



WORLD ATHLETICS
ROAD RUNNING
CHAMPIONSHIPS
RIGA 23

ADVANCED

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 4 km IN 6 x $\frac{1 \text{ km}}{400 \text{ m}}$ EASY 1 km	EASY 8 km	EASY 3 km H 30 min EASY 1 km	DAY OFF	EASY 10 km S 8 x 100 m	EASY 18 km	7	DAY OFF	EASY 3 km IN 6 x $\frac{1 \text{ km}}{400 \text{ m}}$ EASY 1 km	EASY 10 km	EASY 2 km T 10 km EASY 1 km	DAY OFF	EASY 12 km S 6 x 200 m	EASY 22 km
2	DAY OFF	EASY 3 km IN 4 x $\frac{1,5 \text{ km}}{600 \text{ m}}$ EASY 1 km	EASY 10 km	EASY 3 km T 6 km EASY 1 km	DAY OFF	EASY 12 km S 6 x 100 m, 4 x 200 m	EASY 18 km	8	DAY OFF	EASY 8 km S 4 x 200 m	EASY 8 km	EASY 3 km T 2 x 3 km EASY 1 km	DAY OFF	EASY 8 km	EASY 12 km
3	DAY OFF	EASY 3 km IN 4 x $\frac{2 \text{ km}}{800 \text{ m}}$ EASY 1 km	EASY 10 km	EASY 3 km H 30 min EASY 1 km	DAY OFF	EASY 14 km S 3 x 200 m, 2 x 300 m	EASY 20 km	9	DAY OFF	EASY 5 km IN 4 x $\frac{1 \text{ km}}{400 \text{ m}}$ EASY 1 km	EASY 11 km	EASY 2 km T 8 km EASY 1 km	DAY OFF	EASY 8 km S 2 x (100+200+300m)	EASY 24 km
4	DAY OFF	EASY 8 km S 4 x 200 m	EASY 8 km	EASY 5 km T 3 km EASY 1 km	DAY OFF	EASY 8 km	EASY 12 km	10	DAY OFF	EASY 3 km IN 6 x $\frac{800 \text{ m}}{400 \text{ m}}$ EASY 1 km	EASY 8 km	EASY 2 km T 12 km EASY 1 km	DAY OFF	EASY 10 km S 8 x 100 m	EASY 20 km
5	DAY OFF	EASY 3 km IN 6 x $\frac{800 \text{ m}}{400 \text{ m}}$ EASY 1 km	EASY 12 km	EASY 3 km T 6 km EASY 2 km	DAY OFF	EASY 10 km S 2x(100+200+300m)	EASY 18 km	11	DAY OFF	EASY 3 km IN 2 x $\frac{1,5 \text{ km}}{600 \text{ m}}$ EASY 1 km	EASY 8 km	EASY 2 km T 10 km EASY 1 km	DAY OFF	EASY 10 km S 6 x 200 m	EASY 16 km
6	DAY OFF	EASY 3 km IN 4 x $\frac{1,5 \text{ km}}{600 \text{ m}}$ EASY 1 km	EASY 10 km	EASY 3 km T 8 km EASY 1 km	DAY OFF	EASY 14 km S 10 x 100 m	EASY 20 km	12	DAY OFF	EASY 3 km T 4 km EASY 1 km	DAY OFF	EASY 7 km S 6 x 200 m	DAY OFF	EASY 20 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.