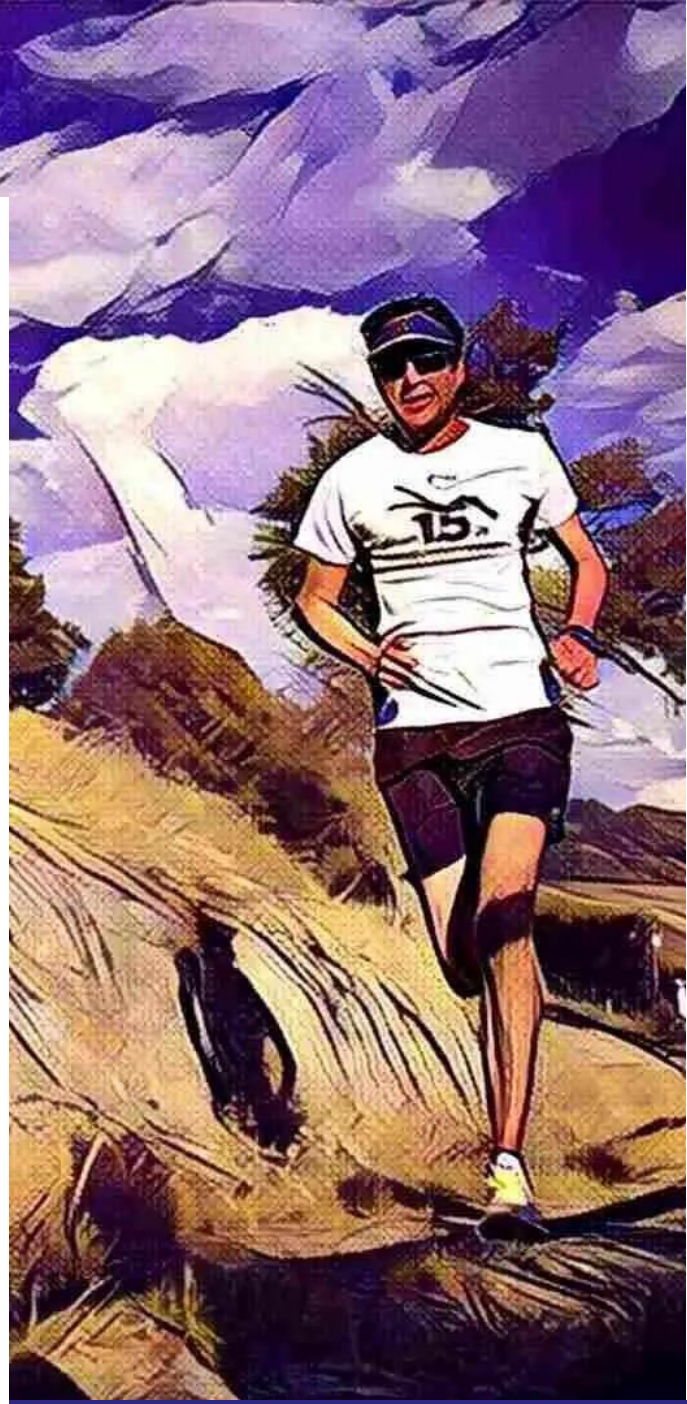


Marathon 12 Week Training Plan



R.E.S.E.T.®

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



MARATHON TRAINING PLAN

42,2K in 12 Weeks.

26.2m in 12 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: A 12-Week Marathon Training Plan: From Start to Finish

Introduction:

Embarking on a marathon journey requires careful planning and dedication. Over the course of 12 weeks, this training plan will guide you through the necessary steps to prepare your body and mind for the demands of the marathon distance.

Weeks 1-4: Foundation Building

Focus on establishing a solid foundation by gradually increasing mileage. Start with 3-4 days of running per week, incorporating a mix of easy runs and cross-training activities like cycling or swimming. Begin with shorter distances and gradually increase the length of your long run each week. This phase lays the groundwork for building endurance and developing a consistent training routine.

Weeks 5-8: Building Endurance

During this phase, continue to increase mileage while also incorporating longer runs into your training schedule. Aim to complete one long run per week, gradually increasing the distance to build endurance. Introduce tempo runs to improve lactate threshold and boost speed. Maintain a balance between running and recovery, ensuring adequate rest between hard workouts to prevent injury and fatigue.

Weeks 9-10: Peak Training

As the marathon approaches, focus on peaking your training to reach your maximum fitness level. Gradually increase the intensity of your workouts, including longer tempo runs and interval sessions to sharpen your speed and stamina. Taper your mileage in the final weeks leading up to the marathon, allowing your body to recover and fully adapt to the training stress.

