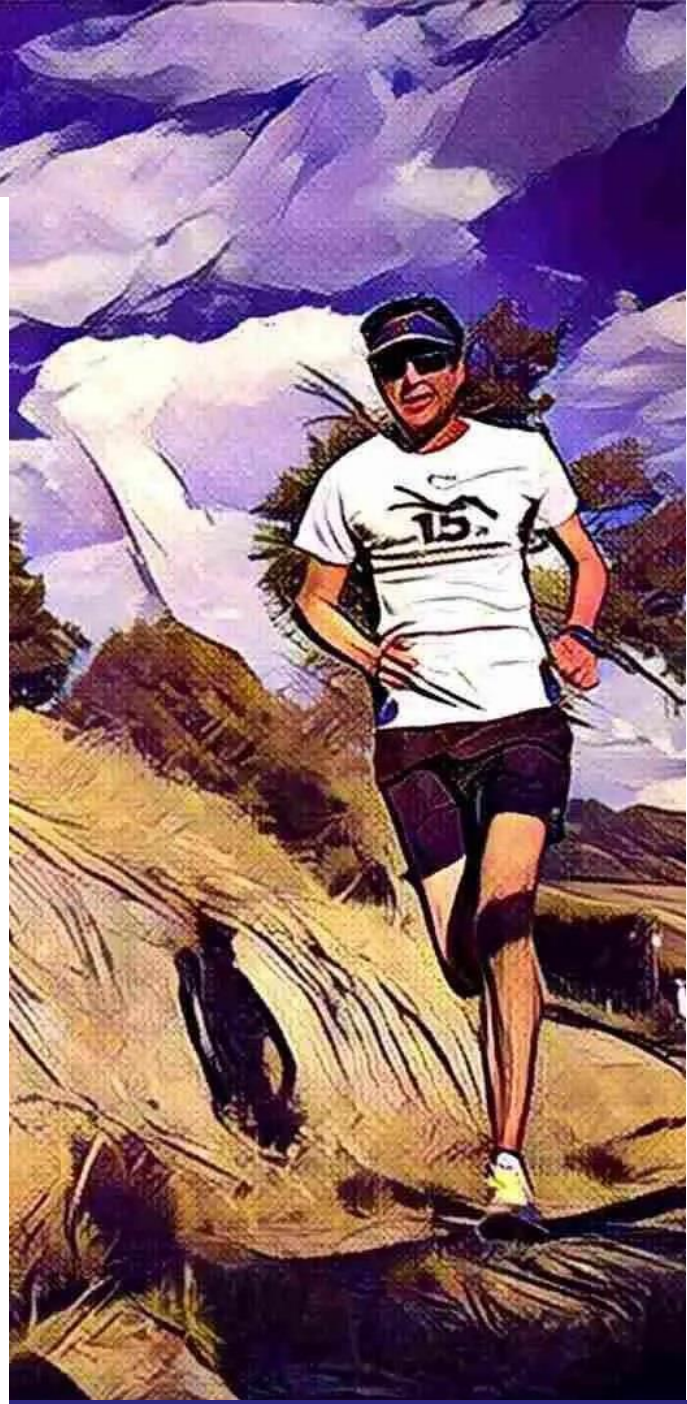


Couch to 21K Training Plan



R.E.S.E.T.®

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



Couch to 21K Training Plan

12 Weeks

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. "

Attempting a half marathon from a sedentary lifestyle poses risks of injury and burnout due to the rapid increase in physical activity. It is not a goal I would recommend. Instead, consider alternative goals such as a 5K or 10K race to build a foundation of fitness gradually. Start with a walk-run program, gradually increasing intensity and duration over time. Incorporate strength training and cross-training activities to improve overall fitness and reduce the risk of injury. Focus on consistency and listen to your body to avoid overexertion. Remember, slow and steady progress is key to long-term success and enjoyment of running.

Embarking on a journey from the couch to a half marathon in just 12 weeks requires dedication, commitment, and a well-structured training plan. By gradually building endurance, improving cardiovascular fitness, and developing the necessary strength and mental resilience, individuals can transform from sedentary to successful half marathoners in a relatively short period.



****Weeks 1-4: Building a Foundation****

The initial weeks focus on building a solid foundation of fitness. Begin with a combination of walking and jogging, gradually increasing the duration and intensity of workouts. Aim for 3-4 workouts per week, including a mix of easy runs, brisk walks, and strength training sessions to prevent injuries and build strength.

