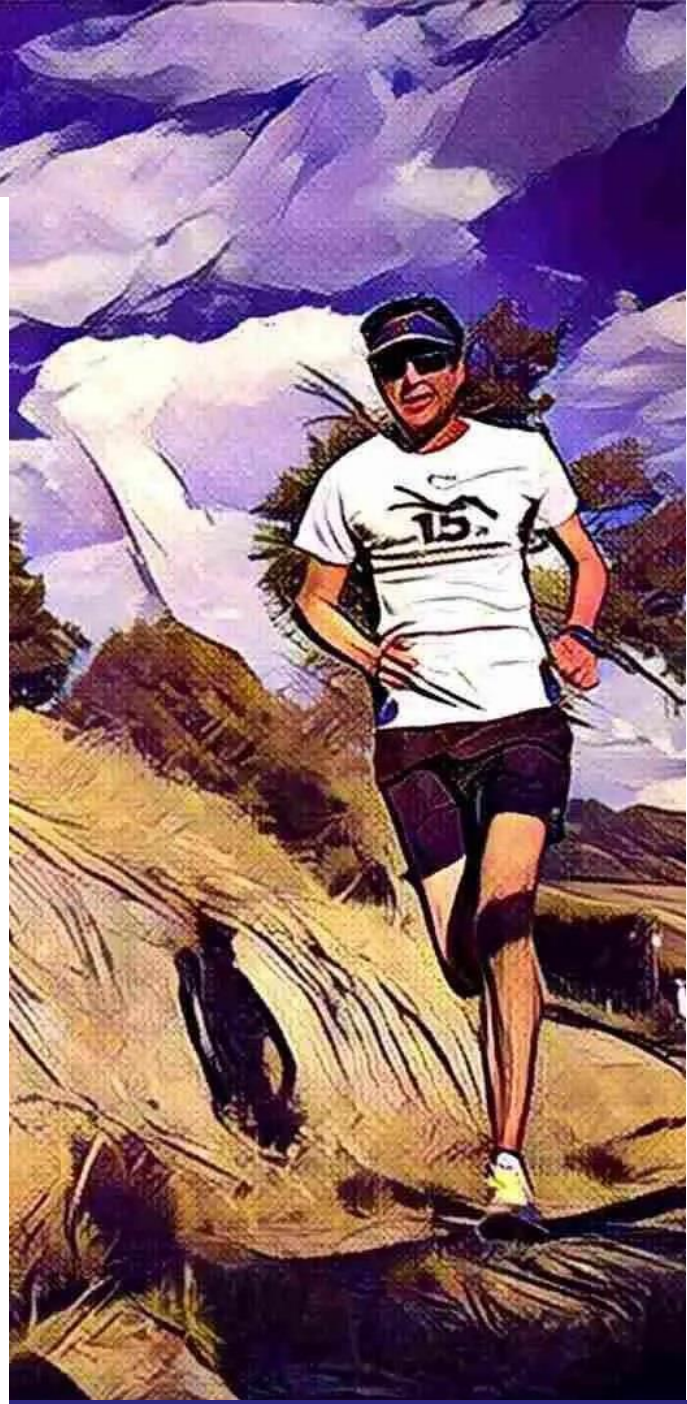


5 Mile 8 Week Beginner Training Plan



R.E.S.E.T.®

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



5 Mile 8 Week Training Plan

Beginner

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. "



Embarking on an 8-week training journey for a 5-mile race as a beginner demands more than just physical preparation—it requires cultivating a positive mental attitude and harnessing the power of positive thoughts. In the face of challenges and uncertainties, maintaining a resilient and optimistic mindset can be the difference between success and defeat.

****Embrace the Journey:**** Approach the training process with an open mind and a sense of curiosity. View each run as an opportunity for growth and learning rather than focusing solely on the end goal. Embrace the ups and downs of the journey, knowing that every step forward, no matter how small, contributes to progress.

****Set Realistic Expectations:**** While aiming high is admirable, setting unrealistic expectations can lead to frustration and disappointment. Set achievable goals based on your current fitness level and training experience. Celebrate small victories along the way and adjust your goals as needed to stay motivated and on track.

****Practice Positive Self-Talk:**** Monitor your internal dialogue and replace negative thoughts with positive affirmations. Instead of dwelling on doubts or insecurities, remind yourself of your strengths, capabilities, and past accomplishments. Use phrases like "I am strong," "I can do this," and "I am making progress" to boost confidence and motivation.

****Visualize Success:**** Take time to visualize yourself crossing the finish line of the race, feeling strong, confident, and proud. Visualization techniques help reinforce belief in your abilities and mentally prepare you for the challenges ahead. Picture yourself overcoming obstacles with ease and achieving your goals with determination and resilience.

****Focus on the Present:**** Avoid getting overwhelmed by thoughts of the future or dwelling on past performances. Stay focused on the present moment, concentrating on each step and each breath as you run. Break the training plan down into manageable segments, focusing on the task at hand rather than the end result.

