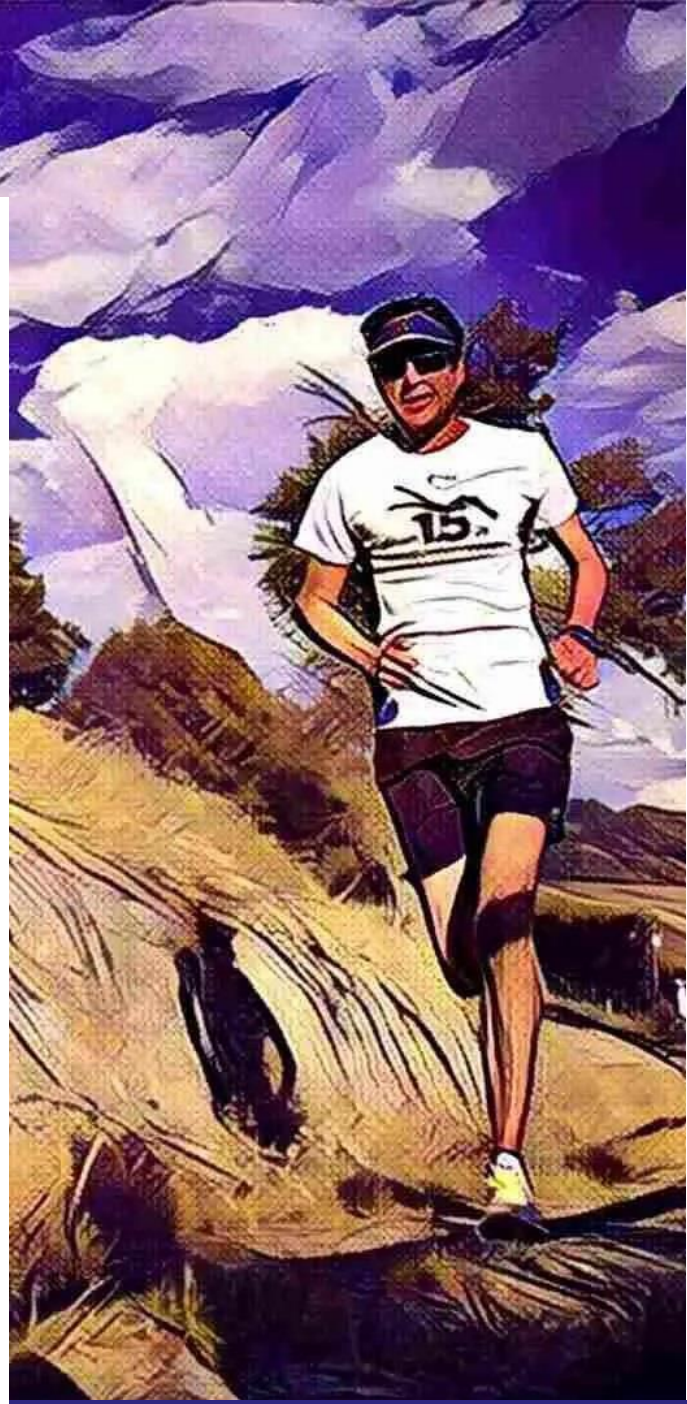


21K Training Plan



R.E.S.E.T.®

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



21K Training Plan

14 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. "



Training for a half marathon in 14 weeks requires a comprehensive understanding of physiological factors such as heart rate, lactate threshold, glucose utilization, and ATP production. By optimizing these factors through targeted training strategies, runners can improve performance and endurance, ultimately achieving their goals on race day.

****Heart Rate Training:****

Heart rate training involves monitoring and controlling your heart rate during workouts to optimize performance and improve fitness. By training at specific heart rate zones, runners can target different physiological systems and adapt their bodies to handle the demands of a half marathon. Endurance runs are typically done at a moderate intensity, while tempo runs and speed workouts aim to push heart rate into higher zones to improve aerobic capacity and speed.

****Lactate Threshold:****

Lactate threshold is the point at which lactate begins to accumulate in the bloodstream faster than it can be cleared, leading to fatigue and a decline in performance. Training at or near lactate threshold helps increase the body's ability to tolerate higher levels of lactate and delay the onset of fatigue. Tempo runs, threshold intervals, and race pace workouts are effective for improving lactate threshold and enhancing endurance during a half marathon.

****Glucose Utilization:****

Glucose is the primary source of energy for muscles during endurance exercise, making efficient glucose utilization essential for sustained performance. Training at lower intensities promotes fat utilization, sparing glycogen stores and preserving glucose for later stages of the race. Long runs and easy recovery runs are particularly effective for improving fat metabolism and enhancing endurance while conserving glycogen stores.

