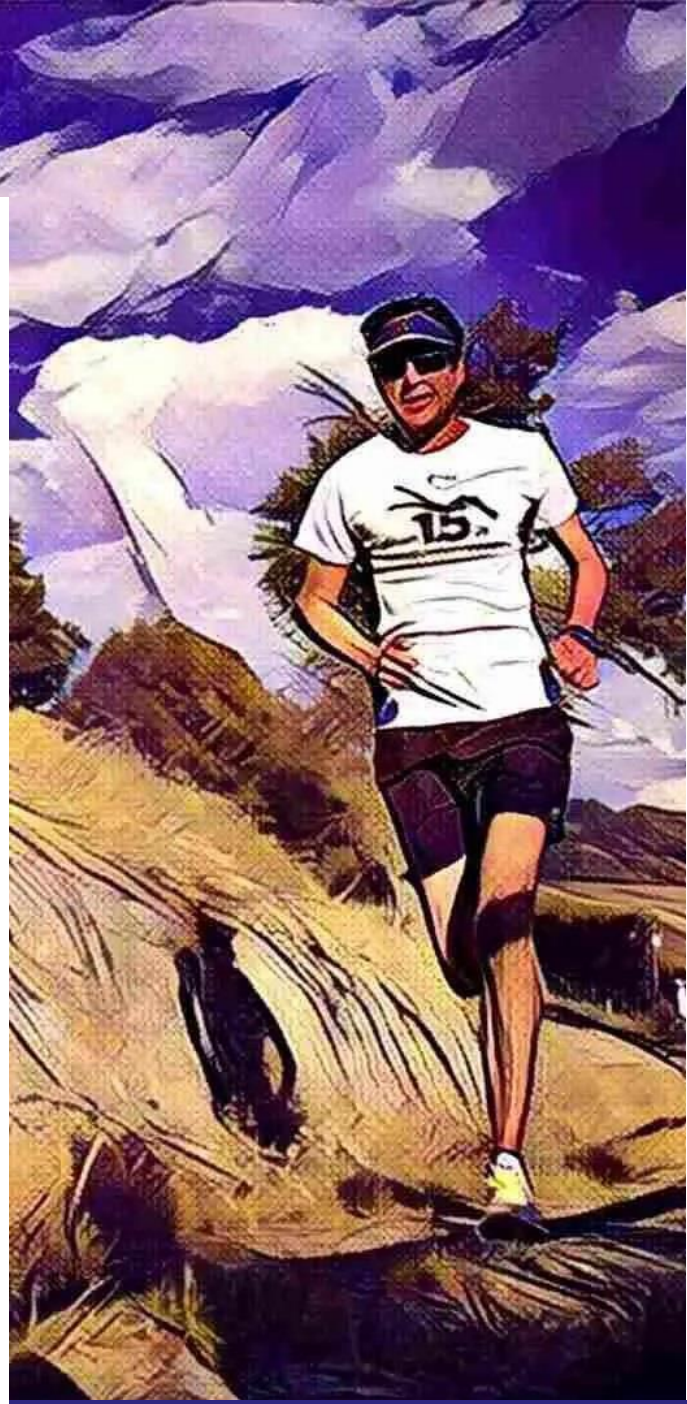


5 Mile Training Plan



R.E.S.E.T.®

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



5 Mile 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. "

Crafting a training plan for a 5-mile race differs significantly from one designed for a 5-kilometer (3.1 miles) race due to the variations in distance, pacing strategies, and physiological demands. Understanding these differences and tailoring the training plan accordingly is crucial for optimizing performance and achieving success.

****Distance and Duration:****

The primary distinction between a 5-mile and a 5-kilometer race lies in the distance covered. A 5-mile race is approximately 1.9 miles longer than a 5-kilometer race, translating to a notable difference in duration. Consequently, training for a 5-mile race requires a greater emphasis on endurance and sustained effort compared to the shorter, more intense efforts typically associated with a 5K race.

****Pacing Strategy:****

Due to the longer duration of a 5-mile race, pacing strategy becomes paramount. Runners need to strike a balance between maintaining a challenging pace and conserving energy for the entirety of the race. Unlike the all-out sprint often employed in a 5K race, pacing for a 5-mile race necessitates a more controlled and sustainable effort to avoid premature fatigue and ensure a strong finish.

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,

****Training Emphasis:****

Incorporating longer runs into the training regimen is essential for preparing the body to handle the increased distance of a 5-mile race. This may involve extending the duration of weekly long runs and gradually building up mileage over the course of the training plan. Additionally, incorporating tempo runs, fartlek sessions, and interval training helps improve aerobic capacity, lactate threshold, and overall endurance, all of which are critical for success in a 5-mile race.

****Recovery and Injury Prevention:****

Given the greater physical demands of training for a 5-mile race, prioritizing recovery and injury prevention measures becomes even more crucial. Adequate rest, proper nutrition, hydration, and incorporating cross-training activities can help mitigate the risk of overuse injuries and promote overall recovery and well-being.

****Mental Preparation:****

Preparing mentally for the longer duration of a 5-mile race is also essential. Developing strategies to maintain focus, stay motivated, and overcome mental fatigue during the race can significantly impact performance. Visualization techniques, positive self-talk, and setting realistic goals can all contribute to mental readiness on race day.

In conclusion, while both 5-mile and 5-kilometer races share similarities in terms of training principles, the differences in distance, pacing, and physiological demands necessitate a tailored approach for each. By understanding these distinctions and addressing them effectively in the training plan, 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 + 2 hill repeats (Tempo Run)

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...

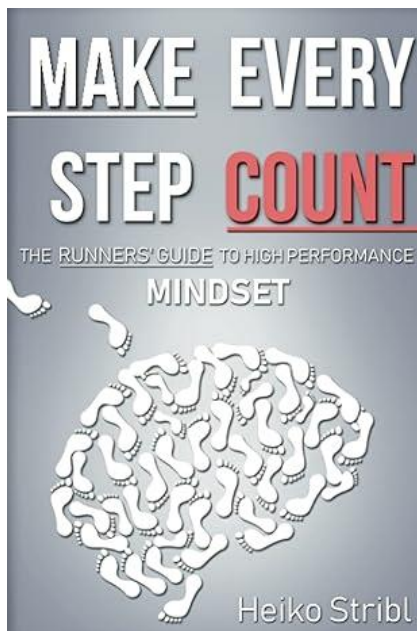
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



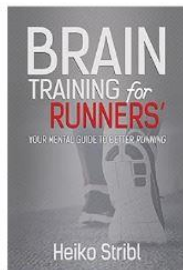
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

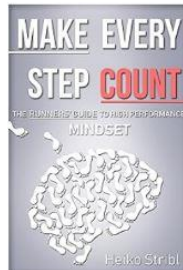
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



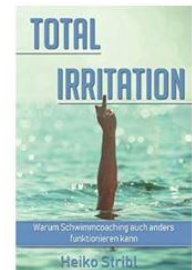
Quick look

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](#).