



## 10 KM TRAINING PLAN BY ANITA SILIŅA

DIFFICULTY **EASY**

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

#### 10T - 10KM RACE TEMPO

#### KEEP IN MIND!

If the weather is not appropriate, or you aren't feeling well or feeling tired, accelerations or tempo runs should be replaced with an easy run.

WEEK	I	II	III	IV	V	VI	VII	
<b>01</b>	DAY OFF	6x: 2min W 5min EASY End with 2min W	DAY OFF	6x: 1min W 6min EASY End with 2min W	DAY OFF	4x: 2min W 8min EASY End with 3min W	40min active walk	
<b>02</b>	DAY OFF	7x: 1min W 5min EASY End with 2min W	DAY OFF	6x: 2min W 4min EASY 1min 10T End with 2min W	DAY OFF	4x: 2min W 12min EASY End with 3min W	50min active walk	
<b>03</b>	DAY OFF	4x: 1min W 8min EASY End with 2min W	DAY OFF	7x: 1min W 3min EASY 2min 10T End with 5min W	DAY OFF	4x: 1min W 15min EASY End with 3min W	60min active walk	
<b>04</b>	DAY OFF	3min W 4km EASY 3min W	DAY OFF	3min W 3x (800m 10T + 200m W +200m EASY) 500m EASY 3min W	DAY OFF	3min W 6km EASY 3min W	DAY OFF	
<b>RECOVERY</b>	<b>05</b>	DAY OFF	2x: 1min W 2km EASY	DAY OFF	3min W 2km EASY 3x (500m 5T + 200mW +300m EASY) 1km EASY 3min W	DAY OFF	3min W 3km EASY 2km 10T 1km EASY 3min W	60min active walk
<b>06</b>	DAY OFF	3min W 5km 3min W	DAY OFF	3min W 2km EASY 3x (800m 5T + 200mW +200m EASY) 1km EASY 3min W	DAY OFF	3min W 2km EASY 2km 10T 1min W 2km 10T 1km EASY 3min W	70min active walk	
<b>07</b>	DAY OFF	3min W 6km 3min W	DAY OFF	1min W 2km EASY 3x (1km 5T + 200mW +300m EASY) 1km EASY 1min W	DAY OFF	3min W 3,5km EASY 3min W 4km EASY 3min W	60min active walk	
<b>08</b>	DAY OFF	3min W 2km EASY 2km 10T 1km EASY 3min W	DAY OFF	DAY OFF	3min W 4km EASY 3min W	DAY OFF	<b>RACE DAY</b> <b>10 KM</b>	