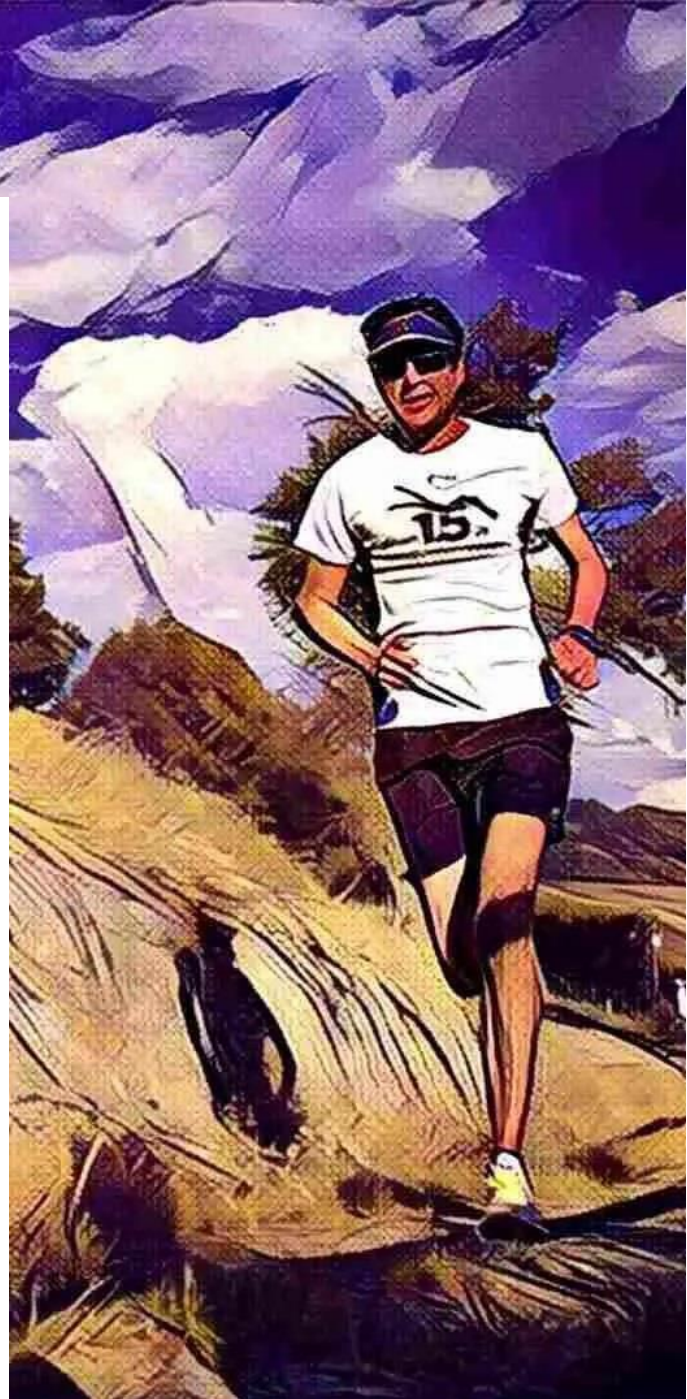


5K in 6 Weeks Training Plan



R.E.S.E.T.®

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



5K TRAINING PLAN

6 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 6 Weeks Training Plan.

To conquer a 5K in six weeks, focus on a balanced training regimen encompassing both physical and mental preparation. Start by establishing a consistent running schedule, gradually increasing mileage each week to build endurance. Incorporate interval training to improve speed and stamina. Include cross-training activities like cycling or swimming to prevent overuse injuries and enhance overall fitness. Pay attention to proper nutrition and hydration to fuel your body for optimal performance. Additionally, prioritize rest and recovery to prevent burnout and allow for muscle repair. Cultivate mental resilience by staying positive, and visualizing success. Surround yourself with a supportive community of runners to stay motivated and accountable.

Remember, progress takes time, so trust the process and celebrate each milestone along the way.

1. Set out writing a clear goal. Distance and Time. (page 2.)
2. Mix intervals with steady runs for variety.
3. Incorporate hills for strength and endurance.
4. Include rest days for recovery.
5. Prioritize quality over quantity in workouts.
6. Hydrate well, especially on long runs.
7. Invest in proper running shoes.
8. Pay attention to your body, adjust as needed.
9. Stretch and warm up before each run.
10. Gradually increase mileage each week.
11. Cross-train for overall fitness.
12. Fuel with a balanced diet for energy.
13. Listen to music or podcasts for motivation.
14. Set realistic goals for each training session.
15. Embrace mental resilience for tough days.
16. Find a running buddy for accountability.
17. Sleep is crucial for recovery.
18. Track progress to stay motivated.
19. Celebrate small achievements.
20. Trust the process and enjoy the journey.

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,

For most runners, embarking on a 5K training journey in just 6 weeks demands unwavering discipline, resilience, and commitment. Discipline is the bedrock, requiring consistent adherence to a structured plan. Resilience is crucial when facing physical and mental challenges, pushing through fatigue and doubts. Commitment is

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 2:30 run/1 min walk	Cross-training: 30 minutes	Rest	8 x 3 minute run/1 min walk	Cross-training: 20-30 minutes	6 x 4 minutes/1 min walk	Rest
5 x 5 minute run/1 min walk	Cross-training: 35 minutes	Rest	2 x 10 minute run/1 min walk	Cross-training: 30 minutes	2 x 10 minute run/30 seconds walk	Rest
Run 2 miles (3k) without stopping	Cross-training: 40 minutes	Rest	Run 2.5 miles (4k) without stopping	Cross-training: 30 minutes	Run 2.5 miles (4k) 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	Race Day!	Rest

the linchpin, tying it all together—a steadfast promise to oneself and the journey. It means sacrificing leisure for early morning runs, choosing nourishing meals over indulgence, and persisting when motivation wanes. In this brief timeframe, these virtues intertwine, propelling individuals to conquer the 5K finish line with newfound strength, a resilient spirit, and the satisfaction of achieving what once seemed improbable. END OF PLAN.

If you are tired of...

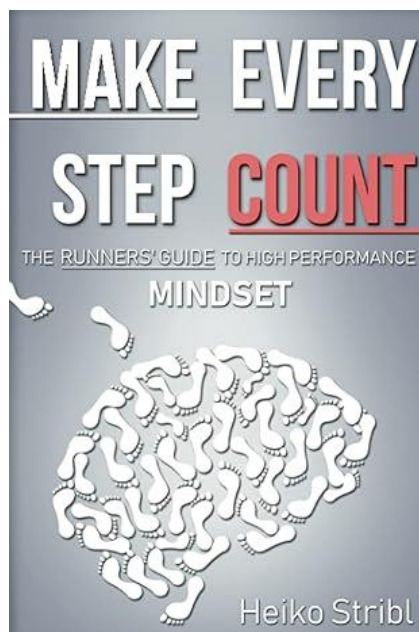
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."

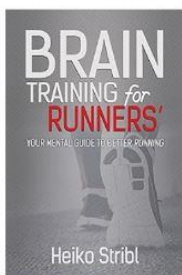
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

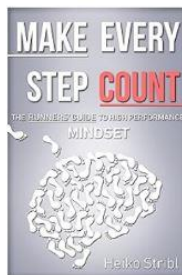
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



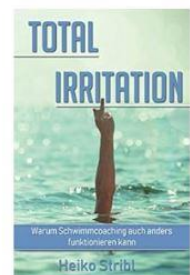
Quick look

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](#).