5 Mile Training
Plan
Advanced Runners

R.E.S.E.T.®

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

5 Mile Training Plan

Advanced Runner

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 advanced runners gearing up for a 5-mile race in just 8 weeks, the training approach demands a combination of high volume, resilience, intensive workouts, and precise execution. With a solid foundation of running experience, these athletes can push their limits and fine-tune their performance to achieve peak results on race day.

High Volume Training:

Advanced runners thrive on high volume training, which involves logging significant mileage to build endurance and strength. The training plan should include multiple weekly runs of varying distances, with a focus on gradually increasing overall mileage throughout the 8-week period. Long runs become pivotal for building stamina and mental toughness, pushing the boundaries of endurance beyond race distance to ensure confidence on race day.

Attitude of Resilience:

A positive and resilient mindset is indispensable for advanced runners navigating the challenges of intensive training. Embracing setbacks as opportunities for growth and remaining steadfast in the face of adversity are key components of this attitude. Whether battling fatigue, encountering setbacks, or facing doubts, maintaining unwavering determination and optimism fuels the drive to persevere and ultimately succeed.

Intensive Workouts:

Intensive workouts are the cornerstone of training for advanced runners aiming to maximize speed and performance. Incorporating interval training, tempo runs, fartlek sessions, and hill repeats into the training plan helps enhance aerobic capacity, lactate threshold, and overall speed. These structured workouts challenge runners to push their limits, improve efficiency, and sharpen race-specific skills.

Precision and Specificity:

Precision in training is paramount for advanced runners seeking optimal results within a limited timeframe. Each workout must be meticulously planned and executed to target

specific physiological adaptations and race-specific demands. From pacing strategies to recovery protocols, every aspect of training requires careful consideration and fine-tuning to ensure alignment with race goals.

Strategic Recovery:

Intensive training places significant stress on the body, making strategic recovery essential for advanced runners. Incorporating rest days, active recovery sessions, and recovery modalities such as massage, foam rolling, and stretching into the training plan promotes optimal recovery and reduces the risk of overuse injuries. Adequate sleep, hydration, and nutrition also play crucial roles in supporting the body's recovery process.

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,

Race Simulation:

As race day approaches, advanced runners benefit from incorporating race simulations into their training regimen. This involves mimicking race conditions during key workouts, including pacing strategies, terrain, and fueling protocols. Race simulations help acclimate runners to the physical and mental demands of competition, building confidence and familiarity with race-day scenarios.

In conclusion, advanced runners preparing for a 5-mile race in 8 weeks must adopt a training approach characterized by high volume, resilience, intensive workouts, and precision. By embracing the challenges of intensive training with a positive attitude, focusing on strategic recovery, and executing precise workouts tailored to race-specific goals, these athletes can optimize their performance and achieve their full potential on race day.

5 Miles in 6 Weeks Training Plan: Advanced Runner

Week 1

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 2

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 2.5 miles (4 K)
Day 7: Rest or 30-minute walk

Week 3

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-minute walk

Week 4

Day 1: Run easy for 3.5 miles (5.6 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 3.5 miles (5.6 K)
Day 7: Rest or 30-minute walk

Week 5

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 miles (6.4 K)
Day 7: Rest or 30-minute walk

Week 6

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 5 miles (7.2 K)
Day 7: Rest or 30-minute walk

Week 7

Day 1: Run easy for 4 miles (6.4 K)
Day 2: Rest
Day 3: Run easy for 4 miles (6.4 K)
Day 4: 40-45 minutes of cross-training
Day 5: Rest
Day 6: Run easy for 5 miles (7.2 K)
Day 7: Rest or 30-minute walk

Week 8

Day 1: Run for 40 minutes
Day 2: Rest
Day 3: 30 minutes of cross-training
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.

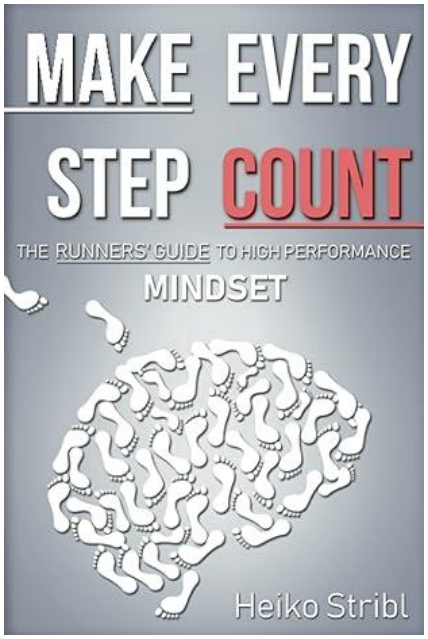
Feeling unfocused and unmotivated when the weather isn't to your liking, or you face a steep hill. Dreaming of being a stronger and smarter runner? But, you are not confident even though you are following the training plan,

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

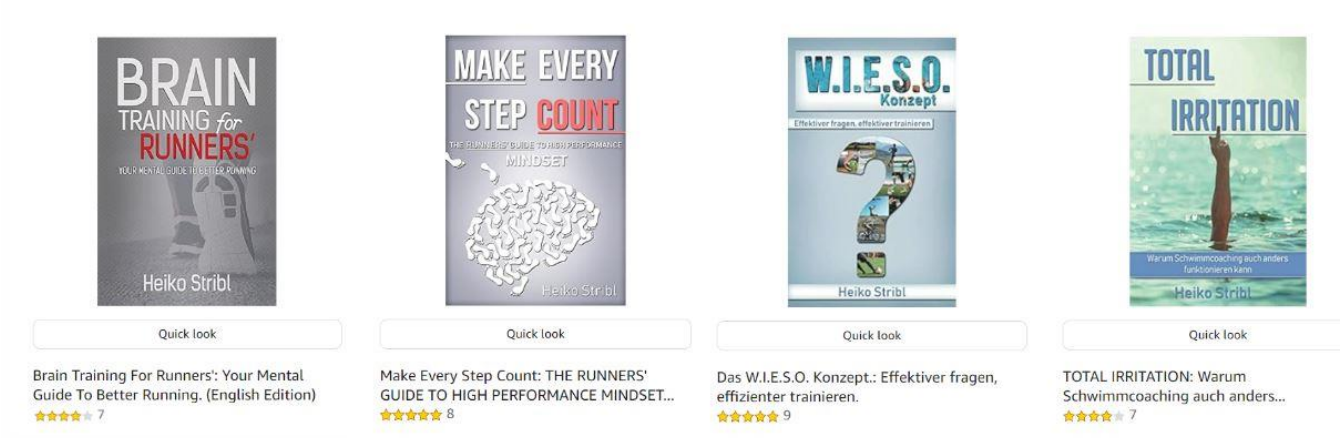
Better Run Practices and Faster Running..."



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.



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.