



10 KM TRAINING PLAN BY ANITA SILIŅA

DIFFICULTY

EASY

For RACE DAY on May 17th,
you should start training on
March 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 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	
01	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	
02	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	
03	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	
04	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	
RECOVERY	05	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
	06	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
	07	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
	08	DAY OFF	3min W 2km EASY 2km 10T 1km EASY 3min W	DAY OFF	DAY OFF	3min W 4km EASY 3min W	DAY OFF	RACE DAY 10 KM