

## 42 KM TRAINING PLAN BY JELENA PROKOPČUKA

DIFFICULTY **ADVANCED**

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

### 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

#### MT - 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
<b>01</b>	DAY OFF	3 km 10x (100m! / 400m EASY) 3 km	3 km 2x (2 km MT / 1 km EASY) 3 km	12 km EASY	10 km EASY	3 km 3x (1 km MT / 500m EASY) 3 km	16 km EASY	<b>09</b>	DAY OFF	15 km EASY	4 km 10x (500m HT / 500m EASY) 4 km	24 km EASY	15 km EASY	4 km 2x (4 km MT-HT) / 1 km EASY 4 km	28 km EASY
<b>02</b>	DAY OFF	3 km 12x (100m! / 400m EASY) 3 km	3 km 3 km MT + 1 km EASY 2 km MT + 1 km EASY 3 km	14 km EASY	12 km EASY	3 km 4x (1 km MT / 500m) 3 km	18 km EASY	<b>10</b>	DAY OFF	15 km EASY	4 km 12x (500m HT / 500m EASY) 4 km	25 km EASY	15 km EASY	4 km T 8 km (4 km MT + 4 km HT) 4 km	30 km EASY
<b>03</b>	DAY OFF	3 km 14x (100m! / 400m EASY) 3 km	4 km 2x (3 km MT / 1 km EASY) 4 km	16 km EASY	14 km EASY	3 km 5x (1 km MT / 500m) 3 km	20 km EASY	<b>11</b>	DAY OFF	15 km EASY	4 km 12x (500m HT / 500m EASY) 4 km	25 km EASY	15 km EASY	4 km T 10 km (6 km MT + 3 km HT + 1 km!) 4 km	32 km EASY
<b>04</b>	DAY OFF	8 km EASY	10 km EASY	12 km EASY	8 km EASY	10 km EASY	14 km EASY	<b>12</b>	DAY OFF	10 km EASY	14 km EASY	16 km EASY	10 km EASY	12 km EASY	18 km EASY
<b>05</b>	DAY OFF	15 km EASY	4 km 3 km MT + 1 km EASY 2 km HT + 1 km EASY 1 km MT + 1 km EASY 4 km	18 km EASY	15 km EASY	4 km T 6 km (4 km MT + 2 km HT) 4 km	22 km EASY	<b>13</b>	DAY OFF	4 km 10x (100m! / 100m EASY) 4 km	4 km 3x (2 km HT / 1 km EASY) 4 km	20 km EASY	12 km EASY	10 km EASY	30 km (21 km EASY + 9 km MT) 4 km EASY
<b>06</b>	DAY OFF	15 km EASY	4 km 4 km MT + 1 km EASY 2 km HT + 1 km EASY 2 km HT + 1 km EASY 4 km	20 km EASY	15 km EASY	4 km 2x (3 km MT-HT / 1 km EASY) 4 km	24 km EASY	<b>14</b>	DAY OFF	10 km EASY	4 km 10x (100m! / 100m EASY) 4 km	4 km 5x (2 km MT-HT / 500m EASY) 4 km	10 km EASY	4 km T 8 km (6 km HT + 2 km!) 4 km	28 km EASY
<b>07</b>	DAY OFF	15 km EASY	4 km 4 km MT + 1 km EASY 2 km HT + 1 km EASY 2 km HT + 1 km EASY 4 km	22 km EASY	15 km EASY	4 km T 7 km (4 km MT + 3 km HT) 4 km	26 km EASY	<b>15</b>	DAY OFF	4 km 8x (100m! / 100m EASY) 4 km	3 km 5x (1 km MT / 500m EASY) 4 km	14 km EASY	10 km EASY	4 km T 5 km (4 km HT + 1 km!) 4 km	25 km EASY
<b>08</b>	DAY OFF	10 km EASY	12 km EASY	14 km EASY	10 km EASY	12 km EASY	16 km EASY	<b>16</b>	DAY OFF	12 km EASY	DAY OFF	8 km EASY	DAY OFF	2 km 3x (150m MT / 150m EASY) 2 km 24 h before start!	<b>RACE DAY</b> 42.195 km

RECOVERY