



10 KM TRAINING PLAN BY ANITA SILIŅA

DIFFICULTY

MEDIUM

For RACE DAY on May 18th,
you should start training on
February 24th

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