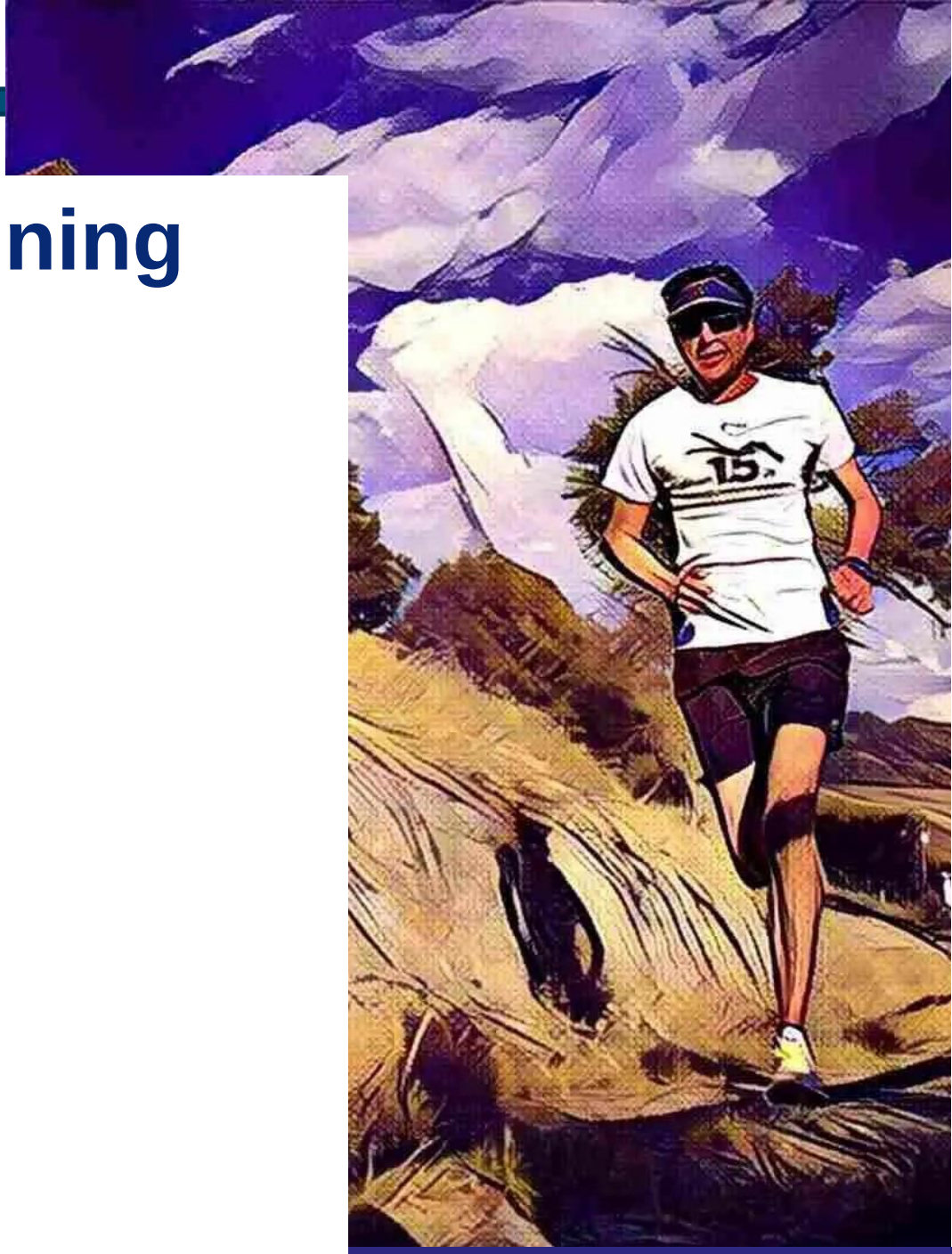
21K Training Plan



R.E.S.E.T.®

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

21K Training Plan

12 Weeks (Sunday Race)

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. "

Preparing for a sub-2-hour half marathon in just 12 weeks demands a focused and efficient training approach that emphasizes speed workouts, tempo runs, and long runs. By incorporating these key elements into your training plan, you can develop the necessary pacing and efficiency needed to achieve your goal and conquer the half marathon distance with confidence and determination.