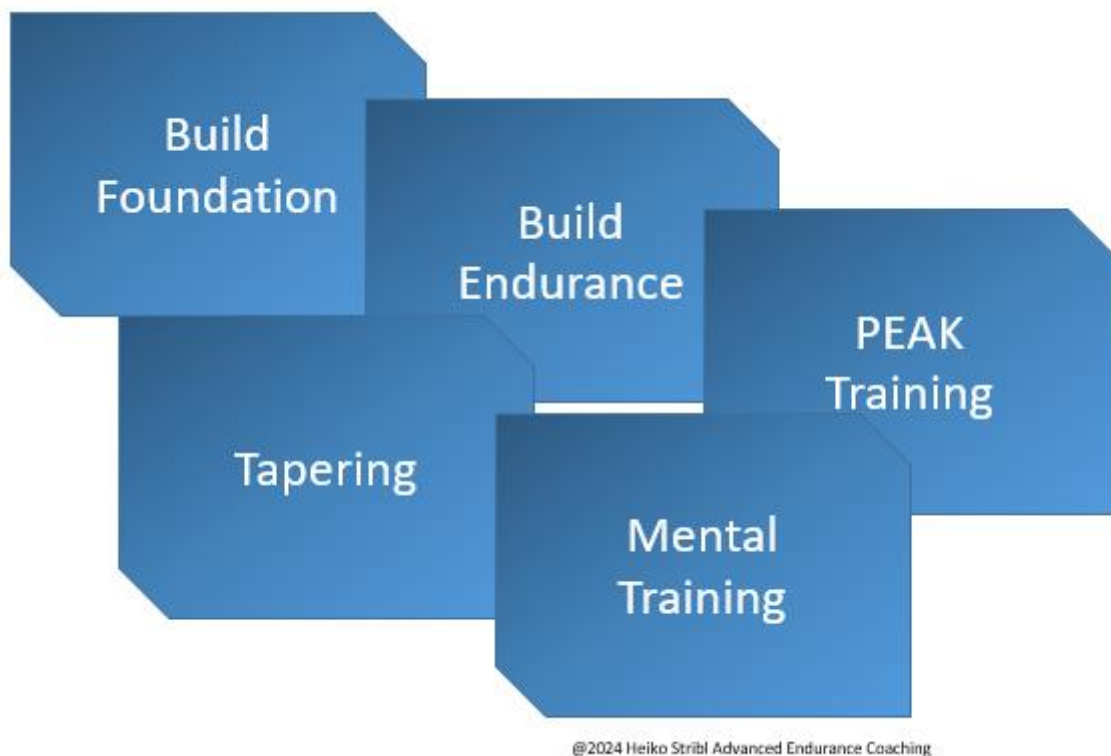
Week 11: Tapering and Mental Preparation

In the final weeks before the marathon, reduce your mileage to allow for optimal recovery and peak performance on race day. Use this time to focus on mental preparation, visualizing yourself successfully completing the marathon and overcoming

any challenges you may face. Practice relaxation techniques to manage pre-race nerves and ensure you arrive at the starting line feeling confident and ready.

Week 12: Race Week

In the days leading up to the marathon, focus on rest, hydration, and nutrition. Avoid any strenuous activities that could risk injury or fatigue. Plan your race strategy, including pacing and fueling strategies, and visualize yourself executing it successfully. Trust in your training and believe in your ability to conquer the marathon distance.



Conclusion:

A 12-week marathon training plan requires dedication, perseverance, and careful planning. By gradually building mileage, incorporating speed workouts, and prioritizing recovery, you can prepare your body and mind to tackle the challenges of the marathon distance. Trust in your training, stay focused on your goals, and embrace the journey as you prepare to achieve your marathon dreams.

Week one

Monday: Rest

Tuesday: Intervals: 10min warm-up + 3 x (1.5km fast + 3min jog) + 10min cool down

Wednesday: Core circuit: (30s each, 3 rounds) plank, side planks, sit-ups, Russian twists, leg raises, cobras

Thursday: Race pace run 35min

Friday: Rest

Saturday: Fun session: 40min – mix the pace and terrain

Sunday: Long slow run (LSR) 14.5km

Week two

Monday: Rest

Tuesday: Intervals: 10min warm-up + 4 x (1.5km fast + 3min jog) + 10min cool down

Wednesday: Core circuit: (45s each, 3 rounds) plank, side planks, sit-ups, Russian twists, leg raises, cobras

Thursday: Fun run, as long as you like!

Friday: Rest

Saturday: 45min hilly circuit, at least 3 hills

Sunday: LSR 16km

Week three

Monday: Rest

Tuesday: Intervals: 10min warm-up + 5 x (1.5km fast + 3min jog) + 10min cool down

Wednesday: Core circuit: (1min each, 3 rounds) plank, side planks, sit-ups, Russian twists, leg raises, cobras

Thursday: Race pace run 50-60min

Friday: Rest

Saturday: Easy run 50min

Sunday: LSR 19km

Week four

Monday: Rest

Tuesday: Intervals: 10min warm-up + 3 x (1.5km fast + 3min jog) + 10min cool down

Wednesday: Core circuit: (30s each, 3 rounds) plank, side planks, sit- ups, Russian twists, leg raises, cobras

Thursday: Fun run, as long as you like!

