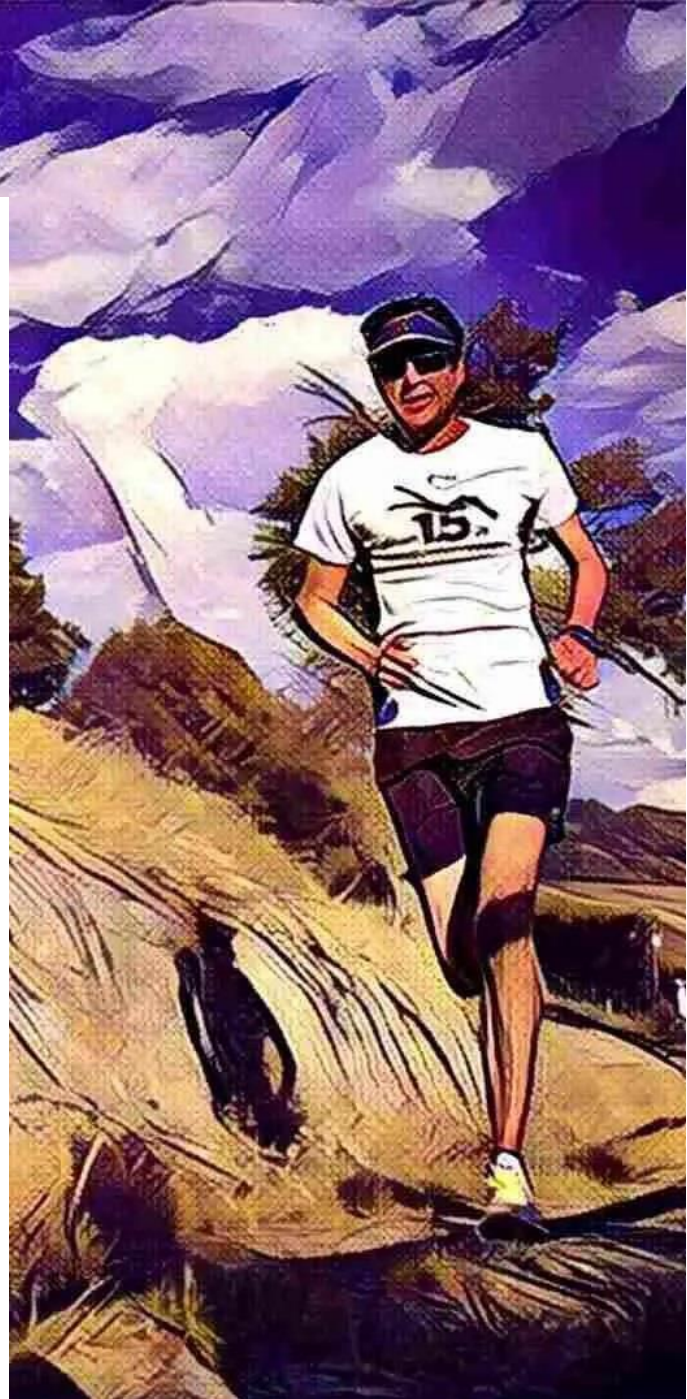


Marathon 10 Week Training Plan



R.E.S.E.T.®

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



MARATHON TRAINING PLAN

42,2K in 10 Weeks.

26.2m in 10 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. "

Title: Building Mental Resilience and Endurance: A 10-Week Marathon Training Plan

Introduction:

Embarking on a marathon journey requires not only physical endurance but also mental resilience. Whether you are an experienced runner or a beginner daring to take on the challenge, a well-structured training plan is essential. Over the course of 10 weeks, this plan will not only focus on physical preparation but also emphasize strategies to enhance mental resilience and cultivate the urge to keep moving forward.

Weeks 1-3: Foundation Building

For both experienced and beginner runners, the initial phase focuses on building a strong foundation. Start with moderate mileage, incorporating a mix of easy runs, cross-training, and strength training. Begin cultivating mental resilience by setting achievable goals for each workout and practicing positive self-talk during challenging moments.

Weeks 4-6: Increasing Endurance

During this phase, gradually increase mileage and intensity. Incorporate long runs to build endurance, ensuring to stay mentally engaged throughout each run. Practice visualization techniques to imagine crossing the marathon finish line successfully. Introduce interval training to improve speed and mental toughness.

