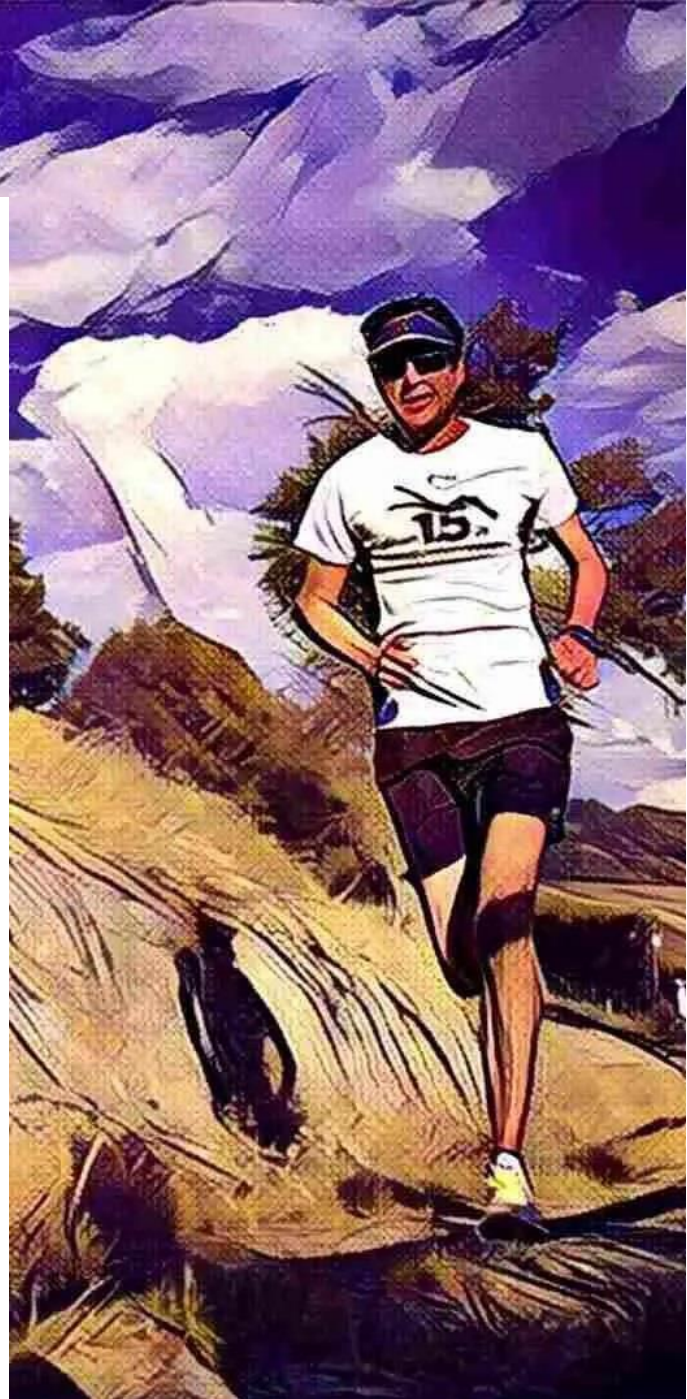


5K in 16 Weeks Training Plan



R.E.S.E.T.®

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



5K 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.

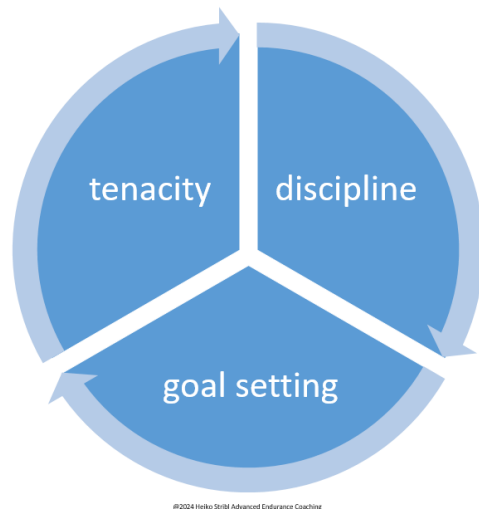
My goal: on _____ (date) complete a _____-kilometer run in _____

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. "

5K in 16 Weeks Training Plan.

Embarking on a 16-week 5K run training journey requires a blend of **tenacity, discipline, and strategic goal-setting**. Tenacity becomes the driving force, propelling you forward when challenges arise. It's the unwavering commitment to the end goal, a refusal to succumb to setbacks. Discipline forms the scaffolding, demanding **consistent adherence** to the training plan, from early morning runs to cross-training sessions. Goal-setting becomes the compass, guiding each step with purpose. Begin with realistic milestones, gradually increasing distance and intensity. As the weeks progress, adjust goals based on evolving strengths and limitations.



This training regimen isn't just physical; it's a mental fortification. Tenacity whispers encouragement during arduous moments, while discipline ensures every workout contributes to the ultimate objective. Goal-setting transforms the abstract desire to complete a 5K into tangible, achievable targets, creating a roadmap for success. In the intersection of tenacity, discipline, and goal-setting, the 16-week journey becomes a transformative experience, not just about conquering a race but fostering enduring habits of resilience and determination that extend far beyond the finish line..

