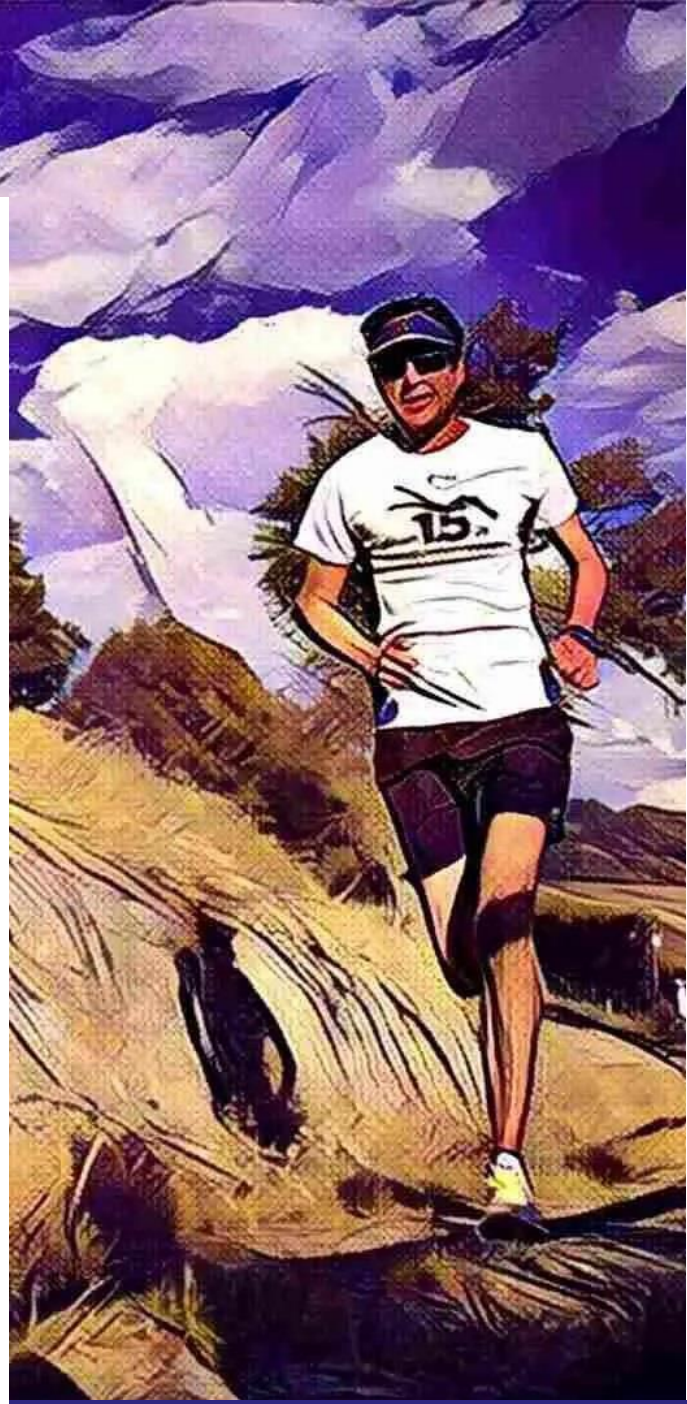


5 Mile 6 Week Training Plan Intermediate



R.E.S.E.T.®

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



5 Mile 6 Week Training Plan

Intermediate

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. "

For intermediate runners preparing for a 5K race in just 6 weeks, the training journey demands a balanced approach that encompasses mental attitude, strategic pacing, endurance building, and gradual progression. With a foundation of running experience, these runners have the opportunity to refine their skills, enhance their performance, and achieve their goals with determination and focus.

****Mental Attitude:****

A positive and resilient mindset forms the cornerstone of training for intermediate runners. Cultivating confidence, belief in one's abilities, and a growth-oriented attitude are essential components of mental preparation. Embracing challenges as opportunities for growth, maintaining optimism in the face of setbacks, and visualizing success help build mental toughness and resilience.

****Train the Brain:****

In addition to physical conditioning, training the brain is crucial for intermediate runners preparing for a 5K race. Mental strategies such as positive self-talk, visualization, and goal setting help reinforce confidence, focus, and motivation during training and on race day. By training the mind to stay present, overcome obstacles, and push through discomfort, runners can optimize their performance and achieve peak results.

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,

****Strategic Pacing:****

Effective pacing is vital for intermediate runners aiming to maximize performance in a 5K race. Learning to pace oneself strategically, starting conservatively, and gradually increasing speed throughout the race help prevent early burnout and ensure a strong finish. Practicing pacing strategies during training runs and incorporating interval training, tempo runs, and race simulations into the training plan can help runners hone their pacing skills and develop a sense of race pace.

