

21 KM TRAINING PLAN BY JELENA PROKOPČUKA

DIFFICULTY

MEDIUM

For RACE DAY on May 18th,
you should start following
the plan on January 27th

ABBREVIATIONS

EASY - EASY RUN

easy tempo which you can run comfortably and speak freely while running (calm, easy breathing).

V EASY - VERY EASY RUN

5T - 5KM RACE TEMPO

10T - 10KM RACE TEMPO

HT - HALF MARATHON TEMPO

! - ACCELERATION

with 80-90% of max speed.

T - TEMPO RUN

a running pace that is between race pace and easy run.

KEEP IN MIND!

It is not recommended to run accelerations or tempo runs if the temperature is below zero, if it is slippery, or if there is a lot of snow. If the weather is not appropriate, accelerations or tempo runs should be replaced with an easy run.

WEEK	I	II	III	IV	V	VI	VII	WEEK	I	II	III	IV	V	VI	VII
01	DAY OFF	6 km EASY	DAY OFF	8 km EASY	DAY OFF	6 km EASY	10 km EASY	09	DAY OFF	2 km 10x (200ml / 300m EASY) 2 km	DAY OFF	20 km EASY	DAY OFF	3 km ! 3 km (10T-5T) 3 km	22 km EASY
02	DAY OFF	6 km EASY	DAY OFF	10 km EASY	DAY OFF	7 km EASY	12 km EASY	10	DAY OFF	3 km 10x (250ml / 250m EASY) 3 km	DAY OFF	20 km EASY	DAY OFF	3 km ! 4 km (10T-5T) 3 km	24 km EASY
03	DAY OFF	7 km EASY	DAY OFF	12 km EASY	DAY OFF	7 km EASY	14 km EASY	11	DAY OFF	3 km 10x (300m 5T / 300m V EASY) 3 km	DAY OFF	21 km EASY	DAY OFF	3 km ! 5 km (10T-5T) 3 km	25 km EASY
04	DAY OFF	5 km EASY	DAY OFF	7 km EASY	DAY OFF	5 km EASY	8 km EASY	12	DAY OFF	8 km EASY	DAY OFF	16 km EASY	DAY OFF	8 km EASY	18 km EASY
05	DAY OFF	2 km 10x (100ml / 200m EASY) 2 km	DAY OFF	14 km EASY	DAY OFF	2 km 4x (400m HT / 600m EASY) 2 km	16 km EASY	13	DAY OFF	3 km 8x (400m 5T / 400 m V EASY) 3 km	DAY OFF	20 km EASY	DAY OFF	4 km ! 6 km (10T-5T) 4 km	25 km EASY
06	DAY OFF	2 km 10x (150ml / 250m EASY) 2 km	DAY OFF	16 km EASY	DAY OFF	2 km 4x (500m HT / 500m EASY) 2 km	18 km EASY	14	DAY OFF	3 km 10x (100ml / 200m EASY) 3 km	DAY OFF	16 km EASY	DAY OFF	3 km ! 4 km (10T-5T) 3 km	20 km EASY
07	DAY OFF	2 km 10x (200ml / 200m EASY) 2 km	DAY OFF	18 km EASY	DAY OFF	2 km 5x (500m HT / 500m EASY) 2 km	20 km EASY	15	DAY OFF	3 km 10x (100ml / 100m EASY) 3 km	DAY OFF	12 km EASY	DAY OFF	3 km ! 3 km (10T-5T) 3 km	16 km EASY
08	DAY OFF	8 km EASY	DAY OFF	14 km EASY	DAY OFF	7 km EASY	16 km EASY	16	DAY OFF	8 km EASY	DAY OFF	6 km EASY	DAY OFF	2 km 3x (100m HT / 100m EASY) 2 km <u>24 h before start!</u>	RACE DAY 21.0975 km

RECOVERY