



42 KM TRAINING PLAN BY JELENA PROKOPČUKA

DIFFICULTY **ADVANCED**

For RACE DAY on May 17th,
you should start following
the plan on January 26th

ABBREVIATIONS

EASY - EASY RUN

easy tempo which you can run comfortably and
speak freely while running (calm, easy breathing).

V EASY - VERY EASY RUN

5T - 5KM RACE TEMPO

10T - 10KM RACE TEMPO

HT - HALF MARATHON TEMPO

MT - MARATHON TEMPO

! - ACCELERATION

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	WEEK	I	II	III	IV	V	VI	VII
01	DAY OFF	3 km 10x (100m! / 400m EASY) 3 km	3 km 2x (2 km MT / 1 km EASY) 3 km	12 km EASY	10 km EASY	3 km 3x (1 km MT / 500m EASY) 3 km	16 km EASY	09	DAY OFF	15 km EASY	4 km 10x (500m HT / 500m EASY) 4 km	24 km EASY	15 km EASY	4 km 2x (4 km MT-HT) / 1 km EASY 4 km	28 km EASY
02	DAY OFF	3 km 12x (100m! / 400m EASY) 3 km	3 km 3 km MT + 1 km EASY 2 km MT + 1 km EASY 3 km	14 km EASY	12 km EASY	3 km 4x (1 km MT / 500m) 3 km	18 km EASY	10	DAY OFF	15 km EASY	4 km 12x (500m HT / 500m EASY) 4 km	25 km EASY	15 km EASY	4 km T 8 km (4 km MT + 4 km HT) 4 km	30 km EASY
03	DAY OFF	3 km 14x (100m! / 400m EASY) 3 km	4 km 2x (3 km MT / 1 km EASY) 4 km	16 km EASY	14 km EASY	3 km 5x (1 km MT / 500m) 3km	20 km EASY	11	DAY OFF	15 km EASY	4 km 12x (500m HT / 500m EASY) 4 km	25 km EASY	15 km EASY	4 km T 10 km (6 km MT + 3 km HT + 1 km!) 4 km	32 km EASY
04	DAY OFF	8 km EASY	10 km EASY	12 km EASY	8 km EASY	10 km EASY	14 km EASY	12	DAY OFF	10 km EASY	14 km EASY	16 km EASY	10 km EASY	12 km EASY	18 km EASY
05	DAY OFF	15 km EASY	4 km 3 km MT + 1 km EASY 2 km HT + 1 km EASY 1 km MT + 1 km EASY 4 km	18 km EASY	15 km EASY	4 km T 6 km (4 km MT + 2 km HT 4 km	22 km EASY	13	DAY OFF	4 km 10x (100m! / 100m EASY) 4 km	4 km 3x (2 km HT / 1 km EASY) 4 km	20 km EASY	12 km EASY	10 km EASY	30 km (21 km EASY + 9 km MT) 4 km EASY
06	DAY OFF	15 km EASY	4 km 4 km MT + 1 km EASY 2 km HT + 1 km EASY 2 km HT + 1 km EASY 4 km	20 km EASY	15 km EASY	4 km 2x (3 km MT-HT / 1 km EASY) 4 km	24 km EASY	14	DAY OFF	10 km EASY	4 km 10x (100m! / 100m EASY) 4 km	4 km 5x (2 km MT-HT / 500m EASY) 4 km	10 km EASY	4 km T 8 km (6 km HT + 2 km!) 4 km	28 km EASY
07	DAY OFF	15 km EASY	4 km 4 km MT + 1 km EASY 2 km HT + 1 km EASY 2 km HT + 1 km EASY 4 km	22 km EASY	15 km EASY	4 km T 7 km (4 km MT + 3 km HT) 4 km	26 km EASY	15	DAY OFF	4 km 8x (100m! / 100m EASY) 4 km	3 km 5x (1km MT / 500m EASY) 4 km	14 km EASY	10 km EASY	4 km T 5 km (4 km HT + 1 km!) 4km	25 km EASY
08	DAY OFF	10 km EASY	12 km EASY	14 km EASY	10 km EASY	12 km EASY	16 km EASY	16	DAY OFF	12 km EASY	DAY OFF	8 km EASY	DAY OFF	2 km 3x (150m MT / 150m EASY) 2 km 24 h before start!	RACE DAY 42.195 km

RECOVERY