



10 KM TRAINING PLAN BY ANITA SILIŅA

DIFFICULTY **ADVANCED**

For RACE DAY on May 17th,
you should start training on
February 23rd

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	2km EASY 2x (500m 10T/500m EASY) 2km EASY	DAY OFF	3km EASY 1km T 2km EASY	6km EASY
	02	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
	03	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	04	DAY OFF	5km EASY	5km EASY	DAY OFF	DAY OFF	4km EASY	6km EASY
	05	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
	06	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
	07	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	08	DAY OFF	4km EASY	5km EASY	1h active walk	DAY OFF	4km EASY	5km EASY
	09	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
	10	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
	11	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
	12	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 10 KM