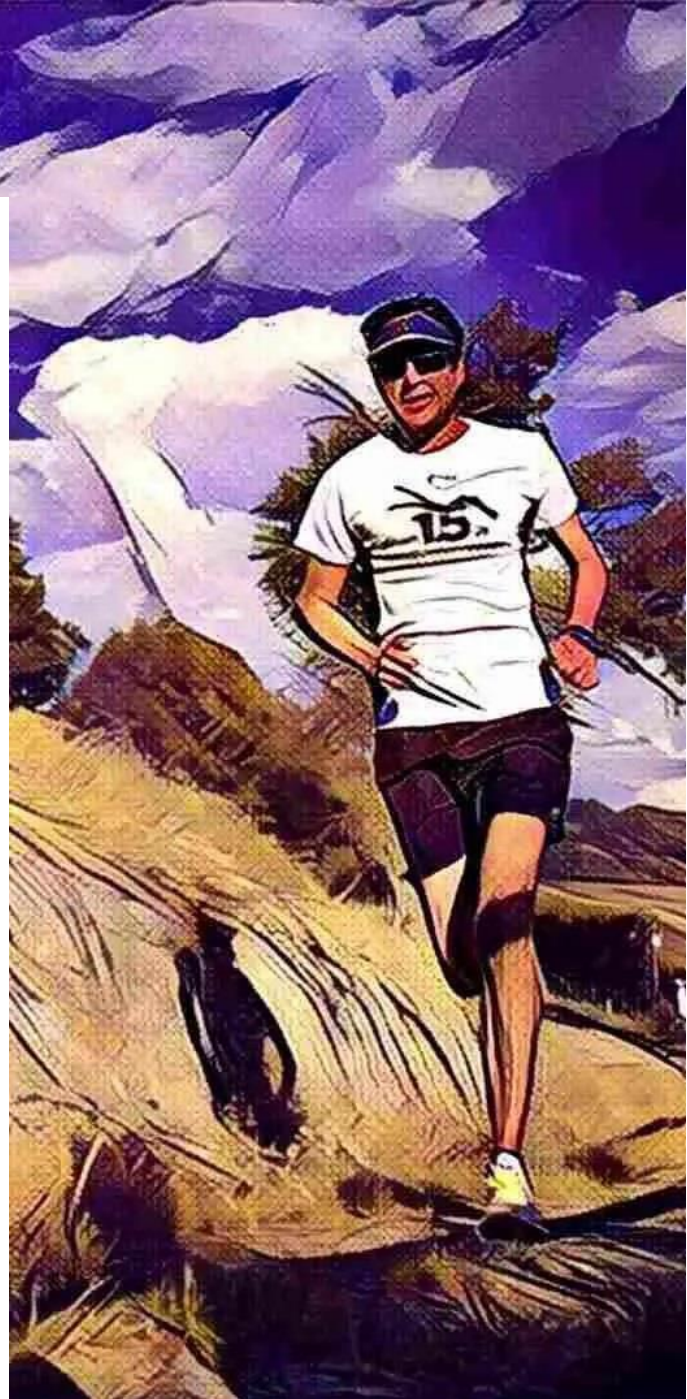


5K Sub 30 8 Weeks Training Plan



R.E.S.E.T.®

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



5K Sub 30 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).

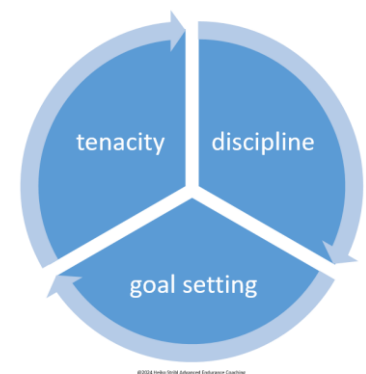
" Written training plans provide clarity, focus, and accountability, enhancing goal adherence and facilitating progress tracking for improved performance and results. "

Training to run a 5km race in under 30 minutes is a challenging yet achievable goal that requires a combination of physical preparation and mental fortitude. Success in this endeavor hinges not only on physical fitness but also on dedication, focus during training sessions, concentration while running, discipline in maintaining a consistent regimen, and resilience in the face of setbacks.

Dedication is the bedrock upon which training for a sub-30-minute 5km race is built. It involves a deep commitment to your goal, a willingness to prioritize training amidst other responsibilities, and an unwavering resolve to push through difficulties. Whether it is waking up early for a morning run, fitting in a workout during a busy day, or sacrificing leisure time for training, dedication ensures that progress towards the goal remains constant.

During training sessions, focus is essential for maximizing the effectiveness of each workout. Rather than going through the motions, you must be aiming for a sub-30-minute 5km and approach each session with intent and concentration. This means paying attention to form, pacing, and effort levels, and executing each workout with purpose. Whether it is speed work, tempo runs, or long-distance runs, maintaining focus ensures that your training yields optimal results.

