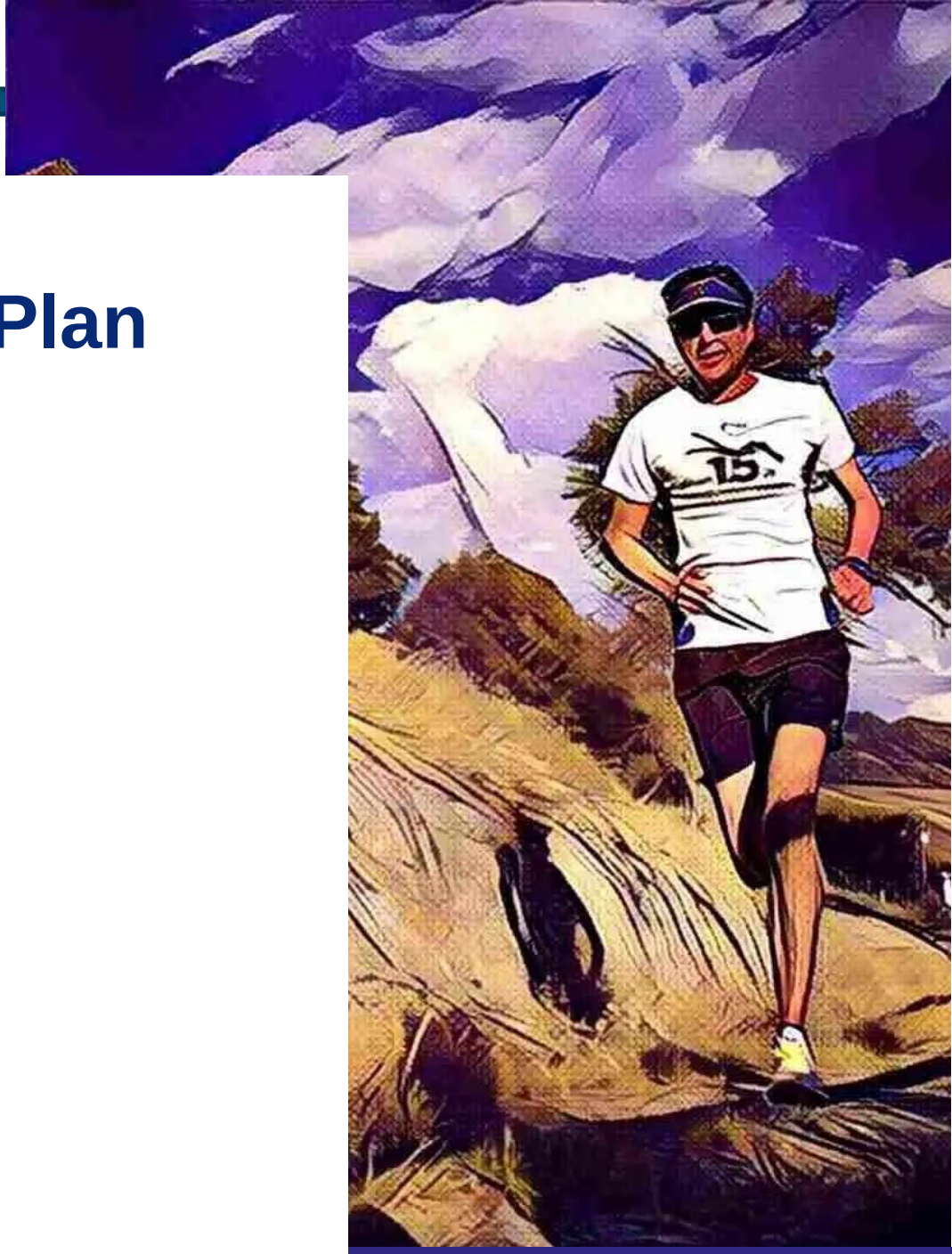
21K
Training Plan



R.E.S.E.T.®

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

21K Training Plan

18 weeks Saturday

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 over 18 weeks demands a holistic approach that prioritizes injury prevention, core strength development, sprint training, and long runs with heightened pace. By incorporating these elements into a structured training plan, runners can enhance their performance and minimize the risk of injury leading up to race day.

