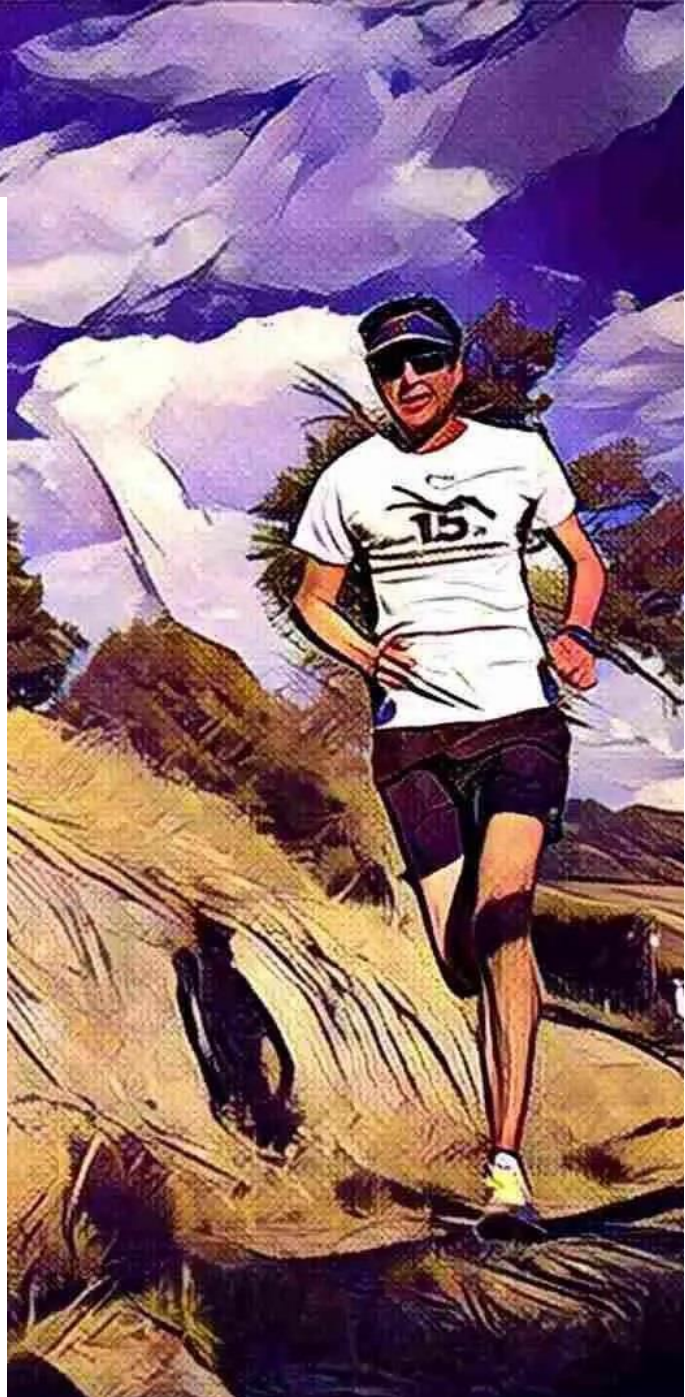


Marathon Training Plan



R.E.S.E.T.®

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



Marathon TRAINING PLAN

8 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. "

Training for a marathon in just 8 weeks requires a focused and disciplined approach to maximize fitness gains and prepare the body for the demands of the 42.195-kilometer race. While it's an ambitious timeline, with dedication and commitment, runners can achieve significant progress and improve their race performance. Here's a structured 8-week training guide to help runners prepare for a marathon:

****Weeks 1-2: Building Base Mileage****

Start with a solid foundation of base mileage to establish aerobic fitness and prepare the body for more intense training. Aim for 4-5 runs per week, including a long run of around 10-12 miles. Keep the pace easy and comfortable to prevent burnout and allow for recovery.

****Weeks 3-4: Increasing Mileage and Adding Speed Work****

Gradually increase mileage while incorporating speed work to improve running economy and pace. Include tempo runs, interval training, and hill repeats to build strength and speed.

Maintain a balance between hard workouts and easy recovery runs to prevent overtraining and injury.

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.

