



# TRENIŅU PLĀNS

# 21KM ADVANCED

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

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

1	x	x	8km VS	3km M + 5x500m VT caur 500m M + 2km M	7km VS	x	x	3km M + 2km VT + 1km M + 1km VT + 1km M + 1km VT + 2km M	14km VS	
2	x	x	10km VS	3km M + 2x1km VT caur 1km M + 1km M + 2x1km T caur 500m M + 2x500m T caur 500m M + 2km M	10km M	x	x	3km M + 8x500m T caur 500m M + 2km M	16km VS	
3	x	x	60min M	2km M + 2x3km T caur 1km M + 1km T + 2km M	10km M	x	x	3km M + 3x1km 2IT - 10T caur 500m M + 5x500m 2IT - 10T caur 2:30-3:00min M + 2km M	18km M	
4	x	x	6km M + 6x1min VT caur 1min M + 2km M	2km M + 2x4km T caur 2km M + 2km M	8km VS	x	x	3km M + 6-7x1km 2IT - 10T caur 3min M + 2km M	15km VS	
5	x	x	10km M	10min M + 3x5min VT caur 2min M + 4min M + 4x3min T caur 2min M + 4min M + 5x2min T caur 2min M + 10min M	40min VS	x	x	2km M + 4x2km 10T caur 1km M + 2km M	18km VS	
6	x	x	50min VS	3km M + 10km T + 2km M	50min M	x	x	3km M + 10x500m 10T caur 2min M + 2km M	20km VS	
7	x	x	7km M + 6x1min T caur 2min M + 2km M	2km M + 2x5km T caur 1km M + 2km 10T + 2km M	7km M	x	x	3km M + 12x500m 10T caur 2min M + 2km M	22km VS	
8	x	x	10km VS	2km M + 3km 2IT + 1km M + 2km 10T + 1km M + 3x1km 10T caur 500m M + 2km M	8km M	x	x	2km M + 12km T + 2km M	24km VS	
9	x	x	10km M	2km M + 5x(1km T + 500m M + 500m 10T) caur 500m M + 2km M	8km VS	x	x	3km M + 4x2km 2IT - 10T caur 500m M + 2km M	20km M	
10	x	x	45min M + 2x3min VT caur 3min M + 5x30sek T caur 1min M + 10min M	2km M + 5x(3min 2IT + 2min M + 2min 10T + 1min M + 1min 5T) caur 3min M + 2km M	10km VS	x	x	2km M + 2x3km 2IT caur 1km M + 1km M + 3x1km 10T caur 1km M + 2km M	18km VS	
11	x	x	12km M	2km M + 7x1km T caur 2:30min M + 5min M + 4x500m 10T caur 2:30min M + 2km M	45min M	x	x	3km M + 2km 2IT - 10T + 500m M + 2x1km 10T caur 500m M + 500m M + 4x500m 5T caur 500m M + 500m M + 5x1min 5T - 3T caur 2min M + 3km M	16km VS	
12	x	x	7km M	3km M + 1km T + 1km M + 1km 10T + 1km M + 4x500m 5T caur 2min M + 2km M	x	x	15min M + 4x1min VT caur 2min M + 5min M	21km sacensības	x	x

M Mierīgs skrējienis jeb lēns skrējienis

VS Viegls skrējienis, kad pēc sajūtam brīvi jūtas

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

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

5T 5km sac. temps

10T 10km sac. Temps

21T 21km sac. Temps