



WORLD ATHLETICS
ROAD RUNNING
CHAMPIONSHIPS
RIGA 23

EASY

TRAINING PLAN 21KM

PREPARED BY OLYMPIAN ILONA MARHELE

	I	II	III	IV	V	VI	VII		I	II	III	IV	V	VI	VII
1	DAY OFF	EASY 40 min S 4-6 x 40 sec	ACTIVE RECOVERY	EASY 45 min	DAY OFF	EASY 15 min 2 x $\frac{\text{IN } 15 \text{ min}}{1 \text{ min walk}}$ EASY 5-10 min	EASY 50 min	7	DAY OFF	EASY 5-10 min T 40 min EASY 5 min	ACTIVE RECOVERY	EASY 60 min	DAY OFF	EASY 50 min S 4x(30+50 sec)	EASY 90 min
2	DAY OFF	EASY 5-10 min T 25 min EASY 5 min	ACTIVE RECOVERY	EASY 45 min	DAY OFF	EASY 45 min S 8-10 x 30 sec	EASY 60 min	8	DAY OFF	EASY 15 min 3 x $\frac{\text{IN } 15 \text{ min}}{1 \text{ min walk}}$ EASY 5-10 min	ACTIVE RECOVERY	EASY 45 min	DAY OFF	EASY 50 min S 6x20 sec + 6x30 sec	EASY 70 min
3	DAY OFF	EASY 5-10 min T 30 min EASY 5 min	ACTIVE RECOVERY	EASY 50 min	DAY OFF	EASY 55 min S 3x(20+30+40 sec)	EASY 80 min	9	DAY OFF	EASY 5-10 min T 35 min EASY 5 min	ACTIVE RECOVERY	EASY 50 min	DAY OFF	EASY 50 min S 6-8 x 50 sec	EASY 80 min
4	DAY OFF	VS 10 min 3 x $\frac{\text{IN } 10 \text{ min}}{1 \text{ min walk}}$ EASY 10 min	ACTIVE RECOVERY	EASY 45 min	DAY OFF	EASY 45 min S 10-12 x 20 sec	EASY 60 min	10	DAY OFF	EASY 5-10 min T 40 min EASY 5 min	ACTIVE RECOVERY	EASY 55 min	DAY OFF	EASY 45 min S 8-10 x 40 sec	EASY 90 min
5	DAY OFF	EASY 5-10 min T 30 min EASY 5 min	ACTIVE RECOVERY	EASY 50 min	DAY OFF	EASY 55 min S 6-8 x 40 sec	EASY 70 min	11	DAY OFF	EASY 5-10 min T 30 min EASY 5 min	ACTIVE RECOVERY	EASY 50 min	DAY OFF	EASY 40 min S 3x(30+50 sec)	EASY 70 min
6	DAY OFF	EASY 5-10 min T 40 min EASY 5 min	ACTIVE RECOVERY	EASY 50 min	DAY OFF	EASY 60 min S 4-6 x 50 sec	EASY 80 min	12	DAY OFF	EASY 40 min	DAY OFF	EASY 45 min S 8-10 x 30 sec	DAY OFF	EASY 30-35 min	21.1 km

ABBREVIATIONS

EASY - EASY RUN

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

T - TEMPO RUN

continuous run at race pace.

S - SPRINTS

include an intense pace (close to your max pace) in the second half of the run. Rest after each acceleration is until full recovery by slow jogging or walking. The rest is about 4 - 5x longer than the acceleration itself.

IN - INTERVALS

run at the planned race pace. Recovery after the interval is walking or jogging. Take note that at the start of the training plan you need to run intervals at a slower pace than later on in the training plan.

H - HILLS

for strength and speed. Find a relatively steep hill that's safe to run up (at least 30-50 m), run with quick steps helping yourself with arms. Walk or jog down recovery, 1-2 min recovery time at the bottom and run the next set.

ACTIVE RECOVERY

other physical activity: walks, yoga, swimming, biking etc. (until 1 h) or an easy run 20 - 30 min or day off.