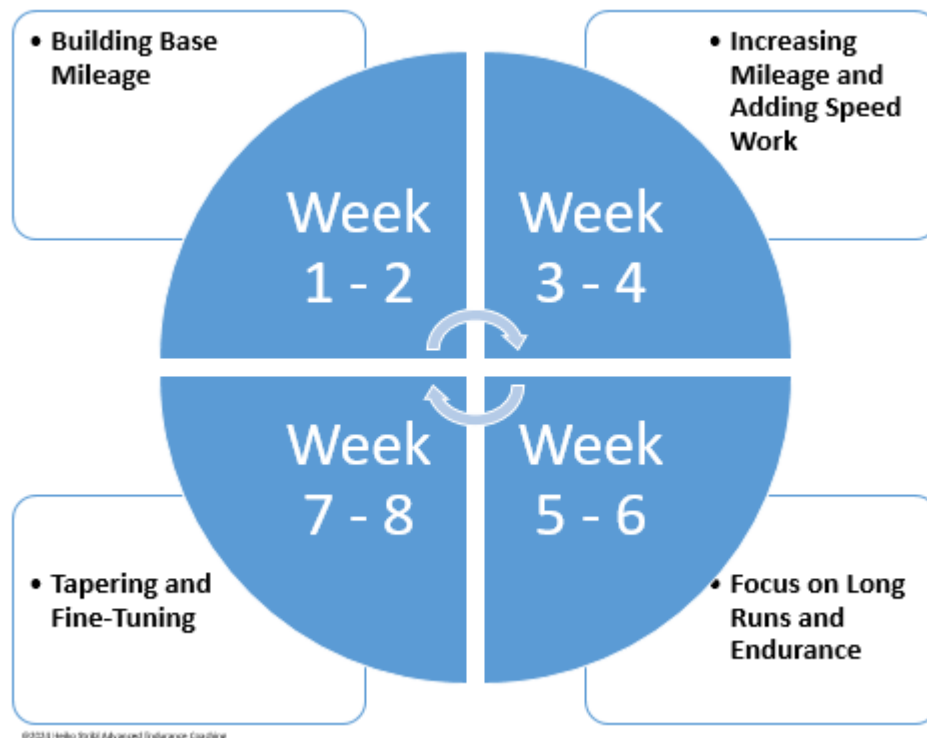
****Weeks 5-6: Focus on Long Runs and Endurance****

Increase the duration of long runs to simulate race conditions and build endurance. Aim for a peak long run of around 18-20 miles to develop confidence and mental toughness. Incorporate fueling and hydration strategies during long runs to practice race-day nutrition.

****Weeks 7-8: Tapering and Fine-Tuning****

Start tapering your mileage to allow the body to recover and adapt to the training stimulus. Reduce overall mileage while maintaining intensity with shorter, faster

workouts. Focus on fine-tuning race-day strategy, including pacing, nutrition, and mental preparation.



****Key Components of the 8-Week Marathon Training Guide:****

1. Gradual Progression: Increase mileage and intensity gradually to avoid overtraining and injury.
2. Variety in Workouts: Incorporate a mix of long runs, speed work, tempo runs, and recovery runs to improve fitness and prevent boredom.
3. 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.
4. Nutrition and Hydration: Focus on proper nutrition and hydration to fuel workouts and promote recovery. Practice race-day nutrition during long runs to fine-tune your strategy.
5. Mental Preparation: Develop mental toughness and resilience through visualization, goal setting, and positive self-talk.

"You can never be sure. That's what makes the marathon both fearsome and fascinating. The deeper you go into the unknown, the more uncertain you become. But then you finish. And you wonder later, 'How did I do that?' This question compels you to keep making the journey from the usual to the magical." – Joe Henderson

In conclusion, while 8 weeks may seem like a short timeframe to train for a marathon, it's possible to make significant progress and prepare the body for the challenges of the race. By following a structured training plan, focusing on gradual progression, and prioritizing rest and recovery, runners can optimize their performance and achieve their marathon goals with confidence and determination.