Weeks 7-8: Mental Resilience Training

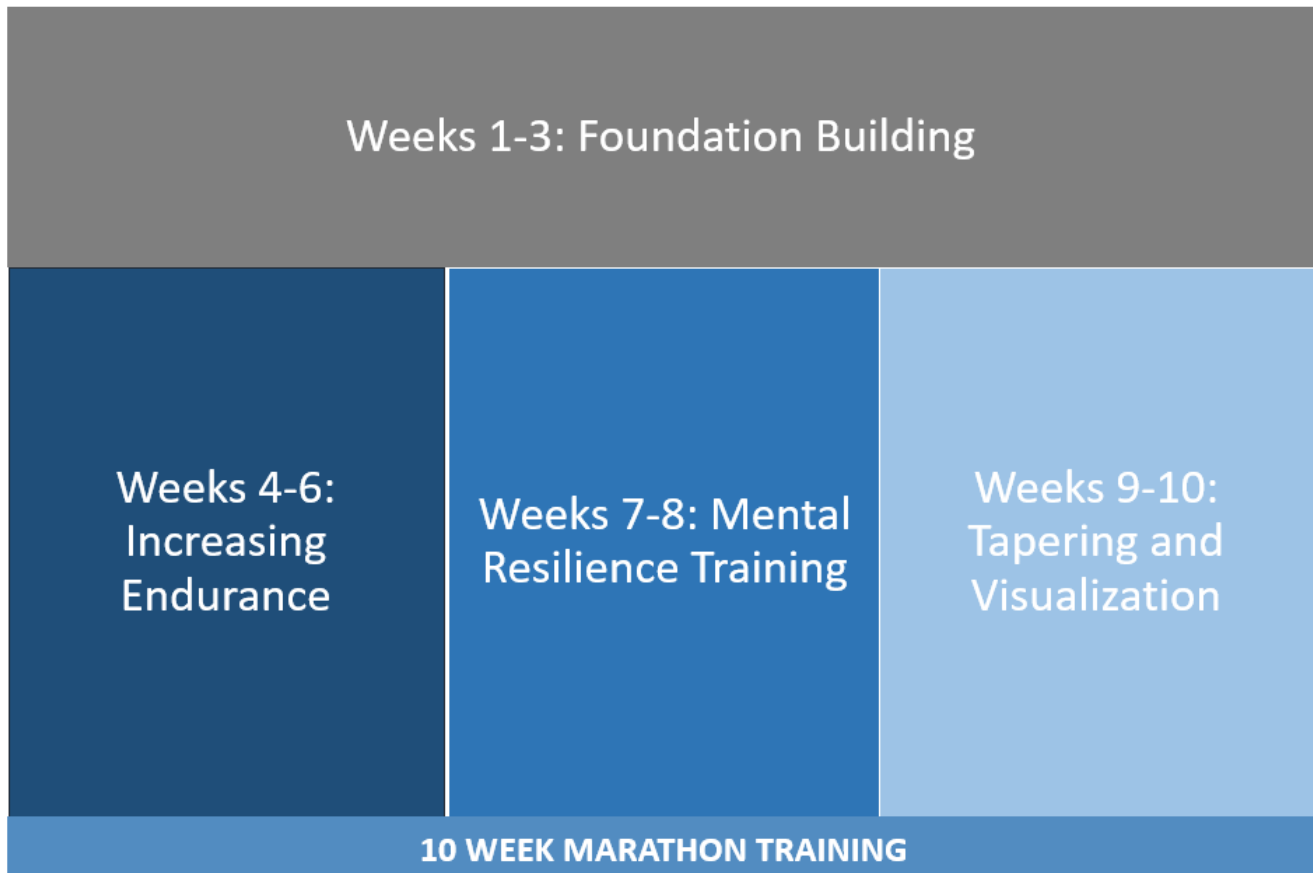
Dedicate these weeks to specific mental resilience exercises. Include mindfulness practices such as meditation and deep breathing to manage stress and stay focused during runs. Practice running in adverse weather conditions or challenging terrain to adapt to discomfort and build mental toughness. Focus on maintaining a positive mindset even when facing fatigue or setbacks.