Speed Workouts: Speed workouts are essential for improving your running economy and increasing your overall speed. Incorporate interval training sessions into your weekly routine, focusing on short bursts of high-intensity effort followed by periods of recovery. Aim to include workouts such as 400-meter repeats, 800-meter repeats, or mile repeats to build speed and anaerobic capacity. Gradually increase the intensity and duration of your speed workouts as you progress through your training plan to improve your ability to maintain a faster pace for longer periods.

Tempo Runs: Tempo runs are an effective way to improve your lactate threshold and increase your ability to sustain a faster pace over longer distances. Incorporate tempo runs into your training plan at least once a week, focusing on running at a comfortably hard pace for a sustained period of time. Start with shorter tempo runs and gradually increase the duration as your fitness improves. Tempo runs help build mental toughness and confidence, preparing you to maintain a challenging pace during the half marathon race.

Long Runs: Long runs are the cornerstone of half marathon training, providing an opportunity to build endurance and confidence while covering the distance of the race. Aim to complete a weekly long run, gradually increasing the distance over the course of your 8-week training plan. Long runs should be done at a slower pace than your race pace, allowing you to cover the distance comfortably while still challenging yourself. As you progress through your training, incorporate race-specific long runs where you practice your pacing and fueling strategies to simulate the conditions of the race.

In addition to speed workouts, tempo runs, and long runs, it's essential to prioritize recovery and rest to ensure optimal performance on race day. Listen to your body and don't hesitate to adjust your training plan as needed to prevent injury and avoid

burnout. With dedication, perseverance, and strategic planning, you'll be well-prepared to achieve a sub-2-hour half marathon and accomplish your running goals in just 8 weeks.

Half Marathon in 12 Weeks Training Plan for a Sunday race:

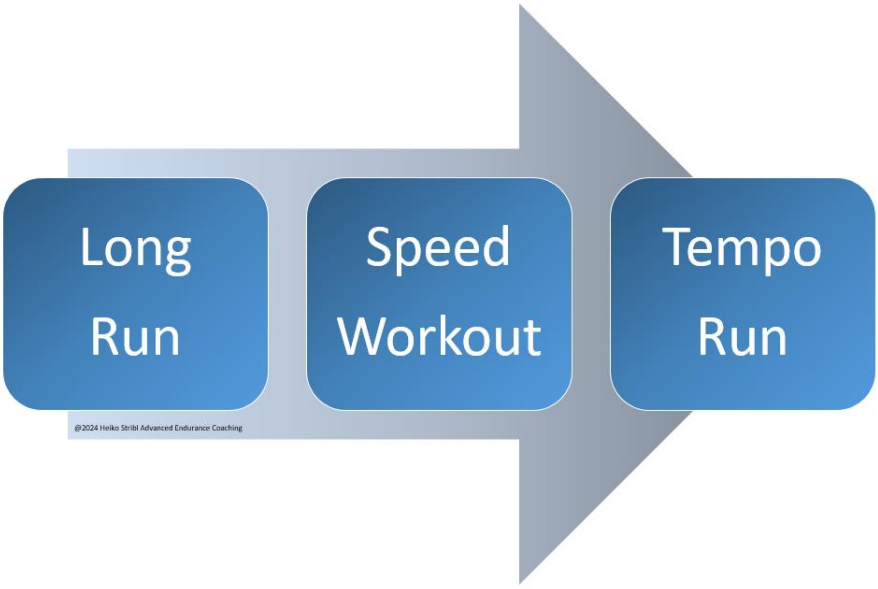
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	off	3 miles	4 miles	3 miles	off	2 miles	5 miles
2	off	3 miles	4 miles	3 miles	off	2 miles	6 miles
3	off	4 miles	5 miles	4 miles	off	2 miles	7 miles
4	off	4 miles	5 miles	4 miles	off	3 miles	8 miles
5	off	5 miles	6 miles	5 miles	off	3 miles	9 miles
6	off	5 miles	6 miles	5 miles	off	3 miles	10 miles
7	off	4 miles	5 miles	4 miles	off	3 miles	11 miles
8	off	4 miles	4 miles	4 miles	off	2 miles	12 miles
9	off	3 miles	4 miles	3 miles	off	2 miles	13.1 miles!