****Weeks 5-8: Increasing Endurance****

During this phase, gradually increase the duration of your runs and aim to incorporate longer, sustained efforts. Introduce a long run each week, gradually increasing the distance by 10-15% each week. Focus on maintaining a comfortable pace and listening to your body to avoid overexertion or injury.

****Weeks 9-12: Fine-Tuning and Tapering****

As the race approaches, focus on fine-tuning your training and tapering to ensure you're fresh and ready for race day. Reduce overall mileage but maintain intensity with shorter, faster workouts such as tempo runs and intervals. Incorporate race-specific training, including practicing fueling and hydration strategies during long runs.

****Key Components of Couch to Half Marathon Training:****

- Gradual Progression: The training plan gradually increases in intensity and duration to allow the body to adapt and avoid overuse injuries.
- Cross-Training: Incorporate cross-training activities such as swimming, cycling, or yoga to improve overall fitness, prevent boredom, and reduce the risk of injury.
- Rest and Recovery: Schedule rest days and recovery weeks into the training plan to allow the body to recover and adapt to the training stimulus.
- Mental Preparation: Develop mental toughness and resilience by visualizing success, setting achievable goals, and staying focused on the journey.

****Challenges and Considerations:****

- Listen to your body and adjust the training plan as needed to prevent injury or burnout.
- Proper nutrition and hydration are essential for fueling workouts and promoting recovery.
- Invest in supportive running shoes and comfortable clothing to enhance comfort and reduce the risk of injury.

In conclusion, with a structured training plan, gradual progression, and commitment to consistency, individuals can successfully transition from the couch to a half marathon in just 12 weeks. By focusing on building endurance, improving strength, and staying mentally resilient, runners can accomplish their goal of crossing the finish line of a half marathon with pride and satisfaction

Romans 5:3-4 - Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope.

Half Marathon in 12 Weeks Training Plan

Week One

Monday	Run 30 mins: Walk 1 min + run 2 mins x 10
Tuesday	Rest Day
Wednesday	Run 30 mins: Walk 1 min + run 2 mins x 10
Thursday	Strength Training
Friday	Rest Day
Saturday	Long Run: 2 miles (run as long as you can walk as needed)
Sunday	Rest Day
Nutrition Tips	Make sure your diet is 50 to 60 percent healthy carbohydrates 15 to 20 percent proteins and 15 to 20 percent healthy fats.
Training Tips	Get new running shoes. Start strengthening and stretching.

Couch to Half Marathon: Week Two

Monday	Run 30 mins: Walk 1 minute + run 3 mins x 8
Tuesday	Rest Day
Wednesday	Run 30 mins: Walk 1 minute + run 3 mins x 8

Thursday	Strength Training
Friday	Run 30 mins: Walk 1 minute + run 3 mins x 8
Saturday	Long Run: 3 miles
Sunday	Rest Day
Nutrition Tips	Track your calories to make sure you're eating enough.
Training Tips	Find your easy conversational run pace and don't run too fast.
Couch to Half Marathon: Week Three	
Monday	Run 30 mins: Walk 1 min + Run 4 mins X 6
Tuesday	Rest Day
Wednesday	Run 30 min: Walk 1 min + Run 4 mins X 6
Thursday	Rest Day
Friday	Run 30 min: Walk 1 min + Run 4 mins X 6
Saturday	Long Run: 4 miles
Sunday	Rest Day
Nutrition Tips	Find a sports drink that works for you.

Training Tips

Treat yourself to celebrate your hard work so far.

**Couch to Half
Marathon: Week Four**

Monday

Run: 2.5 miles

Tuesday

Rest Day

Wednesday

Run: 3 miles

Thursday

Cross-Training or Rest Day

Friday

Run: 2.5 miles

Saturday

Run: 5 miles

Sunday

Rest Day

Nutrition Tips

Time your snacks to be 30 mins before your run and meals three to four hours before.

Training Tips

Start treating your long run like a dress rehearsal for your goal race.

**Couch to Half
Marathon: Week Five**

Monday

Run: 3 miles

Tuesday

Rest Day

Wednesday

Run: 3 miles

Thursday	Strength Training
Friday	Run: 3 miles
Saturday	Run: 6 miles
Sunday	Rest Day
Nutrition Tips	Practice carrying water with you on runs.
Training Tips	Try out the 3-2 breathing pattern.
Couch to Half Marathon: Week Six	
Monday	Run: 2.5 miles
Tuesday	Strength Training
Wednesday	Run: 4 miles
Thursday	Rest Day
Friday	Run: 2.5 miles
Saturday	Run: 5 miles
Sunday	Rest Day
Nutrition Tips	Try a new recipe that you equate with replenishment and recovery.
Training Tips	Use this step-down week to practice self-care.