****ATP Production:****

ATP (adenosine triphosphate) is the energy currency of the body, powering muscle contractions during exercise. ATP production occurs primarily through aerobic metabolism, which relies on oxygen and glucose to generate energy. By training at varying intensities and durations, runners can improve ATP production capacity and efficiency, allowing them to sustain higher workloads for longer periods. Endurance runs, tempo runs, and interval workouts all contribute to ATP production and overall performance improvement.

Incorporating heart rate monitoring, lactate threshold training, optimizing glucose utilization, and enhancing ATP production into a 14-week half marathon training plan can lead to significant improvements in performance and endurance. By understanding and targeting these physiological factors through specific training strategies, runners can optimize their training, maximize their potential, and achieve success on race day. With dedication, perseverance, and strategic planning, runners can conquer the half marathon distance and accomplish their running goals. 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 14 weeks.

Over 14 weeks, equivalent to about three and a half months, you can cultivate a growth mindset and discipline through consistent practice and deliberate effort.

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,

Embracing challenges, persisting in the face of setbacks, and seeking opportunities for growth fosters a growth mindset. Meanwhile, adhering to this structured training plan, setting and achieving small goals, and prioritizing consistency in habits and routines cultivates discipline. By embracing these qualities over time, you will enhance your resilience, motivation, and ability to achieve your goals. The phosphagen system, also known as the ATP-CP system, is one of the body's immediate energy sources used during short-term, high-intensity activities lasting up to around 10 seconds. It primarily fuels activities that require rapid bursts of power, such as sprinting, jumping, or weightlifting.

This system relies on stored adenosine triphosphate (ATP) and creatine phosphate (CP) in the muscles. When energy is needed, ATP is broken down into adenosine diphosphate (ADP) and inorganic phosphate (Pi), releasing energy that fuels muscle contractions. However, ATP stores are limited and can be quickly depleted.

Half Marathon in 14 Weeks Training Plan for a Sunday race:

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

To regenerate ATP, creatine phosphate donates its phosphate group to ADP, converting it back into ATP. This process is catalyzed by the enzyme creatine kinase. While this regeneration is rapid, it is also limited by the availability of creatine phosphate.

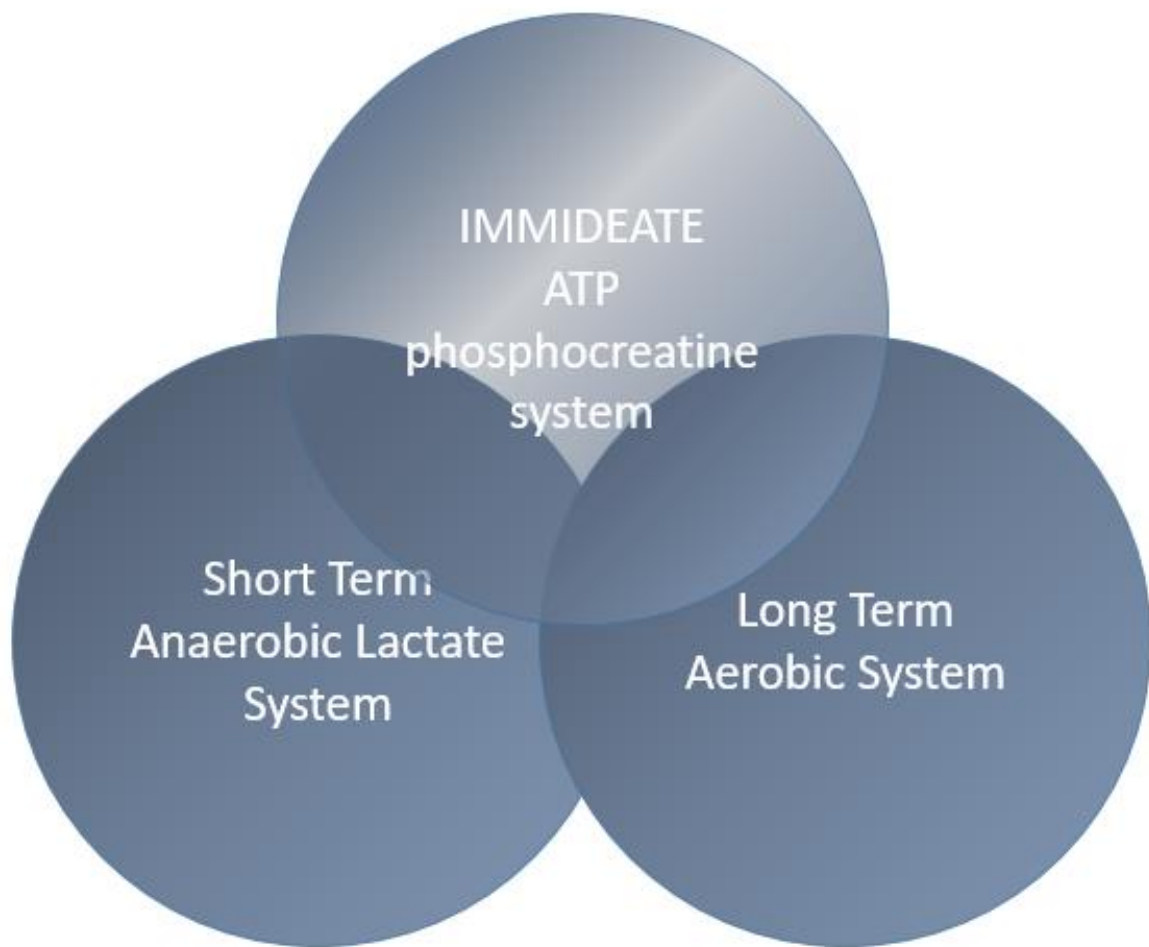
The phosphagen system is highly efficient for providing immediate energy during short bursts of intense activity but has limited capacity for sustained efforts. It works in concert with other energy systems, such as anaerobic glycolysis and aerobic metabolism, to meet the energy demands of different types of physical activity.

