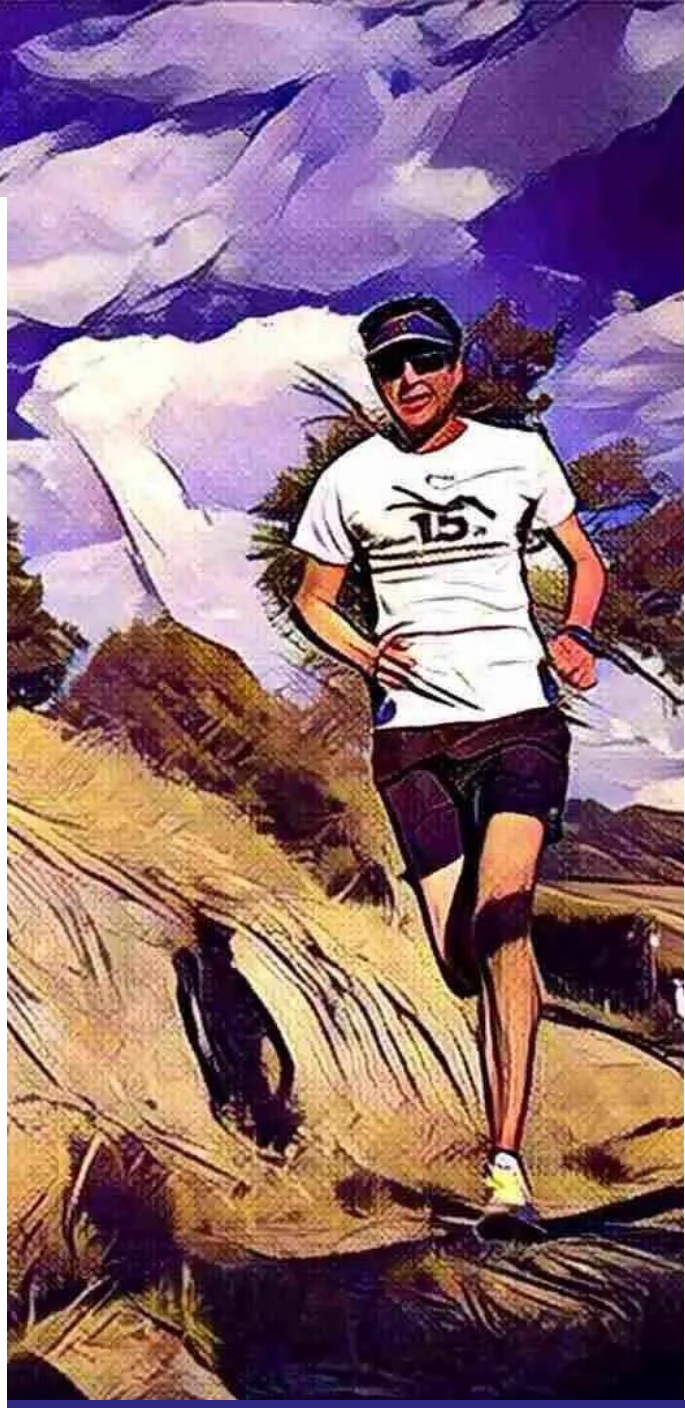
5Kmile to 10mile 8 Weeks Training Plan



R.E.S.E.T.®

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

5mile to 10mile

8 Weeks Training Plan

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. "

Transitioning from 5mile to 10mile: A 8-Week Training Plan

Transitioning from a 5-mile to a 10-mile race in just 8 weeks requires a disciplined and tenacious approach to training. With focused determination and a structured training plan, runners can effectively build upon their current fitness level and conquer the longer distance with confidence and resilience.

The key to success in transitioning from a 5-mile to a 10-mile race lies in a well-designed training plan that emphasizes gradual progression and consistency. Begin by evaluating your current fitness level and setting realistic goals for the 8-week training period. Break down your training plan into manageable weekly increments, gradually increasing both mileage and intensity over time.

Consistency is paramount when training for a 10-mile race in 8 weeks. Commit to a regular training schedule, prioritizing both running and cross-training activities to build endurance and strength. Incorporate long runs into your weekly routine, gradually extending the duration of your weekend runs to increase your time on feet and build stamina for the longer distance.

