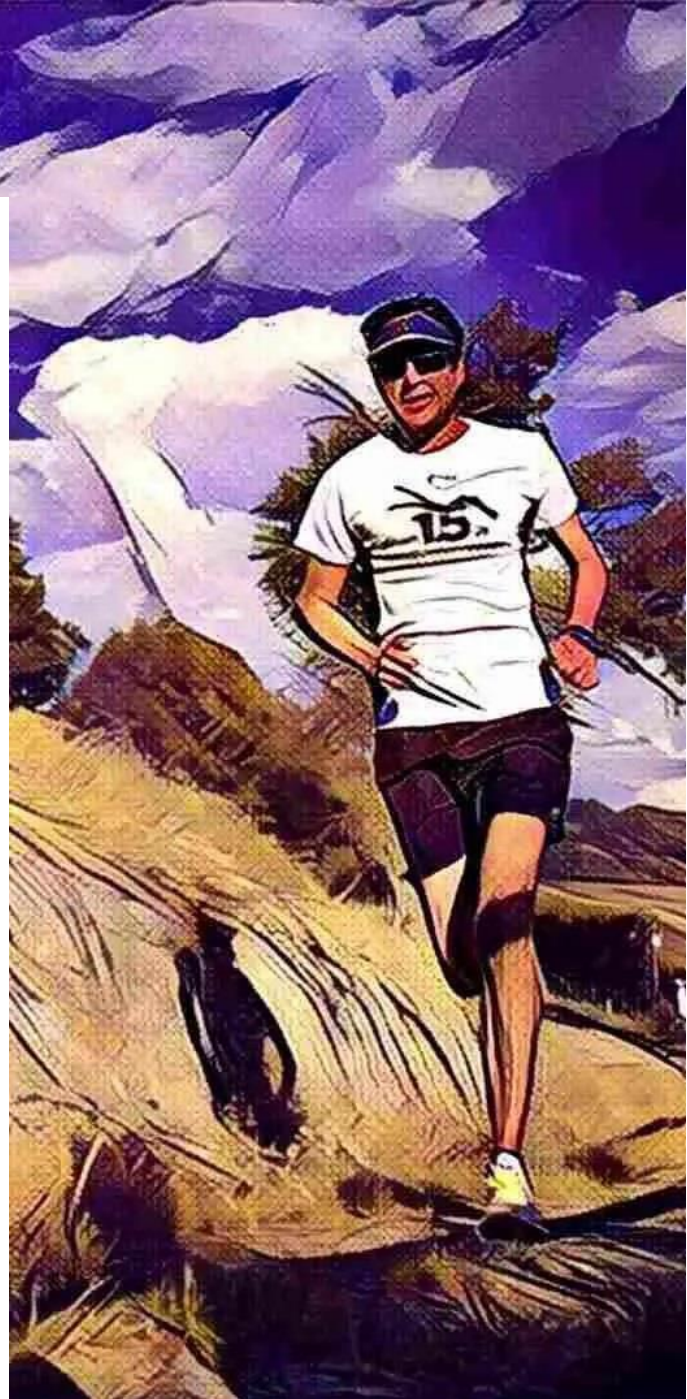


Marathon 14 Week Training Plan



R.E.S.E.T.®

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



MARATHON TRAINING PLAN

42,2K in 14 Weeks.

26.2m in 14 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. "

Mastering the Marathon: A 14-Week Training Journey of Power Talk, Resilience, and Endurance

Introduction:

Embarking on the monumental journey of training for a marathon demands more than just physical preparation; it requires mental fortitude, resilience, and a comprehensive approach to training. Over 14 weeks, this essay will delve into the key aspects of marathon training, focusing on power talk, resilience, persistence, energy levels, time on feet, endurance, and fueling strategies to guide runners towards success.

Power Talk:

Power talk refers to the positive self-talk and mental reinforcement essential for overcoming obstacles during training and racing. Throughout the 14-week training period, runners must cultivate a mindset of self-belief and determination. Positive affirmations such as "I am strong," "I can do this," and "I am capable" serve as powerful tools to combat self-doubt and bolster confidence. By harnessing the power of language, runners can cultivate a resilient mindset that propels them forward, even when faced with challenges.

Resilience:

Resilience is the ability to bounce back from setbacks and adversity, a quality indispensable in marathon training. Over 14 weeks of rigorous preparation, runners are bound to encounter obstacles such as fatigue, injury, and doubt. However, it is how they respond to these challenges that ultimately determines their success. Resilience is cultivated through perseverance, adaptability, and a willingness to learn from setbacks. By embracing setbacks as opportunities for growth rather than defeats, runners can develop the mental toughness needed to conquer the marathon distance.

Persistence:

Persistence is the unwavering commitment to pursuing one's goals despite obstacles or setbacks. In marathon training, persistence is the driving force that keeps runners lacing



up their shoes day after day, even when motivation wanes. Over the course of 14 weeks, consistency is key as runners gradually increase their mileage, tackle challenging workouts, and push through moments of discomfort. By staying persistent and staying focused on their goals, runners can steadily progress towards peak fitness and readiness for race day.