Glycolysis is the breakdown of glucose into pyruvate to produce ATP, providing energy for short to moderate duration activities without the need for oxygen. This anaerobic process occurs in the cytoplasm of cells and is essential for activities that require quick bursts of energy, such as sprinting or high-intensity interval training.

During glycolysis, glucose is converted into two molecules of pyruvate, producing a small amount of ATP and NADH. The NADH produced can later be used to generate additional ATP through oxidative phosphorylation if oxygen is available. However, in the absence of oxygen, such as during intense exercise, pyruvate is converted into lactate to regenerate NAD⁺ and continue glycolysis.

While glycolysis is a rapid way to produce ATP, it is less efficient than aerobic metabolism in terms of ATP yield per glucose molecule. Additionally, the accumulation of lactate can lead to muscle fatigue and discomfort. However, glycolysis plays a crucial role in providing energy during high-intensity efforts when oxygen availability is limited, allowing athletes to sustain performance during short bursts of intense activity. The aerobic system is the primary energy system used during low to moderate intensity, endurance-based activities that require sustained effort over an extended period. It relies on oxygen to convert carbohydrates, fats, and sometimes proteins into ATP, the energy currency of the body.

During aerobic metabolism, glucose is broken down through a series of enzymatic reactions in the presence of oxygen, producing carbon dioxide, water, and a large amount of ATP. This process occurs in the mitochondria of cells and is highly efficient, yielding significantly more ATP per molecule of glucose compared to anaerobic metabolism.



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In addition to glucose, the aerobic system also utilizes fatty acids as a fuel source, particularly during longer-duration activities when glycogen stores become depleted. Fats are broken down through beta-oxidation and enter the citric acid cycle to produce ATP.

The aerobic system provides a steady and sustainable source of energy for activities such as long-distance running, cycling, and swimming. While it takes longer to produce ATP compared to anaerobic metabolism, the aerobic system can generate energy for extended periods without causing fatigue or discomfort, making it essential for endurance performance.

If you are tired of...

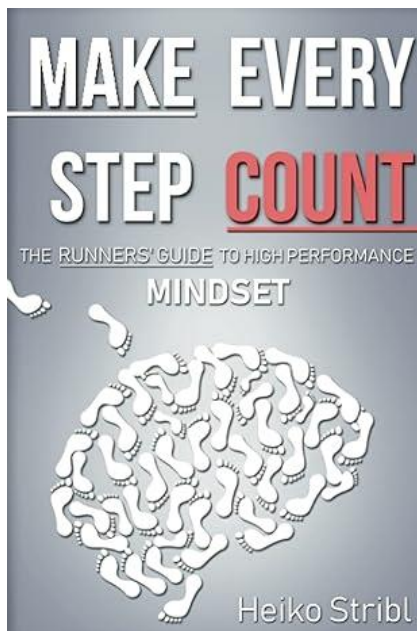
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



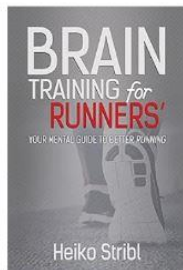
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

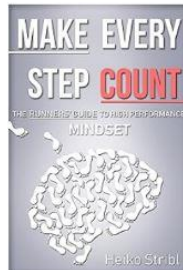
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



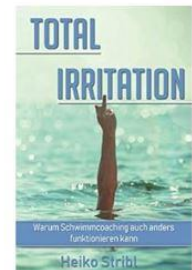
Quick look

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](#).