



## 6 KM TRAINING PLAN BY ANITA SILIŅA

DIFFICULTY **ADVANCED**

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

\*~5,8 km

### 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

#### ! - ACCELERATION

with 80-90% of max speed.

#### HI - 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!

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	10min EASY 8x (20sek !/30sek W + 30sek EASY) 10min EASY	DAY OFF	30min EASY	DAY OFF	10min EASY 2x (5min T + 5min EASY) 5min EASY	30min EASY	
<b>02</b>	DAY OFF	10min EASY 8x (30m HI/30m W + 100m EASY) 10min EASY	DAY OFF	30min EASY	DAY OFF	10min VS 2x ( 4min T + 1min 5T + 4min EASY) 5min EASY	35min EASY	
<b>03</b>	DAY OFF	10min EASY 10x (30sek !/40sek W + 40sek EASY) 10min EASY	DAY OFF	35min EASY	DAY OFF	10min VS 5x (2min 5T + 1min W + 2min EASY) 5min EASY	40min EASY	
<b>04</b>	DAY OFF	10min EASY 10x (30m HI/30m W + 100m EASY) 10min EASY	DAY OFF	35min EASY	DAY OFF	10min VS 6x (1min 5T + 30sek ! + 1min W + 2min EASY) 5min EASY	45min EASY	
<b>RECOVERY</b>	<b>05</b>	DAY OFF	30min EASY	DAY OFF	30min EASY	DAY OFF	40min EASY	DAY OFF
<b>06</b>	DAY OFF	10min EASY 12x (40sek !/1min W + 1min EASY) 10min EASY	DAY OFF	40min EASY	DAY OFF	10min EASY 6x (2min 5T + 1min ! + 1min W + 2min EASY) 5min EASY	50min EASY	
<b>07</b>	DAY OFF	10min EASY 12x (40m HI/40m W + 100m EASY) 10min EASY	DAY OFF	30min EASY	DAY OFF	10min EASY 3x (50m ! + 100m EASY) 3x (4min 5T + 1min W + 4min EASY) 5min EASY	35min EASY	
<b>08</b>	DAY OFF	10min EASY 3x (500m 5T + 500m EASY) 5min EASY	DAY OFF	25min EASY	DAY OFF	10min EASY 3x (100m!/300m EASY) 5min EASY	<b>RACE DAY 5,8 KM</b>	