



# 10 KM TRAINING PLAN BY ANITA SILIŅA

DIFFICULTY **ADVANCED**

For RACE DAY on May 18<sup>th</sup>,  
you should start training on  
February 24<sup>th</sup>

## ABBREVIATIONS

### EASY - EASY RUN

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

### W - WALK

### 5T - 5KM RACE PACE

### 10T - 10KM RACE PACE

### ! - ACCELERATION

with 80-90% of max speed.

### H! - HILLS

acceleration uphill 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
	<b>01</b> DAY OFF	4km EASY	DAY OFF	2km EASY 2x (500m 10T/500m EASY) 2km EASY	DAY OFF	3km EASY 1km T 2km EASY	6km EASY
	<b>02</b> DAY OFF	4km EASY	4,5km EASY	2km EASY 2x (1km T/500m EASY) 2km EASY	DAY OFF	2km EASY 2km T 2km EASY	6km EASY
	<b>03</b> DAY OFF	10min EASY 8x (100m! + 100m W + 100m EASY) 10min EASY	5km EASY	2km EASY 3x (500m 10T/500m EASY) 2km EASY	DAY OFF	2km EASY 2,5km T 2km EASY	7km EASY
RECOVERY	<b>04</b> DAY OFF	5km EASY	5km EASY	DAY OFF	DAY OFF	4km EASY	6km EASY
	<b>05</b> DAY OFF	2km EASY 10x (50m H! + 50m W + 100m EASY) 2km EASY	5,5km EASY	2km EASY 4x (500m 10T/500m EASY) 2km EASY	DAY OFF	2km EASY 2km T 1km EASY 1km T 2km EASY	7km EASY
	<b>06</b> DAY OFF	10min EASY 10x (150m! + 50m W + 150m EASY) 10min EASY	6km EASY	2km VS 2x (500m 10T/500m EASY) 2x (500m 5T/300m EASY) 2km EASY	DAY OFF	2km EASY 2km 10T 500m EASY 1km 5T 1,5km EASY	7,5km EASY
	<b>07</b> DAY OFF	15min EASY 8x (30m H! + 30m W + 50m EASY) 8x (150m! + 100m W + 100m EASY) 10min EASY	6,5km EASY	2km EASY 4x (500m 5T/300m EASY) 2km EASY	DAY OFF	3km EASY 4km T 2km EASY	8km EASY
RECOVERY	<b>08</b> DAY OFF	4km EASY	5km EASY	1h active walk	DAY OFF	4km EASY	5km EASY
	<b>09</b> DAY OFF	15min EASY 4x (50m! + 100m EASY) 4x200m! + 100m W + 100m EASY 4x300m! 100m W + 100m EASY 10min EASY	6,5km EASY	2km EASY 4x (800m 5T/400m EASY) 2km EASY	DAY OFF	2km EASY 3km 10 T 500m EASY 1km 5T 2km EASY	8km EASY
	<b>10</b> DAY OFF	15min EASY 3x (50m! + 100m EASY) 10x (200m! + 100m W + 100m EASY) 10min EASY	7km EASY	2km EASY 3x (1km 5T/400m EASY) 2km EASY	DAY OFF	2km EASY 3km 10 T 200m W + 300m EASY 2 km 5T 2km EASY	8,5km EASY
	<b>11</b> DAY OFF	15min EASY 3x (50m! + 100m EASY) 8x (300m! + 100m W + 100m EASY) 10min EASY	6km EASY	2km EASY 2km 10T/200m W +300m EASY 2x (1km 5T/200m W +300m EASY) 2km EASY	DAY OFF	STADIUM WORKOUT 2km EASY 3x (400m T + 400m 10T + 400m 5T + 100! + 200m W +200m EASY) 2km EASY	6km EASY
	<b>12</b> DAY OFF	2km EASY 2x (1,5km 10T/200m W +300m EASY) 2km EASY	DAY OFF	4km EASY	DAY OFF	2km EASY 3x(300m!/300m EASY) 1km EASY	RACE DAY 10KM