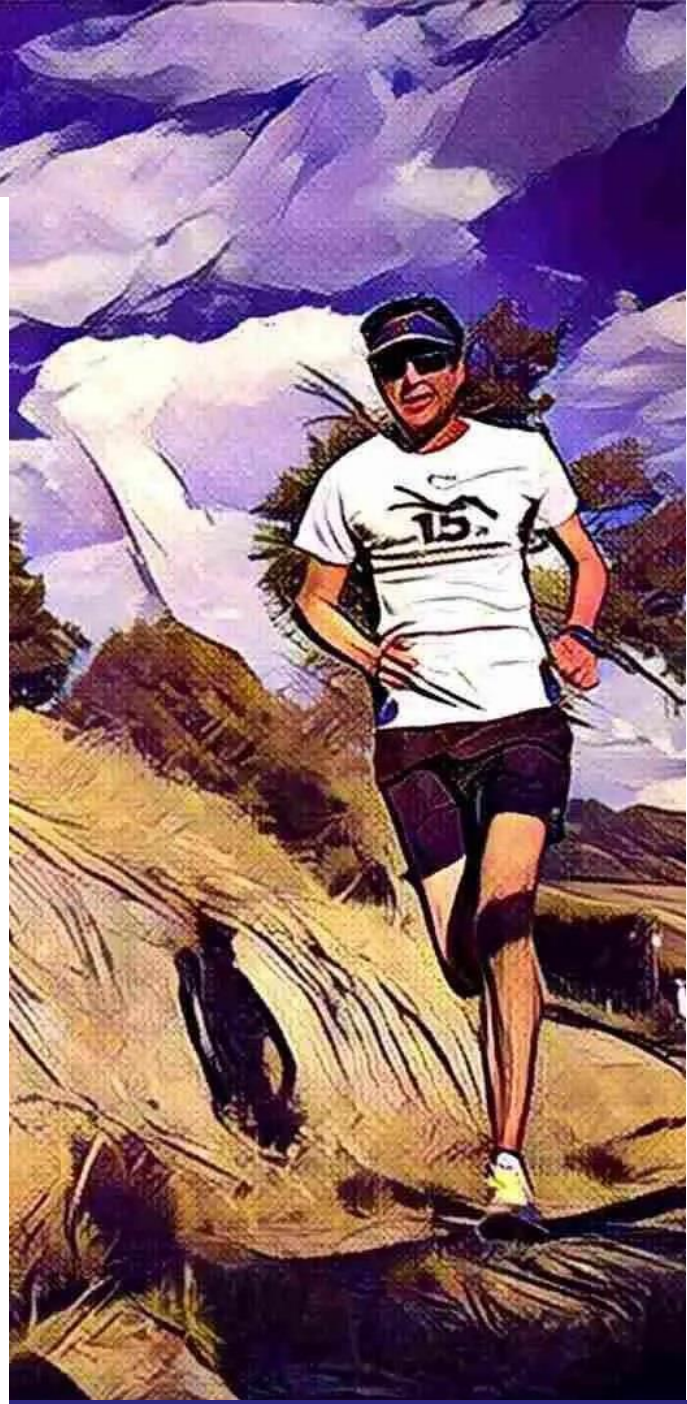


21K Training Plan



R.E.S.E.T.®

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



21K Training Plan

16 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 half marathon requires a structured and well-rounded approach that includes a mix of different workouts to improve endurance, speed, and overall race performance. With a 16-week training plan, runners can effectively prepare themselves for the demands of the 21K distance. Incorporating a combination of fartlek runs, hill repeats, tempo runs, and track workouts can help runners build strength, increase speed, and develop the necessary pacing strategies to achieve their goals on race day.

****Fartlek Runs:**** Fartlek training is a versatile and effective way to improve speed, endurance, and mental toughness. By alternating between periods of faster running and recovery at a more relaxed pace, runners can simulate race-like conditions and develop the ability to sustain varying speeds over the course of the half marathon distance. Incorporating fartlek runs into the training plan allows runners to practice pacing strategies, build aerobic capacity, and improve overall race performance.

****Hill Repeats:**** Hill repeats are an excellent way to build leg strength, power, and running efficiency. By tackling challenging inclines at varying intensities, runners can improve their ability to handle hills during the race and maintain speed on difficult terrain. Hill repeats also provide a great cardiovascular workout and help improve lactate threshold, allowing runners to sustain a faster pace for longer periods.

****Tempo Runs:**** Tempo runs are a key component of half marathon training, helping runners improve their lactate threshold and increase their ability to sustain a faster pace over longer distances. By running at a comfortably hard pace for a sustained period of time, runners can improve their endurance and develop the mental toughness needed to push through fatigue during the race. Incorporating tempo runs into the training plan allows runners to practice pacing strategies and build confidence in their ability to maintain race pace for the entire distance.

****Track Workouts:**** Track workouts are an effective way to improve speed, running form, and overall race performance. By running intervals at specific distances and speeds on a track or flat road, runners can develop their anaerobic capacity and improve their ability to handle faster paces during the race. Incorporating track

workouts into the training plan allows runners to build speed, increase leg turnover, and develop the necessary speed endurance to achieve their goals on race day.



In summary, a 16-week training plan for a half marathon should include a mix of fartlek runs, hill repeats, tempo runs, and track workouts to effectively prepare runners for the demands of the 21K distance. By incorporating these different types of workouts into their training regimen, runners can build strength, increase speed, and develop the necessary pacing strategies to achieve their goals on race day. With dedication, perseverance, and strategic planning, runners can conquer the half marathon distance and cross the finish line with pride and satisfaction.

Romans 5:3-4 - Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope.

Half Marathon in 16 Weeks Training Plans

If you've ever found it difficult to stick to an intensive training plan for a race, don't worry, you're not alone.

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

If you are tired of...

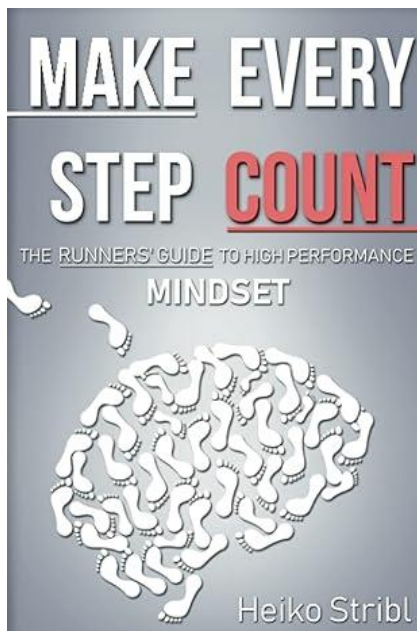
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



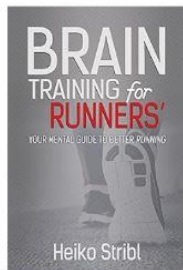
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

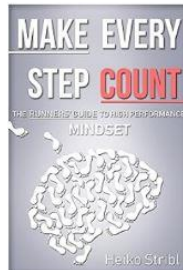
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



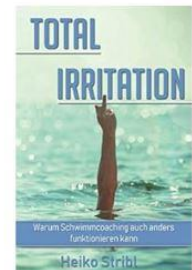
Quick look

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](#).