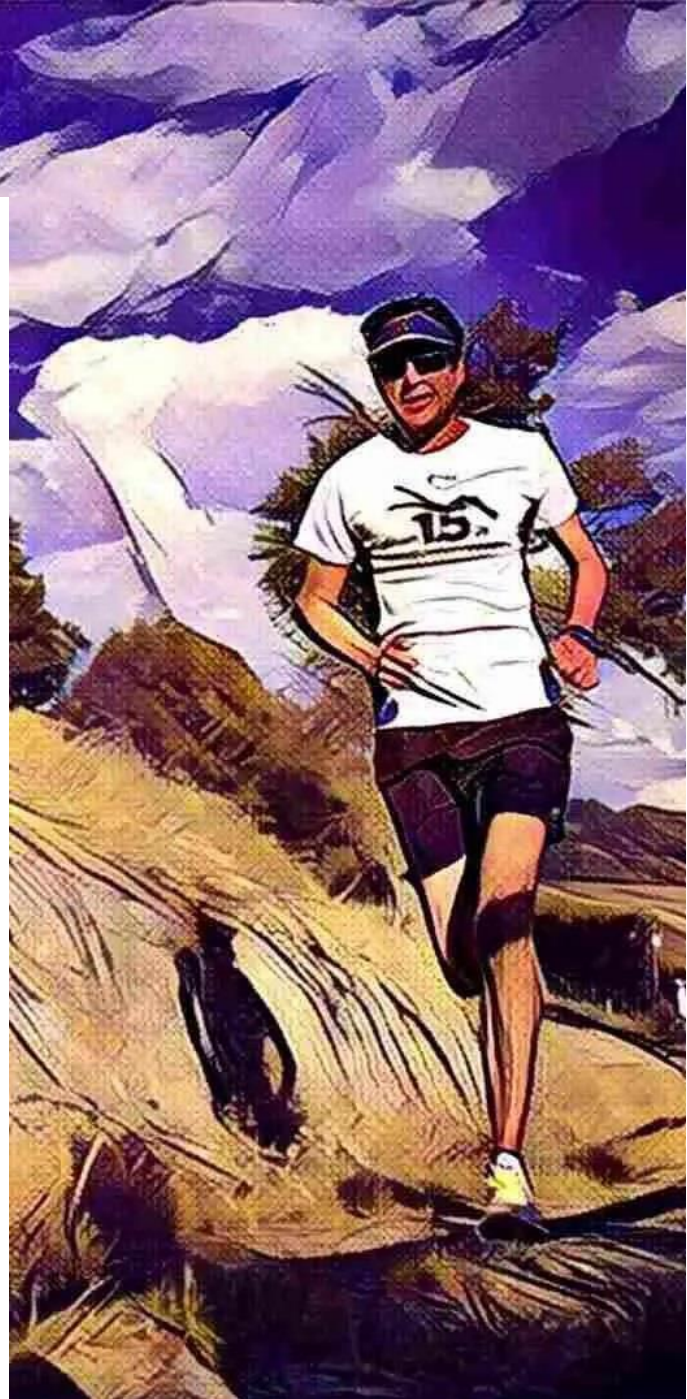


5K Sub 25 in 8 Weeks Training Plan



R.E.S.E.T.®

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



5K Sub 25 in 8 Weeks Training Plan

8 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. "

When embarking on a journey to achieve a sub-25-minute 5K time in an 8-week training plan, it's essential to consider both the risks and rewards associated with such a pursuit.

****Risks:****

1. ****Overtraining:**** Pushing too hard or increasing mileage too quickly can lead to overuse injuries such as shin splints, stress fractures, or tendonitis. It's crucial to listen to your body and incorporate adequate rest and recovery into your training plan to prevent burnout and injury.
2. ****Nutritional Deficiencies:**** Inadequate nutrition can hinder performance and recovery, increasing the risk of fatigue, muscle cramps, and compromised immune function. Ensure you're fueling your body with the right balance of carbohydrates, protein, fats, vitamins, and minerals to support your training demands.
3. ****Mental Strain:**** Pursuing ambitious goals within a tight timeframe can be mentally taxing, leading to stress, anxiety, or self-doubt. It's important to maintain a healthy perspective, manage expectations, and prioritize mental well-being alongside physical training.



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****Rewards:****

1. ****Achievement:**** Successfully achieving a sub-25-minute 5K time can be immensely gratifying, representing a significant improvement in speed and endurance. It serves as tangible evidence of your hard work, dedication, and progress as a runner.
2. ****Personal Growth:**** The journey towards this goal fosters discipline, resilience, and determination, shaping not only your physical capabilities but also your mental strength and character. Overcoming challenges and pushing past perceived limitations builds confidence and self-belief that transcends running.
3. ****Health Benefits:**** Engaging in regular physical activity like running promotes cardiovascular health, boosts metabolism, reduces stress, and enhances overall well-being. Achieving your target time signifies not only athletic success but also a commitment to a healthier lifestyle.

In conclusion, while pursuing a sub-25-minute 5K time in 8 weeks poses certain risks, the potential rewards—both physical and psychological—make it a worthwhile endeavor for those willing to commit to the journey with prudence and determination. By mitigating risks, staying disciplined, and focusing on the rewards, runners can maximize their chances of success while minimizing potential setbacks. In any training plan aimed at improving speed and overall performance, prioritizing speed work and proper execution of exercises is paramount. Rather than seeking shortcuts, focusing on these two critical elements ensures sustainable progress and minimizes the risk of injury or burnout.