Injury Prevention: Preventing injury is crucial for maintaining consistency in training and achieving optimal performance. Incorporating dynamic warm-up routines, proper stretching techniques, and regular foam rolling sessions can help improve flexibility, mobility, and joint stability, reducing the risk of overuse injuries during training.

Core Strength Development: Core strength is essential for maintaining proper running form and stability, especially during longer distances. Implementing core strengthening exercises such as planks, bridges, and Russian twists into the training plan can improve muscular endurance, balance, and posture, enhancing running efficiency and reducing the risk of fatigue-related injuries.

Sprint Training: Integrating sprint training into the training plan can help improve speed, power, and anaerobic capacity, making it beneficial for half marathon preparation. Sprint intervals, hill sprints, and strides can be incorporated into weekly workouts to develop leg turnover, enhance running economy, and improve overall race performance.

Long Runs with Heightened Pace: Long runs are the cornerstone of half marathon training, providing an opportunity to build endurance and mental toughness. To simulate race conditions and improve pacing skills, incorporating long runs with sections of heightened pace can be beneficial. These segments, known as progression runs or fast-finish long runs, allow runners to practice maintaining race pace while fatigued and build confidence in their ability to finish strong on race day.

By integrating injury prevention strategies, core strength development, sprint training, and long runs with heightened pace into an 18-week training plan, runners can optimize their performance and minimize the risk of injury leading up to the half marathon race.

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.

Consistency, patience, and proper recovery are key to success in training, allowing runners to build fitness gradually and achieve their goals on race day with confidence and determination.

Training for a 21K race over the course of 18 weeks induces a series of physiological adaptations within the body, leading to improved endurance, strength, and overall performance. As the training progresses, several changes occur within the cardiovascular, muscular, and metabolic systems, preparing the body to meet the demands of the half marathon distance.

Cardiovascular Adaptations: Endurance training stimulates adaptations within the cardiovascular system, resulting in increased stroke volume, cardiac output, and oxygen delivery to working muscles. Over the 18-week period, the heart becomes more efficient at pumping blood, and the capillary network within muscles expands to enhance oxygen uptake and utilization. These adaptations lead to improved aerobic capacity, allowing runners to sustain a faster pace for longer periods without fatiguing.

