



## 10 KM TRAINING PLAN BY ANITA SILINA

DIFFICULTY **MEDIUM**

For RACE DAY on May 17<sup>th</sup>,  
you should start training on  
February 23<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 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           |
|-----------|---------|---|---------|-------------------------------|---|---|---------------|
| <b>01</b> | DAY OFF | 4km EASY  | DAY OFF | 3km EASY<br>1km T<br>2km EASY | DAY OFF                                     | DAY OFF   | 5km EASY      |
| <b>02</b> | DAY OFF | 4km EASY  | DAY OFF | 4,5km EASY                    | DAY OFF                                     | 10min EASY<br>2x. (1km TP/500m EASY)<br>10min EASY  | 5,5km EASY    |
| <b>03</b> | DAY OFF | 15min EASY<br>8x (100m! + 100m W+ 100m EASY)<br>10min EASY  | DAY OFF | 5km EASY                      | DAY OFF                                     | 10min EASY<br>3x (500m 10T/200m EASY)<br>10min EASY   | 6km EASY      |
| <b>04</b> | DAY OFF | 4k EASY   | DAY OFF | 4km EASY                      | DAY OFF                                     | DAY OFF   | 5km EASY      |
| <b>05</b> | DAY OFF | 15min EASY<br>10x (50m H! + 50m W + 100m EASY)<br>10min EASY  | DAY OFF | 5km EASY                      | DAY OFF                                     | 10min EASY<br>4x (500m 10T/200m EASY)<br>10min EASY   | 6km EASY      |
| <b>06</b> | DAY OFF | 15min EASY<br>10x (100m! + 100m W+ 100m EASY)<br>10min EASY   | DAY OFF | 5,5km EASY                    | DAY OFF                                     | 10min EASY<br>4x (500m 5T/200m EASY)<br>10min EASY  | 7km EASY      |
| <b>07</b> | DAY OFF | 15min EASY<br>12x (50m H! + 50m W + 100m EASY)<br>10min EASY  | DAY OFF | 6km EASY                      | DAY OFF                                     | 15min EASY<br>10min T<br>15min EASY   | 7,5km EASY    |
| <b>08</b> | DAY OFF | 4km EASY  | DAY OFF | 5km EASY                      | DAY OFF                                     | 1h active walk  | 5km EASY      |
| <b>09</b> | DAY OFF | 15min EASY<br>6x (30m H! + 30m W + 50m EASY)<br>6x (150m! + 100m W+ 100m EASY)<br>10min EASY                          | DAY OFF | 6km EASY                      | DAY OFF                                     | 10min EASY<br>3x (1km 10T + 500m 5T +400m EASY)<br>10min EASY                               | 7,5km EASY    |
| <b>10</b> | DAY OFF | 10min EASY<br>3x (50m! +100m EASY)<br>8x (200m! + 100m W + 100m EASY)<br>10min EASY                                   | DAY OFF | 6,5km EASY                    | DAY OFF                                     | 10min EASY<br>3x (1km 5T + 100m! + 100m W 300m EASY)<br>2km EASY                            | 8,5km EASY    |
| <b>11</b> | DAY OFF | 15min EASY<br>4x (50m! + 100m EASY)<br>4x (200m! + 100m W + 100m EASY)<br>4x (300m! 100m W + 100m EASY)<br>10min EASY | DAY OFF | 6km EASY                      | DAY OFF                                     | 10min EASY<br>1x (3km 10T/200m W +300m EASY)<br>1x (1km 5T/200m W +300m EASY)<br>10min EASY | 6km EASY      |
| <b>12</b> | DAY OFF | 5km EASY  | DAY OFF | DAY OFF                       | 2km EASY<br>3x(300m!/300m EASY)<br>1km EASY | DAY OFF   | RACE DAY 10KM |