



TRENIŅU PLĀNS

10KM

ADVANCED

NED.	P.	O.	T.	C.	P.	S.	SV.
1	×	5km VS	1,5km M 4x500m VT caur 500m M 1,5km M	×	×	2km M 1km VT 1km M 1km VT 2km M	10km VS
2	×	6km VS	2km M 5x3min VT caur 2min M 2km M	30min M	×	2km M 1km VT 1km M 1km VT 1km M 500m VT 500m M 500m T 2km M	60min VS
3	×	20min M 3x1min VT caur 1:30min M 5min M 5x30s T caur 1min M 10min M	2km M 3km VT caur 1km M 1km T 2km M	7km M	×	2km M 6x500m T caur 500m M 2km M	12km M
4	×	4km M 5x1min VT caur 2min M 2km M	3km M 3km 2IT 1km M 1km T 2km M	7km M	×	2km M 8x500m T caur 500m M 2km M	60min M
5	×	7km VS	10min M 10min VT 5min M 5min VT 3min M 3min T 3min M 3x1min T caur 1min M 10min M	×	×	2km M 4x1km T caur 1km M 5x200m T caur 2min M 2km M	12km VS
6	×	40min VS	2km M 3km 2IT 1km M 3km 2IT 2km M	7km M	×	2km M 1km T 1km M 8x2min T caur 2min M 2km M	14km VS
7	×	30min M 5x30s T caur 1min M 10min M	2km M 4km VT 2km M 2km T 2km M	8km VS	×	3km M 5x1km 2IT-10T caur 3min M 2km M	10km M
8	×	5km M 4x1min VT caur 1min M 1km M	2km M 6km VT 1km M 1km T 2km M	45min M	×	3km M 6x1km 2IT-10T caur 2:30min M 2km M	12km M
9	×	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	×	×	2km M 3x2km 2IT caur 1km M 2km M	15km VS
10	×	40min M	3km M 3km VT 1km M 5x200m T caur 2min M 2km M	40min VS	×	3km M 8x500m T caur 2min M 2km M	60min M
11	×	5km M 6x1min VT caur 2min M 1km M	2km M 5km VT 2km M 3km VT 2km M	5km M	×	3km M 10x500m T caur 2min M 2km M	12km M
12	×	8km VS	3km M 3km VT 1km M 1km T 1km M 5x1min T caur 1:30min M 2km M	7km M	×	2km M 3x1km T caur 500m M 1km M 5x500m T caur 500m M 2km M	14km M
13	×	6km VS	2km M 4x(1km T 500m M 500m T) caur 1km M 2km M	×	×	2km M 3x2km T caur 1km M 2km M	15km VS
14	×	40min M 5x30s T caur 1min M 10min M	2km M 4x(3km VT 2km M 2min T 1min M 1min T) caur 3min M 2km M	8km VS	×	2km M 2x3km 2IT caur 1km M 1km M 2x1km T caur 1km M 2km M	13km M
15	×	8km M	2km M 5x1km T caur 2:30min M 5min M 5x500m T caur 2:30min M 2km M	40min M	×	2km M 2km 2IT 500m M 2x1km T caur 500m M 500m M 4x500m T caur 500m M 500m M 5x1km T caur 2min M 2km M	12km VS
16	×	5km M	2km M 1km 2IT 1km M 1km T 1km M 3x500m T caur 2min M 2km M	×	15min M 4x1min VT caur 2min M 5min M	10KM SACENSĪBAS	

M Mierīgs skrējienš jeb lēns skrējienš

VS Viegls skrējienš, kad pēc sajūtam brīvi jūtas

VT Viegls tempa skrējienš - paātrināts temps, kad jau ir nepieciešams skriet ar slodzi jeb "izelpoties", bet ne maksimāls temps

T Tempa skrējienš - plānotais sacensību temps un ātrāk (atkarībā no distances garuma)

5T 5km sac. temps

10T 10km sac. temps

21T 21km sac. temps