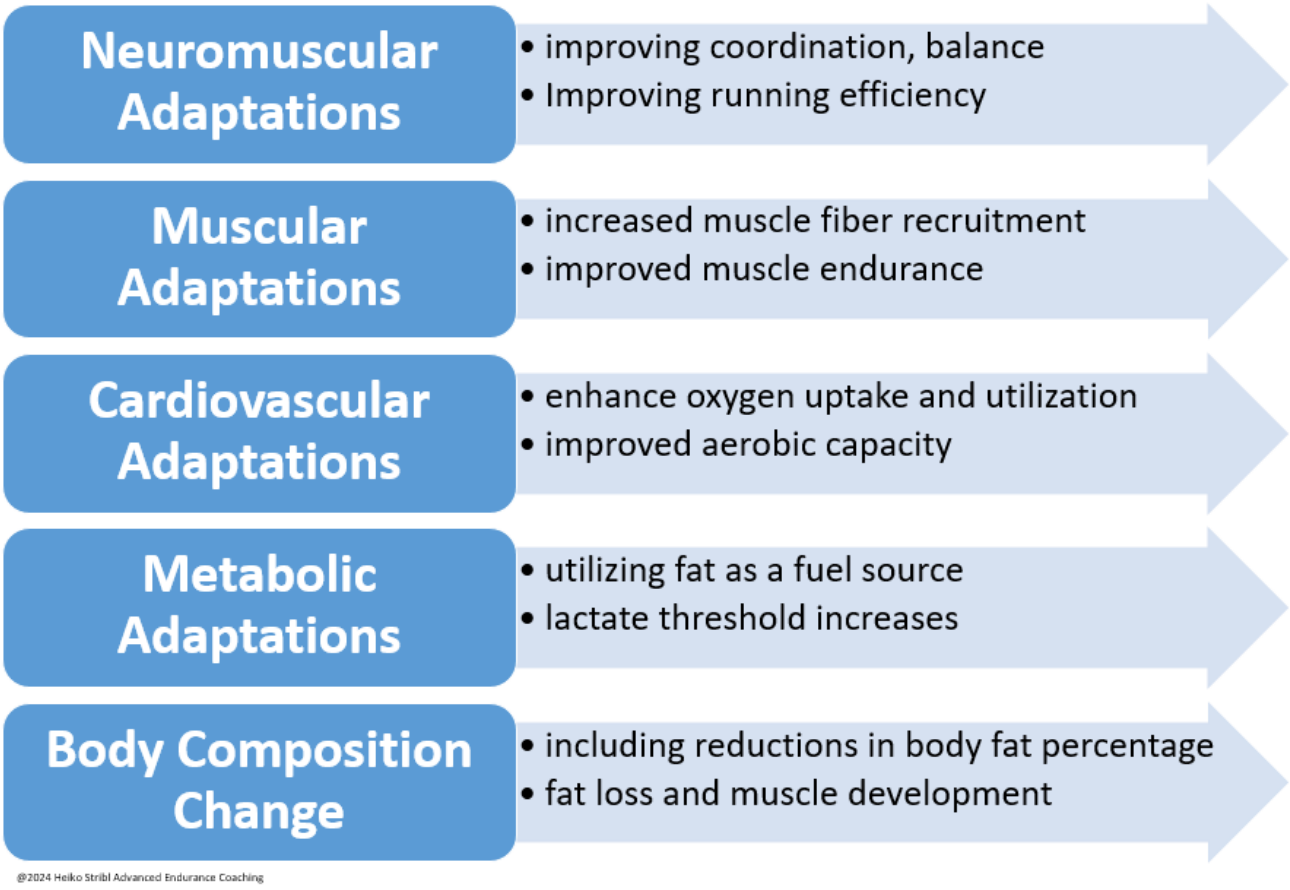
Muscular Adaptations: Endurance training also elicits changes within the muscular system, including increased muscle fiber recruitment, improved muscle endurance, and enhanced mitochondrial density. Long runs and tempo workouts stimulate the growth of slow-twitch muscle fibers, which are responsible for aerobic energy production and endurance. Additionally, strength training and hill repeats help develop fast-twitch muscle fibers, enhancing power and speed.

Metabolic Adaptations: Endurance training induces metabolic adaptations to improve energy production and utilization during exercise. As training progresses, the body becomes more efficient at utilizing fat as a fuel source, sparing glycogen stores and delaying the onset of fatigue. Additionally, lactate threshold increases, allowing runners to sustain a faster pace for longer periods before experiencing muscle fatigue and discomfort.

Body Composition Changes: Over the 18-week training period, runners may experience changes in body composition, including reductions in body fat percentage and increases in lean muscle mass. Endurance training coupled with proper nutrition promotes fat loss and muscle development, leading to improved running economy and performance.

Neuromuscular Adaptations: Endurance training also elicits neuromuscular adaptations, improving coordination, balance, and running efficiency. As training progresses, runners become more proficient at maintaining proper running form and conserving energy, leading to improved movement economy and reduced risk of injury.

Overall, training for a 21K race over 18 weeks induces a series of beneficial adaptations within the body, including cardiovascular, muscular, metabolic, body composition, and neuromuscular changes. Through consistent and progressive training, runners can optimize their performance and prepare themselves to tackle the half marathon distance with confidence and determination.



