



bta
VIENNA INSURANCE GROUP

TRENIŅU PLĀNS

**10KM
ADVANCED**

NED.	P.	O.	T.	C.	P.	S.	SV.
1	x x	5km VS	1,5km M + 4x500m VT caur 500m M + 1,5km M	x x	x x	2km M + 1km VT + 1km M + 1km VT + 2km M	10km VS
2	x x	40min VS	2km M + 3km VT + 1km M + 1km T + 2km M	7km M	x x	2km M + 6x500m T caur 500m M + 2km M	12km M
3	x x	30min M + 5x30sek T caur 1min M + 10min M	2km M + 4km VT + 2km M + 1km T + 2km M	8km VS	x x	2km M + 8x500m T caur 500m M + 2km M	14km VS
4	x x	5km M + 4x1min VT caur 1min M + 1km M	2km M + 6km VT + 2km M	45min M	x x	3km M + 5x1km 2IT - 1OT caur 3min M + 2km M	12km M
5	x x	8km VS	10min M + 4x5min VT caur 2min M + 4min M + 5x2min T caur 2min M + 4min M + 6x1min T caur 1min M + 10min M	x x	x x	2km M + 3x2km 2IT caur 1km M + 2km M	15km VS
6	x x	40min M	3km M + 3km VT + 1km M + 5x200m T caur 2min M + 2km M	40min VS	x x	3km M + 8x500m caur 2min M + 2km M	60min M
7	x x	5km M + 6x1min VT caur 2min M + 1km M	2km M + 5km VT + 2km M + 3km VT + 2km M	5km M	x x	3km M + 10x500m T caur 2min M + 2km M	12km M
8	x x	8km VS	3km M + 3km VT + 1km M + 1km T + 1km M + 5x1min T caur 1:30min M + 2km M	7km M	x x	2km M + 3x1km T caur 500m M + 1km M + 5x500m T caur 500m M + 2km M	14km M
9	x x	6km VS	2km M + 4x(1km T + 500m M + 500m T) caur 1km M + 2km M	x x	x x	2km M + 3x2km T caur 1km M + 2km M	15km VS
10	x x	40min M + 5x30sek T caur 1min M + 10min M	2km M + 4x (3min VT + 2min M + 2min T + 1min M + 1min T) caur 3min M + 2km M	8km VS	x x	2km M + 2x3km 2IT caur 1km M + 1km M + 2x1km T caur 1km M + 2km M	13km M
11	x x	8km M	2km M + 5x1km T caur 2:30min M + 5min M + 5x500m T caur 2:30min M + 2km M	40min M	x x	2km M + 2km 2IT + 500m M + 2x1km T caur 500m M + 500m M + 4x500m T caur 500m M + 500m M + 5x1min T caur 2min M + 2km M	12km VS
12	x x	5km M	2km M + 1km 2IT + 1km M + 1km T + 1km M + 3x500m T caur 2min M + 2km M	x x	x	15min M + 4x1min VT caur 2min M + 5min M	10km sacensības

M Mierīgs skrējiens jeb lēns skrējiens

VS Viegls skrējiens, kad pēc sajūtam brīvi jūtas

VT viegls tempa skrējiens – paātrināts temps, kad jau ir nepieciešams skriet ar slodzi jeb "izelpoties", bet ne maksimāls temps

T tempa skrējiens – plānotais sacensību temps un ātrāk (atkarībā no distances garuma)

5T 5km sac.temps

10T 10km sac. Temps

2IT 21km sac. Temps