Energy Levels:

Managing energy levels is crucial for optimizing performance and preventing burnout during marathon training. Balancing training with rest and recovery ensures that runners maintain high energy levels throughout the 14-week journey. Adequate sleep, proper nutrition, and hydration are essential for replenishing energy stores and supporting muscle recovery. Runners must listen to their bodies, adjusting training intensity and volume as needed to avoid overtraining and fatigue. By prioritizing self-care and energy management, runners can sustainably progress towards their marathon goals.

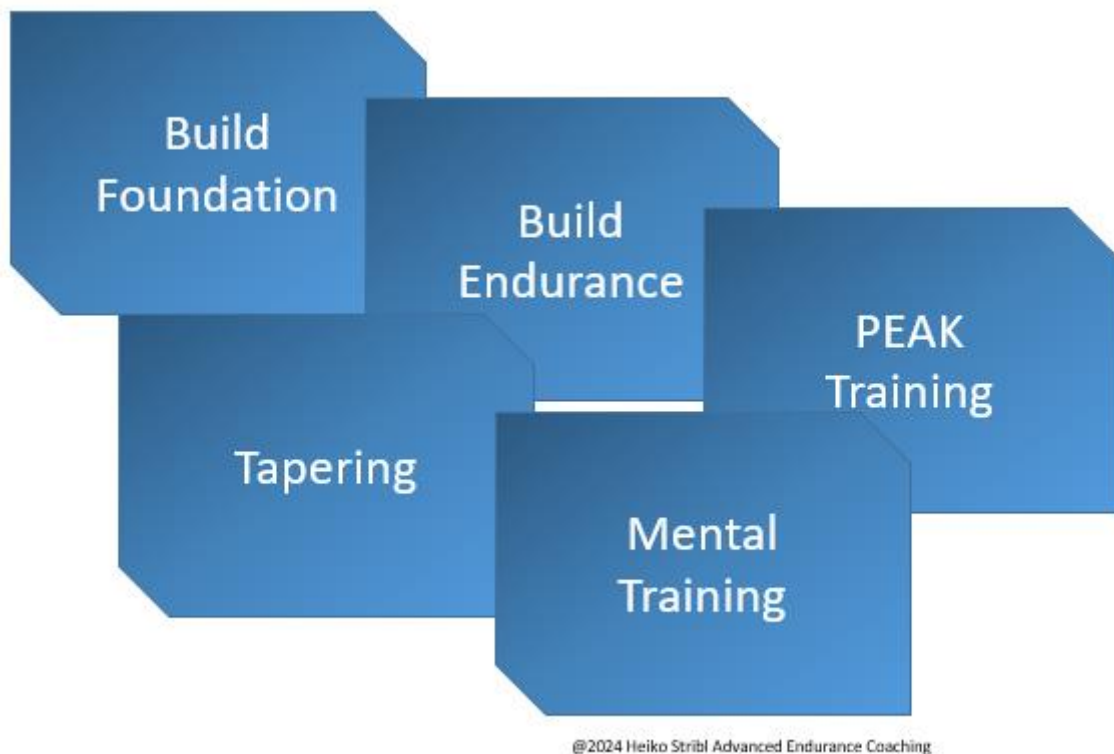
Time on Feet:

Time on feet refers to the total duration spent running during training, a critical factor in building endurance and mental resilience. Over 14 weeks, runners gradually increase their time on feet through long runs, tempo runs, and interval workouts. These longer sessions simulate the demands of the marathon distance, teaching runners to sustain effort over extended periods. Additionally, time on feet provides valuable mental training, allowing runners to practice focus, concentration, and perseverance when fatigue sets in.

Endurance:

Endurance is the ability to sustain prolonged effort over time, a hallmark of marathon training. Over 14 weeks, runners systematically build endurance through progressive overload, gradually increasing mileage and duration of workouts. Long runs, in particular, are the cornerstone of endurance training, allowing runners to adapt both physically and mentally to the demands of the marathon distance. By prioritizing

endurance training and gradually increasing time on feet, runners can develop the stamina needed to confidently tackle the marathon distance on race day.



Fueling Strategies:

Fueling strategies are essential for maintaining energy levels and preventing bonking during long runs and races. Over 14 weeks, runners experiment with different fueling options to find what works best for them. This may include pre-run meals, mid-run fueling, and post-run recovery nutrition. It's essential to practice fueling strategies during training runs to fine-tune timing and preferences. By strategically fueling their bodies, runners can optimize performance and avoid hitting the wall on race day.

Conclusion:

Training for a marathon is a multifaceted journey that demands physical preparation, mental fortitude, and strategic planning. Over 14 weeks, runners focus on power talk, resilience, persistence, energy levels, time on feet, endurance, and fueling strategies to maximize their chances of success. By cultivating a positive mindset, embracing setbacks as opportunities for growth, staying persistent in the face of challenges, managing energy levels effectively, dedicating ample time to endurance training, and

implementing strategic fueling strategies, runners can confidently conquer the marathon distance and achieve their goals.

