



# TRENIŅU PLĀNS

**21KM  
ADVANCED**

NED.	P.	O.	T.	C.	P.	S.	SV.
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 + 8-10x500m 10T caur 2min M + 2km M	16km vs
3	x x	7km M + 6x1min T caur 2min M + 2km M	2km M + 5km T + 1km M + 3km T + 1km M + 2km T + 2km M	7km M	x x	3km M + 12x500m 10T caur 2min M + 2km M	18km M
4	x x	10km vs	2km M + 3km 2T + 1km M + 2km 10T + 1km M + 3x1km 10T caur 500m M + 2km M	8km M	x x	2km M + 10km T + 2km M	15km vs
5	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 2T-10T caur 500m M + 2km M	20km M
6	x x	45min M + 2x3min VT caur 3min M + 5x30sek T caur 1min M + 10min M	2km M + 5x (3min 2T + 2min M + 2min 10T + 1min M + 1min 5T) caur 3min M + 2km M	10km vs	x x	2km M + 2x3km 2T caur 1km M + 1km M + 3x1km 10T caur 1km M + 2km M	18km vs
7	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 2T-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
8	x x	7km M	3km M + 1km T + 1km M + 1km 10T + 1km M + 4x500m 5T caur 2min M + 2km M		15min M + 4x1min VT caur 2min M + 5min M	<b>21km sacensības</b>	x x

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

21T 21km sac. Temps