Speed work, including intervals, tempo runs, and hill repeats, directly targets the development of speed, endurance, and lactate threshold. Incorporating structured speed sessions into the training plan challenges the body to adapt and improve efficiency, leading to significant gains in race times over time.

Equally crucial is the emphasis on completing exercises with proper form and technique.

Rushing through workouts or sacrificing form for the sake of intensity can compromise

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,

results and increase the likelihood of injury. By prioritizing quality over quantity, runners can optimize muscle recruitment, prevent imbalances, and reduce the risk of overuse injuries.

Ultimately, there are no shortcuts to sustainable progress and long-term success in running. Consistent dedication to structured speed work and meticulous attention to proper exercise execution are foundational principles that underpin effective training. By adhering to these principles with patience and discipline, runners can unlock their full potential and achieve their performance goals while safeguarding their health and well-being.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Optional easy run3-5 miles, 5-8k	Interval session: 4x1k @ 10k race pace. 90 sec rec10 mins warm up and cool down	Rest or cross train	Threshold: 2x 2k@ threshold 3 min rec10 mins warm up and cool down	Rest or cross train	Optional easy run3-5 miles, 5-8k	Endurance run3-8 miles, 5-13k
2	Optional easy run	Interval session: 10x400 (or 2mins) hard, 90 sec rec10 mins warm up and cool down	Rest or cross train	Threshold: 20mins @ threshold10 mins warm up and cool down	Rest or cross train	optional easy run3-5 miles, 5-8k	Endurance run3-8 miles, 5-13k

3	Optional easy run	Interval session, alternating minutes: run 1 minute at 5k pace, then 1 minute at marathon pace, repeat 10 times (20 mins total).10 mins warm up and cool down	Rest or cross train	Threshold: 3x 2k @ threshold 3 mins rec10 mins warm up and cool down	Rest or cross train	Optional easy run4-6 miles, 6-10k	Endurance run3-8 miles, 5-13k
4	Optional easy run4-6 miles, 6-10k	Interval session: 4X1k@ 5k pace 90 sec rec10 mins warm up and cool down	Rest or cross train	Threshold: 30 mins @ threshold10 mins warm up and cool down	Rest or cross train	Optional easy run4-6 miles, 6-10k	Endurance run3-8 miles, 5-13k
5	Optional easy run4-6 miles, 6-10k	Interval session 10x 200m (or 1min) hard, 90 sec rec10	Rest or cross train	Threshold: 2x 2k@ threshold 3 min rec10 mins warm	Rest or cross train	Optional easy run4-6 miles, 6-10k	Endurance run3-8 miles, 5-13k

		mins warm up and cool down		up and cool down			
6	Optional easy run4-6 miles, 6-10k	Interval session: 12x400 (or 2mins) hard, 90 sec rec10 mins warm up and cool down	Rest or cross train	Threshold: 30 mins @ threshold10 mins warm up and cool down	Rest or cross train	Optional easy run4-6 miles, 6-10k	Endurance run3-8 miles, 5-13k
7	Optional easy run4-6 miles, 6-10k	Interval session: alternate 1min hard, 3 mins easy (10 each)10 mins warm up and cool down	Rest or cross train	Threshold: 2x15mins @ threshold, 3 min rec10 mins warm up and cool down	Rest or cross train	Optional easy run4-6 miles, 6-10k	Endurance run3-8 miles, 5-13k
8	Optional easy run4-6 miles, 6-10k	interval session: 12x 200 (or 1min) @ 5k 1 min rec10 mins warm up and cool down	Rest or cross train	Easy run4-6 miles, 6-10k	Rest or cross train	Optional easy run3-5 miles, 5-8k	Race Day!

If you are tired of...

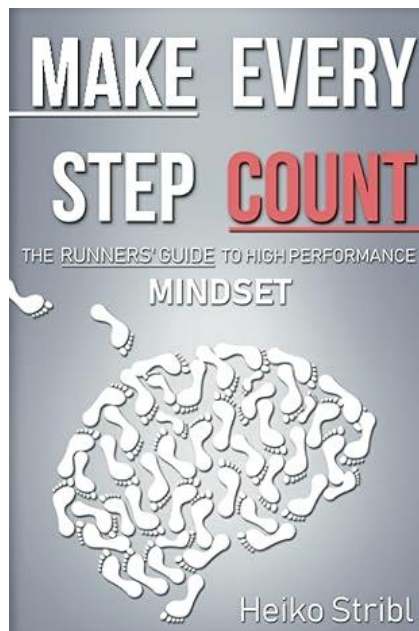
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



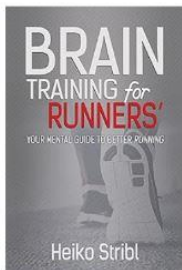
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

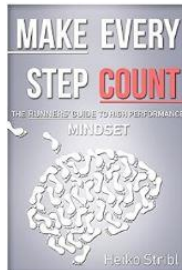
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



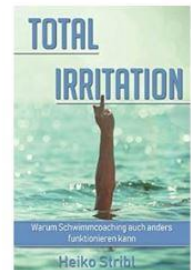
Quick look

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](#).