Marathon in 8 Weeks Training Plan (miles)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Warm-up run of 3.5 miles	power workouts for 30-45 minutes	tempo run of 3 miles	Yoga or pilates for 30-45 minutes	warmup of a 4-mile run.	4.5-mile tempo run	Rest
2	warm-up of a 4-mile run.	power workouts for 30-45 minutes	a 5-mile race.	Yoga or pilates for 30-45 minutes	Warm-up run of 3.5 miles	Go for a 6-mile speed run.	Rest
3	warm-up run of 4 miles.	power workouts for 45-60 minutes	Run 6-8 times uphill and downhill.	yoga or pilates for 45-50 minutes	warmup of a 5-mile run.	8-mile speed run	Rest
4	5-mile warmup	45-60 minutes of strength-training exercises	7-mile speed run	45-50 minutes of yoga or pilates	5-mile warmup	10-mile speed run	Rest

5	warm-up run of 4-mile.	Power workouts for 60 minutes	Run 6-8 times up and down the hill.	yoga or pilates for 60 minutes	warm-up run of 5 miles.	a 12-mile sprint	Rest
6	warm-up of a 5-mile run	Power workouts for 60 minutes	a fast run of 8 miles	yoga or pilates for 60 minutes	4-mile warmup run.	Go for a 10-mile sprint	Rest
7	warm-up of a 5-mile run	power workouts for 30 minutes	Go for a 4 miles slow run	Practice 30 minutes of yoga or pilates	Warm-up run of 4.5 miles	8-mile speed run	Rest
8	warm-up of a 6-mile run	power workout for 30 minutes	Rest Day	Go for a 4-mile run	Rest	Warm-up run of 3 miles	Race Day!

Marathon in 8 Weeks Training Plan (Km)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Warm-up run of 5,6K	power workouts for 30-45 minutes	tempo run of 4,8 Km	Yoga or pilates for 30-45 minutes	warmup of a 6,4 K run.	7,2 Km tempo run	Rest
2	warm-up of a 6,4Km run.	power workouts for 30-45 minutes	A 8Km race pace.	Yoga or pilates for 30-45 minutes	Warm-up run of 5,6 km	Go for a 10Km speed run.	Rest
3	warm-up run of 6,4 km	power workouts for 45-60 minutes	Run 6-8 times uphill and downhill.	yoga or pilates for 45-50 minutes	warmup of a 8Km run.	13km speed run	Rest
4	8 km warmup	45-60 minutes of strength-training exercises	11 Km speed run	45-50 minutes of yoga or pilates	8 Km warmup	16 Km speed run	Rest
5	warm-up run of 6,4 Km	Power workouts for 60 minutes	Run 6-8 times up and down the hill.	yoga or pilates for 60 minutes	warm-up run of 8 Km	a 20 Km FAST	Rest
6	warm-up of a 8 Km run	Power workouts for 60 minutes	a fast run of 13 Km	yoga or pilates for 60 minutes	6,5 Km warmup run.	Go for 16 Km FAST	Rest

7	warm-up of a 8 Km run	power workouts for 30 minutes	Go for a 6,5 Km slow run	Practice 30 minutes of yoga or pilates	Warm-up run of 8 Km	13 Km FAT run	Rest
8	warm-up of a 10 Km run	power workout for 30 minutes	Rest Day	Go for a 6,5 Km run	Rest	Warm-up run of 5 Km	Race Day!

If you are tired of...

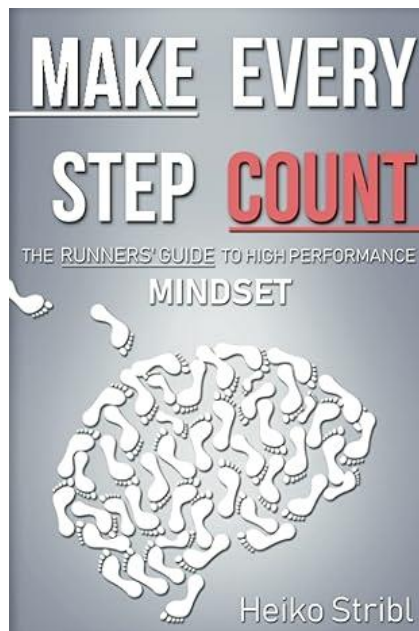
Inconsistent practice sessions — some days you are on, some days you are (way) off.

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..."



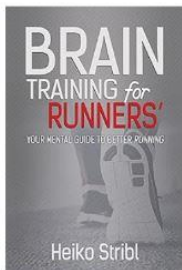
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

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.

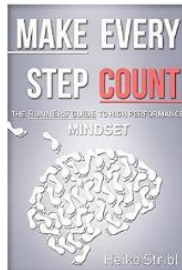
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

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



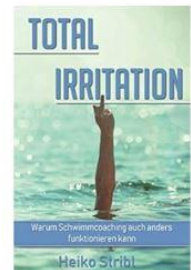
Quick look

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...
★★★★★ 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](#).