Friday: Rest

Saturday: Cross-train: Easy run/bike/swim/skate/row 40min

Sunday: LSR 16km

Week five

Monday: Rest

Tuesday: Intervals: 10min warm-up + 3 x (15min race pace + 5min faster) + cool down

Wednesday: Core circuit: (45s each, 3 rounds) plank, side planks, sit- ups, Russian twists, leg raises, cobras

Thursday: Race pace run 45min

Friday: Rest

Saturday: Fun run: 45min – mix the pace and terrain

Sunday: LSR 19km

Week six

Monday: Rest

Tuesday: Intervals: 10min warm-up + 3 x (18min race pace + 5min faster) + cool down

Wednesday: Core circuit: (1min each, 3 rounds) plank, side planks, sit- ups, Russian twists, leg raises, cobras

Thursday: Fun run, as long as you like!

Friday: Rest

Saturday: Run 50-60min hilly circuit, with at least 4 hills

Sunday: LSR 22.5km

Week seven

Monday: Rest

Tuesday: Intervals: 10min warm-up + 3 x (20min race pace + 5min faster) + cool down

Wednesday: Core circuit: (1:15min of each, 3 rounds) plank, side planks, sit- ups, Russian twists, leg raises, cobras

Thursday: Race pace run 60-70min

Friday: Rest

Saturday: Easy run 60min

Sunday: LSR 26km

Week eight

Monday: Rest

Tuesday: Intervals: 10min warm-up + 3 x (10min race pace + 5min faster) + cool down

Wednesday: Core circuit: (45s each, 3 rounds) plank, side planks, sit- ups, Russian twists, leg raises, cobras

Thursday: Fun run, as long as you like!

Friday: Rest

Saturday: Cross-train: easy run/bike/swim/skate/row 30-40min

Sunday: LSR 18km

Week nine

Monday: Rest

Tuesday: Volume booster: long run 14-18km

Wednesday: Core circuit: (1min each, 3 rounds) plank, side planks, sit- ups, Russian twists, leg raises, cobras

Thursday: Race pace run 55min

Friday: Rest

Saturday: Fun run 50min – mix the pace and terrain

Sunday: LSR 26-30km

Week ten

Monday: Gym

Tuesday: Volume booster: long run 16-19km

Wednesday: Core circuit: (1:15min each, 3 rounds) plank, side planks, sit- ups, Russian twists, leg raises, cobras

Thursday: Race pace run 60min

Friday: Rest

Saturday: Easy 30min run + lots of stretching

Sunday: Race simulation: 30-35km, practice with race kit and nutrition

Week eleven

Monday: Rest

Tuesday: Cross-train: easy run/bike/swim/skate/row 30-40min

Wednesday: Core circuit: (45s each, 3 rounds) plank, side planks, sit- ups, Russian twists, leg raises, cobras

Thursday: Fun run, as long as you like!

Friday: Rest

Saturday: Easy run 45-60min

Sunday: LSR 16km

Week twelve

Monday: Rest

Tuesday: Intervals: 10min warm-up + 3 x (10min race pace + 5min faster) + cool down

Wednesday: Core circuit: (30s each, 2 rounds) plank, side planks, sit- ups, Russian twists, leg raises, cobras

Thursday: Easy 45min run

Friday: Rest - massage today is a good idea

Saturday: Taper session: 30min easy + lots of stretching

Sunday: Marathon race day!

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.

If you are tired of...

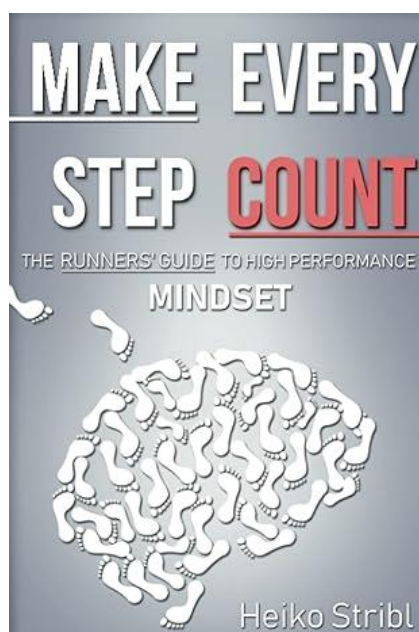
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



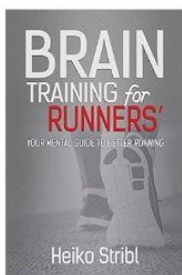
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

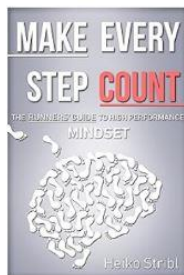
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



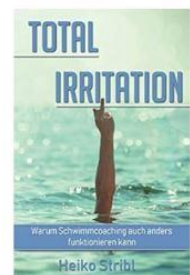
Quick look

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.](#)