In addition to long runs, incorporate speed work and interval training into your training plan to improve your running efficiency and build speed. Interval training sessions, tempo runs, and hill repeats help improve anaerobic capacity, lactate threshold, and overall race performance. By incorporating a mix of speed work and longer, slower runs into your training plan, you can develop the necessary speed and endurance to tackle the 10-mile distance.

Discipline and tenacity are essential qualities for success when training for a 10-mile race in 8 weeks. Stay committed to your training plan, even when faced with obstacles or setbacks. Listen to your body and prioritize rest and recovery to prevent injury and avoid burnout. Trust in your training and believe in your ability to conquer the 10-mile distance on race day.

As the race approaches, focus on maintaining a positive mindset and visualizing success. Draw strength from your dedication and hard work, knowing that your perseverance will pay off when you cross the finish line of the 10-mile race. With focus, discipline, and tenacity, you can successfully transition from a 5-mile to a 10-mile race in just 8 weeks and achieve your running goals.

In conclusion, transitioning from a 5K to a 10K race requires a holistic approach encompassing structured training, prudent precautions, and a steadfast commitment. With diligent adherence to the outlined training plan and precautions, you dear runner, will conquer the challenge and achieve your desired goals. Powerful Self-Talk: Empowering Your Running Journey

Running isn't merely a physical activity; it's a mental game as much as it is a physical one. In the realm of distance running, where endurance and perseverance are paramount, the power of self-talk becomes a potent tool for success. Harnessing the strength of positive affirmations and constructive self-talk can transform the way one approaches and conquers the challenges of the track or trail.

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,

Self-talk in running involves the internal dialogue that occurs within a runner's mind during training sessions and races. Whether scaling a steep hill or pushing through the final miles of a marathon, the words we speak to ourselves shape our beliefs, actions, and ultimately, our outcomes. Instead of succumbing to doubt, fatigue, or negative thoughts, cultivating a repertoire of empowering self-talk can propel runners to greater heights of performance and personal satisfaction.

Positive self-talk serves as a source of motivation, resilience, and focus. By replacing doubts with affirmations of strength and capability, runners can bolster their confidence and push past perceived limitations. Phrases like "I am strong," "I can do this," and "Keep pushing" serve as powerful mantras that reinforce determination and perseverance, helping runners overcome obstacles with grit and determination.

Moreover, self-talk cultivates mindfulness and resilience in the face of adversity. When faced with discomfort or fatigue, reframing challenges as opportunities for growth and resilience can instill a sense of empowerment and resilience. Embracing discomfort as a natural part of the running journey fosters mental toughness and a willingness to push beyond one's comfort zone, leading to breakthrough performances and personal achievements.
In conclusion, the power of self-talk in running cannot be overstated.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 minutes of low-impact cross training	4 mile easy run	Rest or 30 minutes of cross training	4 mile easy run	Warm up 1 mile (2k) 2 miles at threshold pace (3k) Cool down 1 mile (2k)	Rest	5 mile long run (8k)
30 minutes of low-impact cross training	Warm up 1 mile (2k) 12 x 400 at 5k pace with 200m jog Cool down 1 mile (2k)	Rest or 30 minutes of cross training	5 mile easy run 4 x 50-100m strides	Warm up 1 mile (2k) 3 miles at threshold pace (5k) Cool down 1 mile (2k)	Rest	6 mile long run (10k)
40 minutes of low-impact cross training	Warm up 1 mile (2k) 6 x 800 at 10k pace with 200m jog Cool down 1 mile (2k)	Rest or 30 minutes of cross training	5 mile easy run 4 x 50-100m strides	Warm up 1 mile (2k) 4 miles at threshold pace (7k) Cool down 1 mile (2k)	Rest	7 mile long run (11k)
40 minutes of low-impact cross training	Warm up 1 mile (2k) 3 x 1600m at 5k pace with 200m jog Cool down 1 mile (2k)	Rest or 30 minutes of cross training	5 mile easy run (8k) 4 x 50-100m strides	Warm up 1 mile (2k) 10-15 x 1 minute hills Cool down 1 mile (2k)	Rest	6 mile long run (10k) or 10k race