Long runs, speed workouts, and tempo runs are integral components of a well-rounded training regimen for distance runners.

Long runs, typically performed at a comfortable pace, are crucial for building endurance and aerobic capacity. These runs gradually increase in distance over time, preparing the body to handle the demands of a race.

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,

Speed workouts, on the other hand, focus on improving running economy and increasing leg turnover. These workouts often include intervals of higher intensity running, such as repeats of 400 meters to 1 mile, followed by periods of rest or easy jogging. Speed workouts help runners develop their anaerobic threshold and improve overall speed.



Tempo runs, sometimes referred to as threshold runs, are performed at a sustained, comfortably hard pace that is just below race pace. These workouts challenge runners to maintain a steady effort over a prolonged period, typically ranging from 20 to 40 minutes. Tempo runs improve lactate threshold, teaching the body to clear lactate more efficiently and delay the onset of fatigue.

By incorporating long runs, speed workouts, and tempo runs into their training routine, runners can enhance both their endurance and speed, ultimately improving race performance and achieving their running goals.

If you are tired of…

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

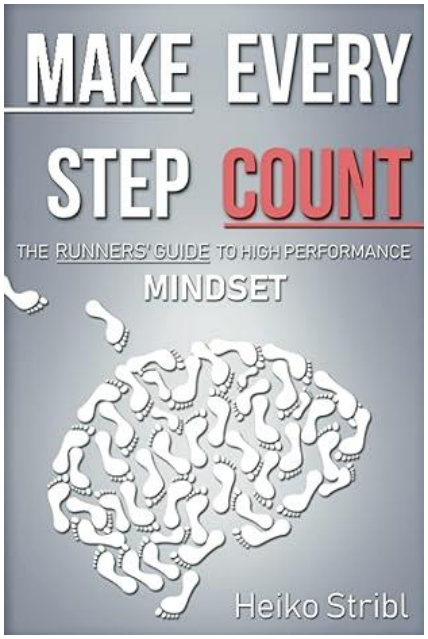
Feeling unfocused and unmotivated when the weather isn't to your liking, or you face a steep hill. Dreaming of being a stronger and smarter runner? But, you are not confident even though you are following the training plan,

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

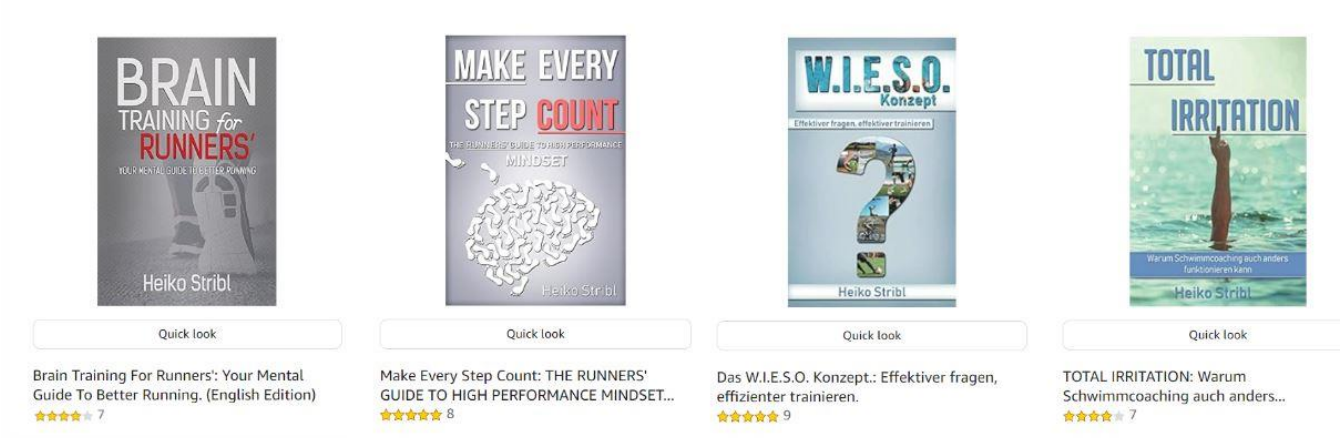
Better Run Practices and Faster Running..."



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.



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.