Concentration while running is crucial, particularly during a race. In the heat of competition, distractions abound, and it is easy to lose focus or succumb to mental fatigue. However, maintaining concentration throughout the entire 5km is essential for sustaining pace, managing effort, and overcoming challenges. By staying present in the moment, monitoring breathing and form, and staying attuned to internal cues, you as a sub 30 min runner will optimize your performance and stay on track to achieve your goal time.



Discipline is the bridge between aspirations and accomplishments. It requires that you adhere to a structured training plan, making healthy lifestyle choices, and consistently putting in the work required for improvement. Discipline is what gets you out the door on days when motivation is lacking, what keeps you accountable to your goals, and what ensures that progress is sustained over the long term.

Resilience is perhaps the most critical attribute of all, as it enables you to persevere in the face of adversity. Setbacks such as injury, illness, or poor race performances are

inevitable, but it's how you respond to these challenges that ultimately determines your success. Resilience allows runners to bounce back from setbacks, learn from failures, and continue moving forward with determination and optimism.

In conclusion, training to run a 5km race in under 30 minutes requires not only physical preparation but also mental strength and resilience. By cultivating dedication, focus during training sessions, concentration while running, discipline in maintaining a consistent regimen, and resilience in the face of setbacks, you will have positioned yourself for success and achieve your goal of breaking the 30-minute barrier. Be brave. Go for it.

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Recovery	6.4 Km with 3-5 strides	Strength Training	6,4Km with 4 x 15 sec hard uphill finish	Strength Training	6 Km -- easy	5 Km Easy
2	Recovery	3,2 Km easy + 3 x 800m FAST with 2 minute recovery 1 Km cooldown	Strength Training	7Km easy	Strength Training	1 Km warm up then - 10 x 30 second hard / fast 1 min recovery 1 Km easy cooldown	5 Km Easy
3	Recovery	6 - 7 Km easy	Strength Training	6Km progression run - Super easy, getting slightly faster each Km down to 10k pace	Strength Training	8 Km	5 Km Easy
4	Recovery	5Km easy	Strength Training	5Km with 3-5 strides	Strength Training	7 Km last Km FAST	7 Km Easy
5	Recovery	6Km easy 3 x 20 seconds hard uphill finish	Strength Training	6 Km - with 1 middle Km FAST	Strength Training	8 Km easy	5 Km Easy
6	Recovery	8 Km easy	Strength Training	2 Km easy + 3 x 0,5Km at FAST with 3 minute recovery 1 Km cooldown	Strength Training	10 K easy	5 Km Easy
7	Recovery	6 Km 3 x 2 minutes FAST, 2 min recovery	Upper body and core	6 Km - with 1 middle Km FAST	Core Workout	5 Km Easy	5 Km Easy
8	Recovery	3 - 5 Km 3 x 20 seconds hard fartleks	Rest	4 Km with 3-5 strides	Rest	RACE DAY - 5K	Slow Run 30 min.

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...

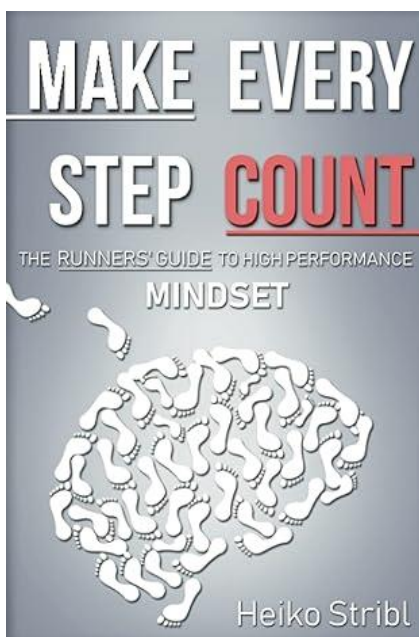
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



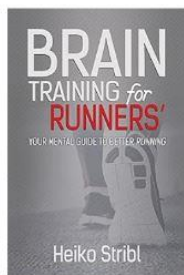
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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!

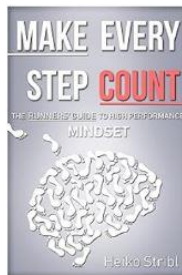
Check out other books by Heiko.



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...

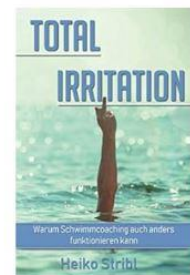
★★★★★ 8



Quick look

Das W.I.E.S.O. Konzept.: Effektiver fragen, effizienter trainieren.

★★★★★ 9



Quick look

TOTAL IRRITATION: Warum Schwimmcoaching auch anders...

★★★★☆ 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.](#)