A 14-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.

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.

Easy: You can hold a conversation while running.

Steady: You can manage the odd sentence, but not speak for long. This is your marathon pace.

Tempo: You won't be able to talk much at all. This is the kind of pace you might run a 5km at.

Strides: These are fast, short sprints at around 85% to 95% effort. The pace you would run a one-mile (1.6km) race in. Ease into these intervals for the first five seconds at a fast pace, before building up to speed, then slow yourself to a stop over the final five seconds..

WEEK 1

Here we go then! In these early weeks it's almost as important to be nailing the core strength workouts on the plan as it is the running. You'll need a strong body to handle the rigors of the running to come.

Monday	Run 34min: 10min run and 2min walk, repeat three times until target time hit
Tuesday	Rest
Wednesday	3km easy pace
Thursday	8 core exercises, reps 10 or time 20sec
Friday	Rest
Saturday	5km steady pace
Sunday	Rest

Monday	Run 34min: 10min run and 2min recovery jog, repeat until time target hit
Tuesday	Rest
Wednesday	3km easy pace
Thursday	8 core exercises, reps 10 or time 20sec
Friday	Rest
Saturday	7km steady pace
Sunday	Rest

This week involves your first tempo run

Monday	Run 26min: 5min tempo and 2min walk, repeat until time target hit
Tuesday	Rest
Wednesday	3km easy pace
Thursday	8 core exercises, reps 10 or time 20sec



Friday	Rest
Saturday	9km steady pace
Sunday	Rest
Monday	Run 26min: 5min tempo and 2min recovery jog, repeat until time target hit
Tuesday	Rest
Wednesday	5km easy pace
Thursday	8 core exercises, reps 15 or time 30sec
Friday	Rest
Saturday	11km steady pace
Sunday	Rest
Monday	Run 28min: 30sec stride and 2min recovery jog, repeat until time target hit
Tuesday	Rest
Wednesday	5km easy pace
Thursday	8 core exercises, reps 15 or time 30sec
Friday	Rest
Saturday	13km steady pace
Sunday	Rest
Monday	3km steady pace
Tuesday	Rest
Wednesday	5km easy pace

Thursday	8 core exercises, reps 15 or time 30sec
Friday	Rest
Saturday	15km steady pace
Sunday	Rest
Monday	Run 30min: 5min tempo and 1min recovery jog, repeat until time target hit
Tuesday	Rest
Wednesday	8km easy pace
Thursday	8 core exercises, reps 20 or time 40sec
Friday	Rest
Saturday	17km steady pace
Sunday	Rest

It's race week! The plan is to do a half marathon on Sunday

Monday	3km easy pace
Tuesday	Rest
Wednesday	8km easy pace
Thursday	8 core exercises, reps 20 or time 40sec
Friday	Rest
Saturday	Rest
Sunday	Half marathon
Monday	Rest
Tuesday	Rest



Wednesday	8km easy pace
Thursday	8 core exercises, reps 20 or time 40sec
Friday	Rest
Saturday	24km steady pace
Sunday	Rest
Monday	Run 42min: 1min stride and 5min recovery jog, repeat until time target hit
Tuesday	Rest
Wednesday	10km easy pace
Thursday	8 core exercises, reps 25 or time 50sec
Friday	Rest
Saturday	28km steady pace
Sunday	Rest

The long run this week is 32km,

Monday	5km steady pace
Tuesday	Rest
Wednesday	Rest
Thursday	20min easy pace
Friday	Rest
Saturday	Rest
Sunday	Marathon

If you are tired of...

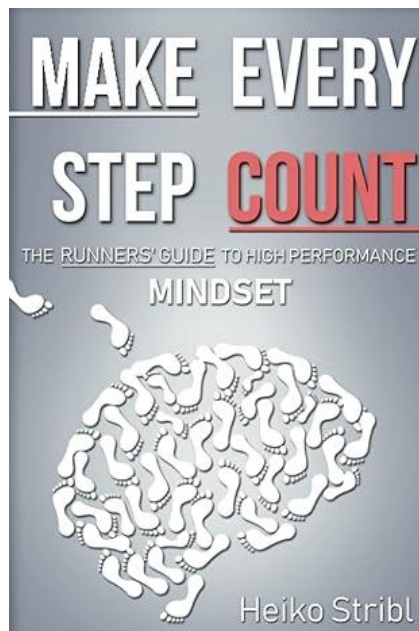
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



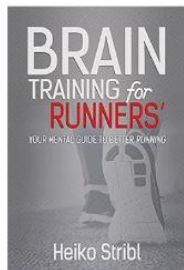
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

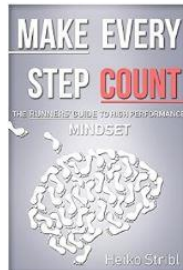
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



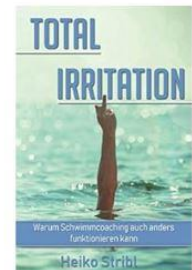
Quick look

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](#).