Weeks 9-10: Tapering and Visualization

As the marathon approaches, gradually reduce mileage to allow for recovery and prevent burnout. Use this time to fine-tune your mental preparation. Visualize yourself successfully completing the marathon, focusing on the feelings of accomplishment and pride. Review your training journey, acknowledging your progress and strengths.

Throughout the 10-week training plan, regardless of your experience level, prioritize consistency and listen to your body. Stay adaptable and be willing to adjust your plan

based on how you feel physically and mentally. Surround yourself with a supportive community of fellow runners to share experiences and motivation.



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Conclusion:

Preparing for a marathon goes beyond physical training; it requires mental resilience and a relentless urge to keep moving forward. By following this 10-week training plan, seasoned runners and beginners alike can develop the necessary physical endurance and mental toughness to conquer the marathon challenge. Remember, every step you take brings you closer to achieving your goal.

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.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	4 mile 6,4K	8 miles 12,8K	swim	7 miles, 11,2K lift/ core	4 miles 6,4K & yoga/ stretches	16 mile, 25.7K long & slow	Rest/ Stretch
2	4 mile 6,4K	8 miles 12,8K	swim	7 miles 11,2K lift/ core	4 miles 6,4K & yoga/ stretches	14 mile, 22,5K long & slow	Rest/ Stretch
3	4 mile 6,4K	8 miles 12,8K (3 miles run 1 mile rest)	swim	9 miles, 14.4K lift/ core	3 miles 4,8K & yoga/ stretches	18 mile, 28,9K long & slow	Rest/ Stretch
4	4 mile 6,4K	8 mile 12,8K	swim	10 miles 16K lift/ core	yoga/ stretches	20 mile, 32,1K long & slow	Rest/ Stretch
5	4 mile 6,4K	9 mile 14,4K	swim	10 miles 16K lift/ core	4 miles 6,4K & yoga/ stretches	20 mile, 32,1K long & slow	Rest/ Stretch
6	4 mile 6,4K	9 miles (4 mile run 1 mile rest)	swim	7 miles, 11,2K lift/ core	8 miles 12,8K & yoga/ stretches	15 mile, 24,1K long & slow	Rest/ Stretch
7	4 mile 6,4K	9 miles 14,4K	swim	10 miles, 16K lift/ core	4 miles 6,4K & yoga/ stretches	22 mile, 35,4K long & slow	Rest/ Stretch
8	5 mile 8K	9 miles (3 miles run 1 mile run)	swim	9 miles, 14,4K lift/ core	4 miles 6,4K & yoga/ stretches	16 mile, 25,7K long & slow	Rest/ Stretch
9	5 mile 8K	6 miles 9,6K	swim	6 miles, 9,6K lift/ core	4 miles 6,4K & yoga/ stretches	12 mile, 19,3K long & slow	Rest/ Stretch
10	4 mile 6,4K	Rest	Rest	Rest	3 miles 4,8K	Race Day!	Rest

End of Plan

If you are tired of...

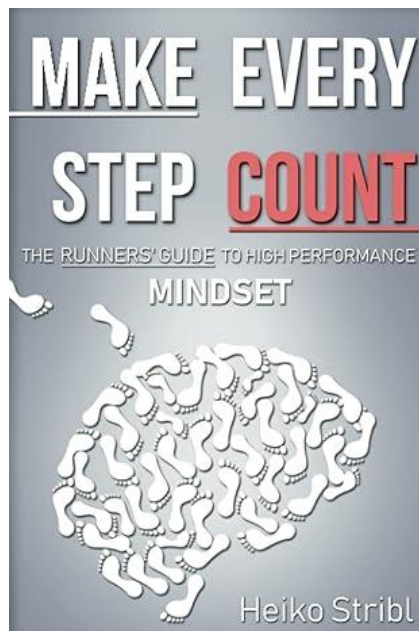
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



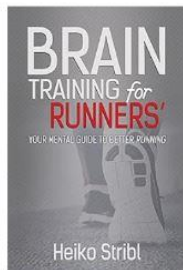
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

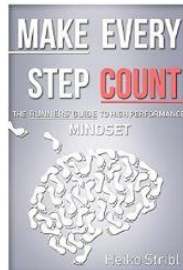
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



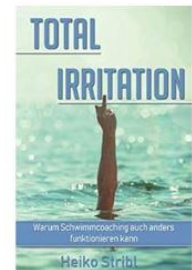
Quick look

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](#).