****Endurance Building:****

Building endurance is a key focus of training for intermediate runners preparing for a 5K race. While the distance may seem short compared to longer races, developing the

ability to sustain effort over the entire race distance is essential for optimal performance. Long runs, tempo runs, and interval training help improve aerobic capacity, lactate threshold, and overall endurance, enabling runners to maintain a steady pace and finish strong on race day.

****Gradual Progression:****

Gradual progression is fundamental to the training approach for intermediate runners. The 6-week timeframe requires a structured and progressive buildup of mileage, intensity, and race-specific workouts. Starting with a baseline assessment of fitness and gradually increasing volume and intensity over the course of the training plan minimizes the risk of injury, allows for adaptation, and ensures that runners peak at the right time for race day.

In conclusion, intermediate runners preparing for a 5K race in 6 weeks benefit from a comprehensive training approach that addresses mental attitude, strategic pacing, endurance building, and gradual progression. By cultivating a positive mindset, training the brain, mastering pacing strategies, building endurance, and progressing gradually, these runners can optimize their preparation and increase their likelihood of success on race day.

5 Miles in 6 Weeks Training Plan:

Intermediate Schedule

Week 1

Day 1: 40 minutes of CT (cross training) or rest
Day 2: 20-minute TR (Tempo Run) + 2 hill repeats
Day 3: 30 minutes of CT or rest
Day 4: Intervals: 4 minutes at 8K effort x 3
Day 5: Rest
Day 6: 4-mile LR (Long Run)
Day 7: 3-mile ER (Easy Run)

Week 2

Day 1: 40 minutes of CT or rest
Day 2: 20-minute TR + 3 hill repeats
Day 3: 25 minutes of CT or rest
Day 4: Intervals: 4 minutes @ 8K effort x 4

Day 5: Rest
Day 6: 5-mile LR
Day 7: 3-mile ER

Week 3

Day 1: 40 minutes of CT or rest
Day 2: 20-minute TR + 3 hill repeats
Day 3: 30 minutes of CT or rest
Day 4: Intervals: 4 minutes @ 8K effort x 4
Day 5: Rest
Day 6: 6-mile LR
Day 7: 3-mile ER

Week 4

Day 1: 40 minutes of CT or rest
Day 2: 20-minute TR + 3 hill repeats
Day 3: 30 minutes of CT or rest
Day 4: Intervals: 4 min @ 8K effort x 4
Day 5: Rest
Day 6: 7-mile LR
Day 7: 3-mile ER

Week 5

Day 1: 40 minutes of CT or rest
Day 2: 25-minute TR + 3 hill repeats
Day 3: 30 minutes of CT or rest
Day 4: intervals: 4 minutes @ 8K effort x 3
Day 5: Rest
Day 6: 5-mile LR
Day 7: 3-mile ER

Week 6

Day 1: 30 minutes of CT
Day 2: Rest
Day 3: 20-minute TR
Day 4: Rest
Day 5: 2- to 3-mile ER
Day 6: Rest
Day 7: Race day

If you are tired of...

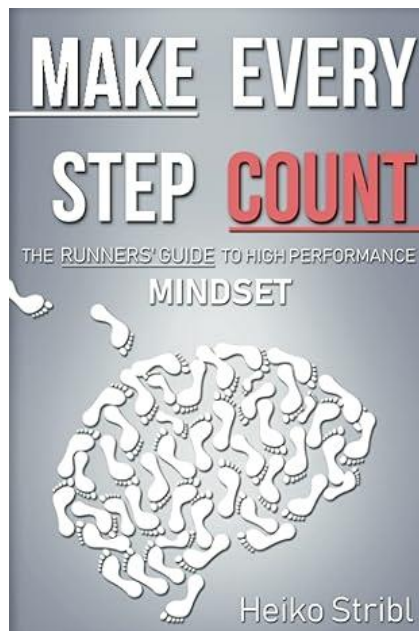
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



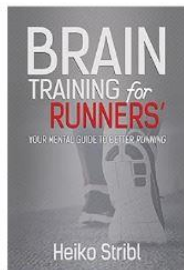
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

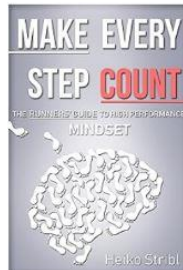
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



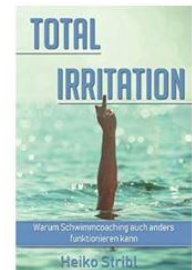
Quick look

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](#).