50 minutes of low-impact cross training	Warm up 1 mile (2k) 8 x 400m at mile pace with 200m jog Cool down 1 mile (2k)	Rest or 30 minutes of cross training	6 mile easy run (10k) 4 x 50-100m strides	Warm up 1 mile (2k) 5 miles at threshold pace (8k) Cool down 1 mile (2k)	Rest	8 mile long run (12-13k)
50 minutes of low-impact cross training	Warm up 1 mile (2k) 4 x 1600m at 5k pace with 200m jog Cool down 1 mile (2k)	Rest or 30 minutes of cross training	6 mile easy run (10k) 4 x 50-100m strides	Warm up 1 mile (2k) 2 x 3 miles at threshold pace (5k) with 2 minutes in between for recovery Cool down 1 mile (2k)	Rest	9 mile long run (14-15)
60 minutes of low-impact cross training	Warm up 1 mile (2k) 8 x 1000m at 5k pace with 200m jog Cool down 1 mile (2k)	Rest or 30 minutes of cross training	7 mile easy run (11-12k) 4 x 50-100m strides	Warm up 1 mile (2k) 10-15 x 1 minute hills Cool down 1 mile (2k)	Rest	6 mile long run (10k)
45-60 minutes of low-impact cross training	Warm up 1 mile (2k) 6 x 800 at 10k pace Cool down 1 mile (2k)	Rest or 30 minutes of cross training	6 mile run (10k) 4 x 100m strides	Rest	15-20 minute shake out run	10 mile or 15k race

If you are tired of…

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

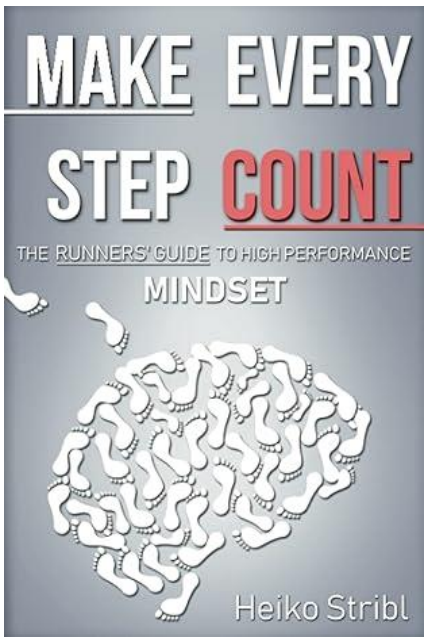
Feeling unfocused and unmotivated when the weather isn't to your liking, or you face a steep hill. Dreaming of being a stronger and smarter runner? But, you are not confident even though you are following the training plan,

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

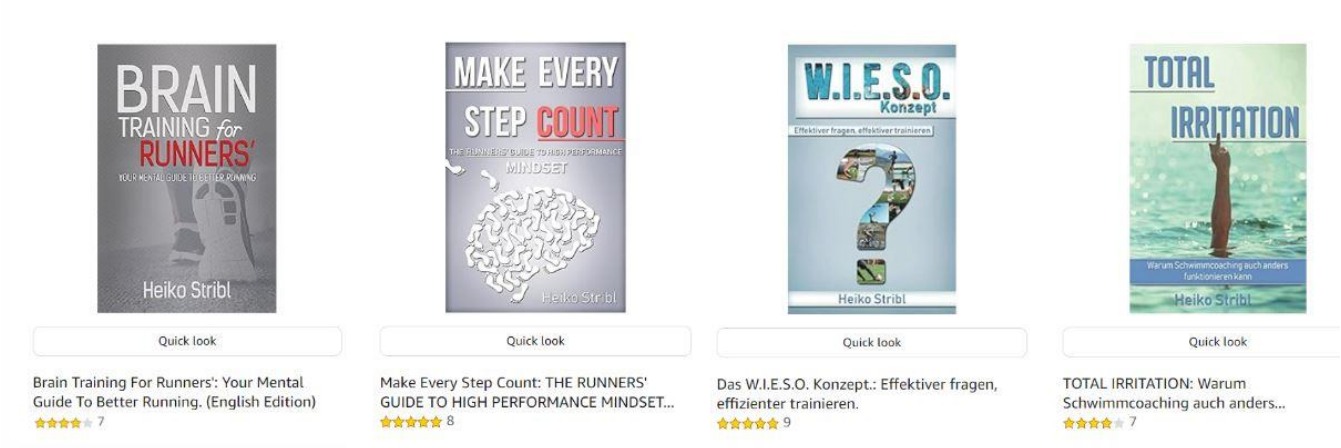
Better Run Practices and Faster Running..."



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.



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].