18-Week Training Plan for a Saturday 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	4 miles	3 miles
3	off	4 miles	off	4 miles	off	5 miles	3 miles
4	off	4 miles	off	4 miles	off	5 miles	3 miles
5	off	5 miles	off	5 miles	off	6 miles	2-3 miles
6	off	5 miles	off	5 miles	off	6 miles	2-3 miles
7	off	6 miles	off	4 miles	off	7 miles	2-3 miles
8	off	6 miles	off	4 miles	off	7 miles	2-3 miles
9	off	5-6 miles	off	4-5 miles	off	8 miles	2-3 miles
10	off	5-6 miles	off	4-5 miles	off	8 miles	2-3 miles
11	off	6 miles	off	5 miles	off	9 miles	2 miles
12	off	6 miles	off	5 miles	off	9 miles	2 miles
13	off	5-6 miles	off	4-5 miles	off	10 miles	2 miles
14	off	5-6 miles	off	4-5 miles	off	10 miles	2 miles
15	off	5-6 miles	off	4-5 miles	off	11 miles	3 miles
16	off	5-6 miles	off	4-5 miles	off	12 miles	2 miles
17	off	5-6 miles	off	4-5 miles	off	6 miles	3 miles
18	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.

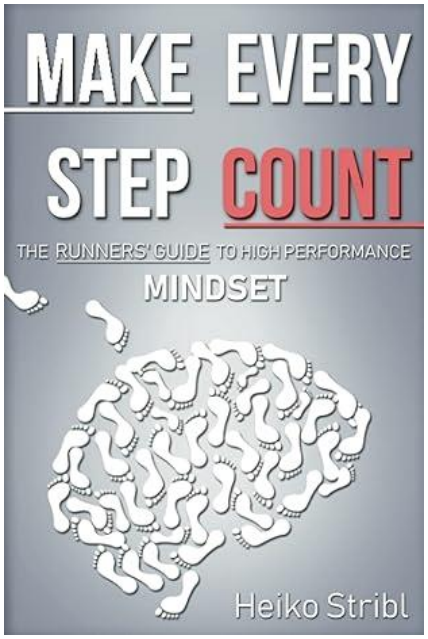
Feeling unfocused and unmotivated when the weather isn't to your liking, or you face a steep hill. Dreaming of being a stronger and smarter runner? But, you are not confident even though you are following the training plan,

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

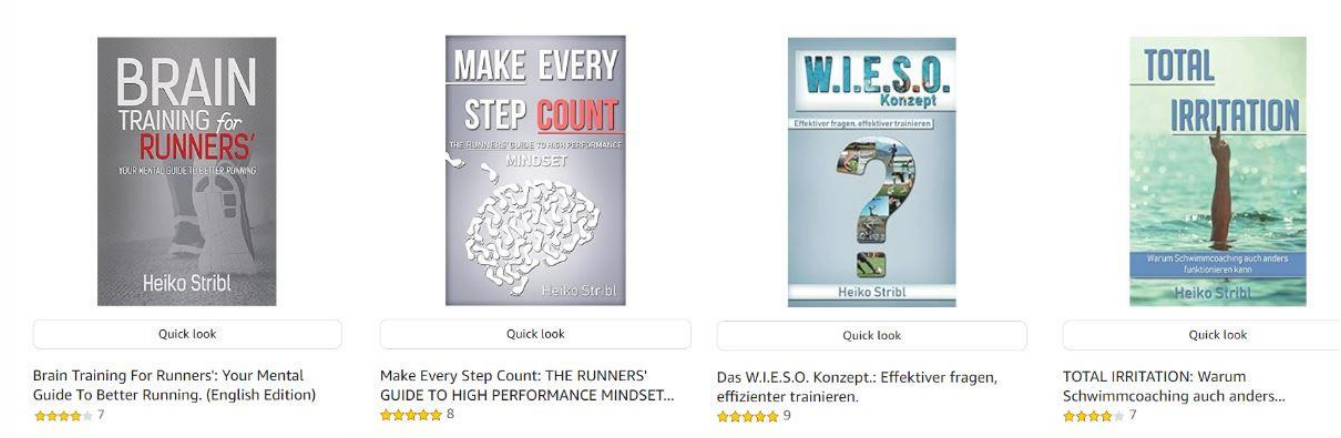
Better Run Practices and Faster Running..."



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.



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.