



6 KM TRAINING PLAN BY ANITA SILIŅA

DIFFICULTY **ADVANCED**

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

*~5,7 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
01	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
02	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
03	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
04	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
RECOVERY	05	DAY OFF	30min EASY	DAY OFF	30min EASY	DAY OFF	40min EASY
	06	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
	07	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
	08	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
							RACE DAY 5,7 KM