



42 KM TRAINING PLAN BY JELENA PROKOPČUKA

DIFFICULTY

MEDIUM

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 8 x (100m! / 400m EASY) 3 km	DAY OFF	12 km EASY	DAY OFF	3 km 2 km MT 3 km	15 km EASY	09	DAY OFF	4 km 8x (500m 10T / 500m EASY) 4 km	DAY OFF	18 km EASY	DAY OFF	3 km 6 km T (4 km MT + 2 km HT) 3 km	27 km EASY
02	DAY OFF	3 km 10x (100m! / 400m EASY) 3 km	DAY OFF	13 km EASY	DAY OFF	3 km 3 km MT 3 km	17 km EASY	10	DAY OFF	4 km 10x (500m 10T / 500m EASY) 4 km	DAY OFF	19 km EASY	DAY OFF	3 km 7 km T (5 km MT + 2 km HT) 3 km	28 km EASY
03	DAY OFF	3 km 12x (100m! / 400m EASY) 3 km	DAY OFF	14 km EASY	DAY OFF	3 km 4 km MT 3 km	19 km EASY	11	DAY OFF	4 km 14x (500m 10T / 500m EASY) 4 km	DAY OFF	20 km EASY	DAY OFF	3 km 8 km T (5 km MT + 3 km HT) 3 km	29 km EASY
04	DAY OFF	9 km EASY	DAY OFF	11 km EASY	DAY OFF	7 km EASY	13 km EASY	12	DAY OFF	9 km EASY	DAY OFF	13 km EASY	DAY OFF	11 km EASY	17 km EASY
05	DAY OFF	4 km 10x (200m! / 300m EASY) 4 km	DAY OFF	15 km EASY	DAY OFF	3 km 4x (1 km HT / 1 min EASY) 3 km	21 km EASY	13	DAY OFF	20 km EASY	DAY OFF	22 km EASY	DAY OFF	3 km 6 km TS (4 km MT + 2 km HT) 4 km	30 km EASY
06	DAY OFF	4 km 12x (200m! / 300m EASY) 4 km	DAY OFF	16 km EASY	DAY OFF	3 km 5x (1 km HT / 1 min EASY) 3 km	23 km EASY	14	DAY OFF	20 km EASY	DAY OFF	24 km EASY	DAY OFF	3 km 7 km TS (4 km MT + 3 km HT) 4 km	30 km EASY
07	DAY OFF	4 km 14x (200m! / 300m EASY) 4 km	DAY OFF	17 km EASY	DAY OFF	3 km 6x (1 km HT / 1 min EASY) 3 km	25 km EASY	15	DAY OFF	15 km EASY	DAY OFF	18 km EASY	DAY OFF	3 km 5 km HT 4 km	25 km EASY
08	DAY OFF	8 km EASY	DAY OFF	12 km EASY	DAY OFF	10 km EASY	15 km EASY	16	DAY OFF	12 km EASY	DAY OFF	8 km EASY	DAY OFF	2 km 3x (150m MT / 150m EASY) 2 km <u>24 h before start!</u>	RACE DAY 42.195 km

RECOVERY