****Find Joy in the Process:**** Running is not just about reaching the finish line—it's about enjoying the journey along the way. Find joy in the simple pleasures of running—the feeling of the wind on your face, the rhythm of your breath, the sights and sounds of nature. Cultivate gratitude for the opportunity to run and improve your fitness and well-being.

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,

****Seek Support:**** Surround yourself with a supportive community of fellow runners, friends, and family members who encourage and uplift you. Share your goals and challenges with others, and draw strength from their encouragement and camaraderie.

In conclusion, cultivating a positive mental attitude and fostering a mindset of optimism and resilience are essential for beginner runners embarking on an 8-week training journey for a 5-mile race. By embracing the journey, setting realistic expectations, practicing positive self-talk, visualizing success, staying present, finding joy in the process, and seeking support, runners can overcome obstacles, stay motivated, and ultimately achieve their goals with confidence and determination.

8- Week Training Plans. For Beginners:

Week 1

Day 1: Run easy for 1 mile (1.6 K)

Day 2: Rest

Day 3: Run easy for 1 mile (1.6 K)

Day 4: 40-45 minutes of cross-training

Day 5: Rest

Day 6: Run easy for 1.5 miles (2.4 K)

Day 7: Rest or 30-minute walk

Week 2

Day 1: Run easy for 1.5 miles (2.4 K)

Day 2: Rest

Day 3: Run easy for 1 mile (1.6 K)

Day 4: 40-45 minutes of cross-training

Day 5: Rest

Day 6: Run easy for 1.5 miles (2.4 K)

Day 7: Rest or 30-minute walk

Week 3

Day 1: Run easy for 2 miles (3.2 K)

Day 2: Rest

Day 3: Run easy for 1.5 miles (2.4 K)

Day 4: 40-45 minutes of cross-training

Day 5: Rest

Day 6: Run easy for 2 miles (3.2 K)

Day 7: Rest or 30-minute walk

Week 4

Day 1: Run easy for 2 miles (3.2 K)

Day 2: Rest

Day 3: Run easy for 1.5 miles (2.4 K)

Day 4: 40-45 minutes of cross-training

Day 5: Rest

Day 6: Run easy 2.5 miles (4 K)

Day 7: Rest or 30-minute walk

Week 5

Day 1: Run easy for 3 miles (5 K)

Day 2: Rest

Day 3: Run easy for 2 miles (3.2 K)

Day 4: 40-45 minutes of cross-training

Day 5: Rest

Day 6: Run easy for 3 miles (5 K)

Day 7: Rest or 30-minutes walk

Week 6

Day 1: Run easy for 3.5 miles (5.6 K)

Day 2: Rest

Day 3: Run easy or 3 miles (5 K)

Day 4: 40-45 minutes of cross-training

Day 5: Rest

Day 6: Run easy for 3.5 miles (5.6 K)

Day 7: Rest or 30-minutes walk

Week 7

Day 1: Run easy for 4 miles (6.4 K)

Day 2: Rest

Day 3: Run easy for 3 miles (5 K)

Day 4: 40-45 minutes of cross-training

Day 5: Rest

Day 6: Run easy for 4.5 miles (7.2 K)

Day 7: Rest or 30-minutes walk

Week 8

Day 1: Run 40 min

Day 2: 30 minutes of cross-training

Day 3: Run for 30 minutes

Day 4: Rest

Day 5: Run for 30 minutes

Day 6: Rest

Day 7: Race day

If you are tired of...

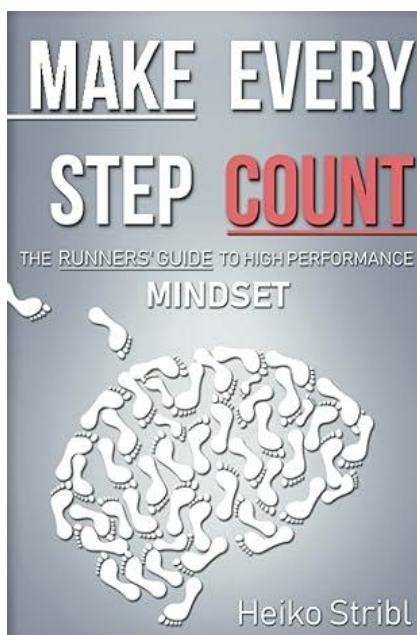
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



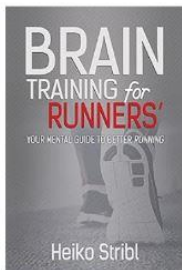
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

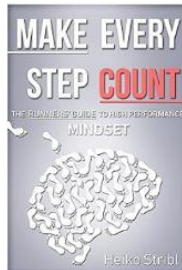
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



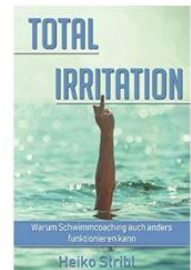
Quick look

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](#).