



6 KM TRAINING PLAN BY ANITA SILIŅA

DIFFICULTY

EASY

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

6T - 6KM RACE PACE

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	16x: 1min W 1min EASY End with 3min W	DAY OFF	8x: 2min W 2min EASY End with 3min W	DAY OFF	7x: 2min W 3min EASY End with 5min W	40min active walk
02	DAY OFF	10x: 1min W 2min EASY End with 5min W	DAY OFF	6x: 2min W 4min EASY End with 4min W	DAY OFF	6x: 2min W 5min EASY End with 5min W	50min active walk
03	DAY OFF	10x: 1min W 3min EASY End with 5min W	DAY OFF	9x: 1min W 2min EASY 1min 6T End with 5min W	DAY OFF	4x: 2min W 8min EASY End with 5min W	60min active walk
RECOVERY 04	DAY OFF	7x: 1min W 4min EASY End with 4min W	DAY OFF	3min W 5min EASY 8x (30sek! + 2min W) 5min EASY End with 5min W	DAY OFF	4x: 2min W 10min EASY End with 5min W	DAY OFF
05	DAY OFF	6x: 1min W 5min EASY End with 4min W	DAY OFF	7x: 1min W 2min EASY 2min 6T End with 5min W	DAY OFF	4x: 2min W 13min EASY End with 5min W	60min active walk
06	DAY OFF	5min W 3km EASY 5min W	DAY OFF	3min W 5min EASY 10x (30sek! + 2min W) 5min EASY End with 5min W	DAY OFF	5min W 2km EASY 1km 6T 1min W 1km EASY 5min W	70min active walk
07	DAY OFF	5min W 3,5km EASY 5min W	DAY OFF	7x: 1min W 1min EASY 3min 6T End with 5min W	DAY OFF	5min W 4km EASY 5min W	60min active walk
08	DAY OFF	3min W 2km EASY 3x 500m 6T + 3min W 500m EASY 3min W	DAY OFF	DAY OFF	3min W 3km EASY 3min W	DAY OFF	RACE DAY 5,7 KM