Couch to Half Marathon: Week Seven

Monday	Run: 3 miles
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Tuesday	Rest Day
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Wednesday	Run: 3 miles
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Thursday	Strength Training
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Friday	Run: 3 miles
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Saturday	Run: 7 miles
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Sunday	Rest Day
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Nutrition Tips	Plan your post-long run meal the day before you go the distance.
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Training Tips	Find your “why” for running the race.
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Couch to Half Marathon: Week Eight

Monday	Run: 3 miles
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Tuesday	Rest Day
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Wednesday	Run: 3 miles
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Thursday	Strength Training
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Friday	Run: 4 miles
Saturday	Run: 9 miles
Sunday	Rest Day
Nutrition Tips	Find a pre-long run dinner that works and eat it each week before your long run.
Training Tips	Figure out a race pace range.
Couch to Half Marathon: Week Nine	
Monday	Run: 3 miles
Tuesday	Rest Day
Wednesday	Run: 4 miles
Thursday	Strength Training
Friday	Run: 3 miles
Saturday	Run: 10 miles
Sunday	Rest Day
Nutrition Tips	Eat enough to keep your energy up.
Training Tips	Break the long run into parts. You're just running two miles five times.

Couch to Half Marathon: Week Ten

Monday	Run: 3 miles
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Tuesday	Rest Day
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Wednesday	Run: 2 miles
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Thursday	Stretch Day
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Friday	Run: 3 miles
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Saturday	Run: 9 miles
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Sunday	Rest Day
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Nutrition Tips	Continue eating the same amount even if you're running slightly less.
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Training Tips	Don't overdo it even if you feel like you want to run more.
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Couch to Half Marathon: Week Eleven

Monday	Run: 3 miles
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Tuesday	Rest Day
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Wednesday	Run: 2 miles + 5 X 20-second strides with 10-second rests
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Thursday	Stretch Day
Friday	Run: 2 miles
Saturday	Run: 7 miles
Sunday	Rest Day
Nutrition Tips	Don't change a thing!
Training Tips	Put strides into your easy run to keep your legs activated.
Couch to Half Marathon: Week Twelve	
Monday	Run 30 mins: Walk 1 min + run 2 mins x 10
Tuesday	Rest Day
Wednesday	Run 30 mins: Walk 1 min + run 2 mins x 10
Thursday	Strength Training
Friday	Rest Day
Saturday	Long Run: 2 miles (run as long as you can walk as needed)
Sunday	Rest Day
Nutrition Tips	Make sure you have plenty of your on-the-run fuel for race day.

.If you are tired of...

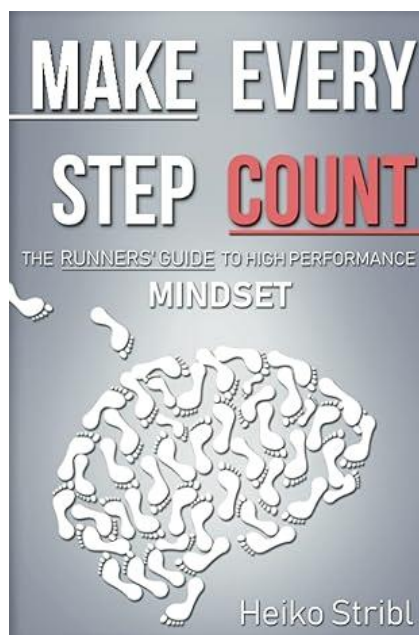
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



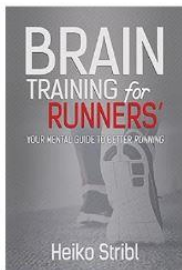
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

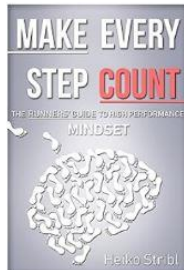
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



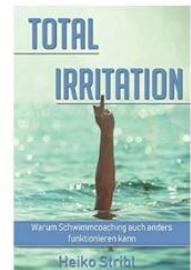
Quick look

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](#).