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,

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 x 30 seconds run/1 min walk	Cross-training: 20 minutes	Rest	10 x 1 minute run/1 min walk	Cross-training: 20 minutes	12 x 1 minute run/1 min walk	Rest
10 x 90 seconds run/1 min walk	Cross-training: 20-30 minutes	Rest	8 x 2 minute run/1 min walk	Cross-training: 20 minutes	10 x 90 seconds run/30 sec walk	Rest
8 x 2 minute run/1 min walk	Cross-training: 20-30 minutes	Rest	8 x 3 minute run/1 min walk	Cross-training: 20 minutes	6 x 4 minutes run/1 min walk; Cool down	Rest
5 x 5 minute run/1 min walk	Cross-training: 30 minutes	Rest	3 x 8 minute run/1 min walk	Cross-training: 20-30 minutes	10-minute jog without stopping	Rest
Run 15 minutes without stopping, walk for 5 minutes	Cross-training: 30 minutes	Rest	2 x 10 minute run/1 min walk	Cross-training: 30 minutes	Run 18 minutes without stopping, walking 5 minutes	Rest

Run 20 minutes without stopping, walk for 5 minutes	Cross-training: 35 minutes	Rest	Run 20 minutes without stopping running 10 x 30 seconds hard, 1 minute easy during the run, walk for 5 minutes	Cross-training: 30 minutes	2 x 15-minute run/30 seconds walk	Rest
Run 2 miles (3k) without stopping	Cross-training: 40 minutes	Rest	Run 22 minutes without stopping with 10 x 30 seconds hard, 1 minute easy during the run	Easy run 15 minutes or cross training 30 minutes	Run 2.5 miles (4k) without stopping	Rest
Run 2.5 miles (4 km)	Cross-training: 45 minutes	Rest	Run 25 minutes, running 5 minutes easy and then 10 x 1 minute hard with 1 minute easy in between during the run	Easy run 15 minutes or cross training 30 minutes	Brisk walk for 5 min; Workout: Run 3 miles (5 km)	Rest
Run 3 miles without stopping	Cross-training: 45 minutes	Rest	Run 25 minutes with 10 x 1 min hard running interspersed during the workout	Easy run 15 minutes or cross training 30 minutes	Run 3.5 miles (5.5 km) without stopping	Rest

Run 3 miles (5 km)	Cross-training: 35-40 minutes	Run 2 miles (3k), running the first half mile of each mile hard and running the second half mile of each mile easy	Rest	Easy run 15 minutes	5k Race!	Rest
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Visualizing running a 5K is a powerful technique to prepare both mind and body for the upcoming challenge. Begin by finding a quiet space, closing your eyes, and taking deep breaths to center yourself. Picture the starting line in vivid detail—the excited chatter, the pulsating energy, and the anticipation. As you mentally move forward, visualize the first kilometer: the rhythmic sound of your footsteps, the gentle breeze, and the steady pace. Feel the ground beneath your feet, envisioning the smooth, flowing movements.

Progress through the course in your mind's eye, focusing on each kilometer. Imagine the scenery, the encouragement from spectators, and the support from fellow runners. Picture your own resilience, summoning strength when fatigue may try to set in. Visualize the finish line approaching, the exhilaration building as you surge forward. Envision crossing the finish line, arms raised in triumph, surrounded by a sense of accomplishment and pride.

By regularly **engaging** in this visualization practice, you cultivate a positive mindset, building mental resilience and confidence. This mental rehearsal helps condition your brain to anticipate success, making the 5K journey not only physically manageable but also emotionally rewarding. Visualization transforms the abstract goal of running a 5K into a concrete and achievable reality, laying the mental groundwork for a triumphant race day.

End of Plan

If you are tired of...

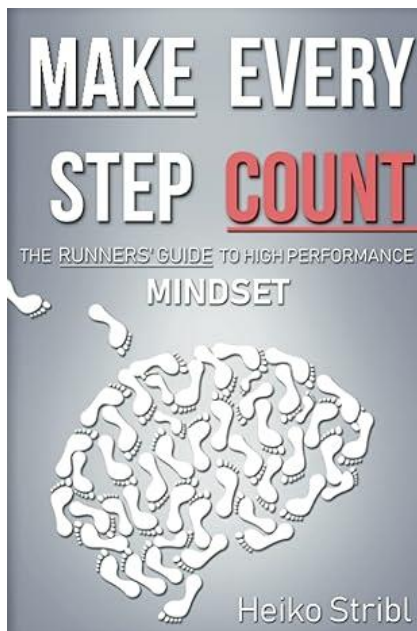
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



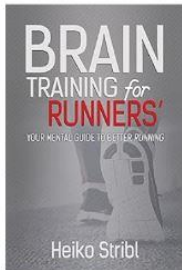
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

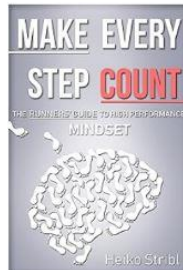
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



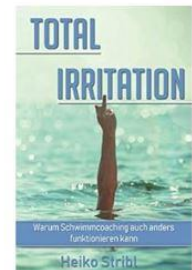
Quick look

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...
★★★★★ 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](#).