

21 KM TRAINING PLAN BY JELENA PROKOPČUKA

DIFFICULTY **ADVANCED**

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
01	DAY OFF	8 km EASY	10 km EASY	12 km EASY	6 km EASY	10 km EASY	14 km EASY
02	DAY OFF	9 km EASY	10 km EASY	14 km EASY	6 km EASY	10 km EASY	16 km EASY
03	DAY OFF	10 km EASY	12 km EASY	14 km EASY	8 km EASY	10 km EASY	16 km EASY
04	DAY OFF	6 km EASY	8 km EASY	10 km EASY	6 km EASY	8 km EASY	12 km EASY
05	DAY OFF	3 km 10x (100m! / 300m EASY) 3km	16 km EASY	3 km 4x (1 km HT / 500m EASY) 3km	10 km EASY	12 km EASY	20 km EASY
06	DAY OFF	3 km 12x (100m! / 300m EASY) 3 km	18 km EASY	3 km 5x (1 km HT / 500m EASY) 3km	10 km EASY	12 km EASY	22 km EASY
07	DAY OFF	3 km 14x (100m! / 300m EASY) 3 km	20 km EASY	3 km 6x (1 km HT / 500m EASY) 3 km	10 km EASY	12 km EASY	24 km EASY
08	DAY OFF	8 km EASY	10 km EASY	12 km EASY	6 km EASY	10 km EASY	14 km EASY

RECOVERY

WEEK	I	II	III	IV	V	VI	VII
09	DAY OFF	4 km 10x 100m! / 200m EASY 4 km	3 km 3x (2 km HT / 500m EASY) 3 km	20 km EASY	12 km EASY	3 km ! 3 km (10T-5T) 3 km	26 km EASY
10	DAY OFF	4 km 12x (100m! / 200m EASY) 4 km	3 km 2x (3 km HT / 1 km EASY) 3 km	20 km EASY	12 km EASY	3 km ! 4 km (10T-5T) 3 km	28 km EASY
11	DAY OFF	4 km 14x (100m! / 200m EASY) 4 km	3 km 4x (2 km HT / 500m EASY) 3 km	20 km EASY	12 km EASY	3 km ! 5 km (10T-5T) 4 km	30 km EASY
12	DAY OFF	10 km EASY	12 km EASY	14 km EASY	8 km EASY	10 km EASY	18 km EASY
13	DAY OFF	4 km 10x (100m! / 100m EASY) 4 km	4 km 10x (400m 5T / 400m V EASY) 4 km	20 km EASY	12 km EASY	4 km ! 7 km (PT-10T) 4 km	25 km EASY
14	DAY OFF	4 km 12x (100m! / 100m EASY) 4 km	4 km 12x (400m 5T / 400m V EASY) 4 km	16 km EASY	12 km EASY	3 km ! 5 km (10T-5T) 3 km	22 km EASY
15	DAY OFF	4 km 10x (100m! / 100m EASY) 4 km	4 km 8x (400m 5T / 600m V EASY) 4 km	12 km EASY	8 km EASY	3 km ! 3 km (10T-5T) 3 km	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