



# TRENIŅU PLĀNS

# 10KM ADVANCED

NED. P. O. T. C. P. S. SV.

1

x	x	5km <b>VS</b>	1,5km <b>M</b> + 4x500m <b>VT</b> caur 500m <b>M</b> + 1,5km <b>M</b>	x	x	x	x	2km <b>M</b> + 2km <b>VT</b> + 1km <b>M</b> + 1km <b>VT</b> + 2km <b>M</b>	10km <b>VS</b>
---	---	---------------	--	---	---	---	---	--	----------------

2

x	x	40min <b>M</b>	3km <b>M</b> + 3km <b>VT</b> + 1km <b>M</b> + 5x200m <b>T</b> caur 2min <b>M</b> + 2km <b>M</b>	40min <b>VS</b>	x	x	x	3km <b>M</b> + 6x500m caur 2min <b>M</b> + 2km <b>M</b>	60min <b>M</b>
---	---	----------------	---	-----------------	---	---	---	--	----------------

3

x	x	5km <b>M</b> + 6x1min <b>VT</b> caur 2min <b>M</b> + 1km <b>M</b>	2km <b>M</b> + 4km <b>VT</b> + 2km <b>M</b> + 2km <b>VT</b> + 2km <b>M</b>	5km <b>M</b>	x	x	x	3km <b>M</b> + 8-10x500m <b>T</b> caur 2min <b>M</b> + 2km <b>M</b>	12km <b>M</b>
---	---	---	--	--------------	---	---	---	--	---------------

4

x	x	8km <b>VS</b>	3km <b>M</b> + 3km <b>VT</b> + 1km <b>M</b> + 1km <b>T</b> + 1km <b>M</b> + 5x1min <b>T</b> caur 1:30min <b>M</b> + 2km <b>M</b>	7km <b>M</b>	x	x	x	2km <b>M</b> + 3x1km <b>T</b> caur 500m <b>M</b> + 1km <b>M</b> + 5x500m <b>T</b> caur 500m <b>M</b> + 2km <b>M</b>	14km <b>M</b>
---	---	---------------	---	--------------	---	---	---	--	---------------

5

x	x	6km <b>VS</b>	10min <b>M</b> + 4x5min <b>VT</b> caur 2min <b>M</b> + 4min <b>M</b> + 5x2min <b>T</b> caur 2min <b>M</b> + 4min <b>M</b> + 6x1min <b>T</b> caur 1min <b>M</b> + 10min <b>M</b>	x	x	x	x	2km <b>M</b> + 3x2km <b>T</b> caur 1km <b>M</b> + 2km <b>M</b>	15km <b>VS</b>
---	---	---------------	---	---	---	---	---	--	----------------

6

x	x	40min <b>M</b> + 5x30sek <b>T</b> caur 1min <b>M</b> + 10min <b>M</b>	2km <b>M</b> + 4x (3min <b>VT</b> + 2min <b>M</b> + 2min <b>T</b> + 1min <b>M</b> + 1min <b>T</b> ) caur 3min <b>M</b> + 2km <b>M</b>	8km <b>VS</b>	x	x	x	2km <b>M</b> + 2x3km <b>2IT</b> caur 1km <b>M</b> + 1km <b>M</b> + 2x1km <b>T</b> caur 1km <b>M</b> + 2km <b>M</b>	13km <b>M</b>
---	---	--	--	---------------	---	---	---	--	---------------

7

x	x	8km <b>M</b>	2km <b>M</b> + 5x1km <b>T</b> caur 2:30min <b>M</b> + 5min <b>M</b> + 5x500m <b>T</b> caur 2:30min <b>M</b> + 2km <b>M</b>	40min <b>M</b>	x	x	x	2km <b>M</b> + 2km <b>2IT</b> + 500m <b>M</b> + 2x1km <b>T</b> caur 500m <b>M</b> + 500m <b>M</b> + 4x500m <b>T</b> caur 500m <b>M</b> + 500m <b>M</b> + 5x1min <b>T</b> caur 2min <b>M</b> + 2km <b>M</b>	12km <b>VS</b>
---	---	--------------	---	----------------	---	---	---	---	----------------

8

x	x	5km <b>M</b>	2km <b>M</b> + 1km <b>2IT</b> + 1km <b>M</b> + 1km <b>T</b> + 1km <b>M</b> + 3x500m <b>T</b> caur 2min <b>M</b> + 2km <b>M</b>	x	x	15min <b>M</b> + 4x1min <b>VT</b> caur 2min <b>M</b> + 5min <b>M</b>	x	10km sacensības	x	x
---	---	--------------	---	---	---	---	---	--------------------	---	---

**M** Mierīgs skrējieni jeb lēns skrējieni

**VS** Viegls skrējieni, kad pēc sajūtam brīvi jūtas

**VT** viegls tempa skrējieni – paātrināts temps, kad jau ir nepieciešams skriet ar slodzi jeb “izelpoties”, bet ne maksimāls temps

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

**5T** 5km sac.temps

**10T** 10km sac. Temps

**21T** 21km sac. Temps