



TRENIŅU PLĀNS

21KM EASY

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

1

x	x	30min VS	x	x	30min VS	x	x	10min M + 4x4min VT caur 3min M/soļojot+ 6min M	40min VS
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2

x	x	15min M + 5min VT + 5min M + 5min VT + +10min M	x	x	45min VS	x	x	10min M + 3x4min VT caur 3min M + 3x2min VT caur 2min M + 10min M	55min M
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3

x	x	10min M + 2x(8min VT + 4min M + 4min T) + 2min M + 2min T) caur 5min M strap sērijām + 10min M	x	x	50min VS	x	x	15min M + 25min VT + 15min M	70min M
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4

x	x	10min M + 10min VT + 10min M + 10x20s T caur 1:10min M + 10min M	x	x	45min VS	x	x	10min M + 7-10x4minT caur 2min M + 10min M	60min VS
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5

x	x	10min M + 20min T + 10min M + 10min T + 10min M	x	x	50min VS	x	x	10min M + 5x5min T caur 3min M + 10min M	80min M
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6

x	x	20min M + 2x5min VT min VT caur 5min M + 6x15s T caur 1:15min M + 10min M	x	x	60min VS	x	x	10min M + 3x6min T caur 3min M + 3x3min T caur 2min M + 10min M	90min VS
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7

x	x	10min M + 10-12x2min T caur 2min M + 10min M	x	x	50min VS	x	x	15min M + 10min T + 5min M + 3x4min T caur 4min M + 10min M	70min M
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8

x	x	15min M + 3x5min VT caur 5min M + 10min M	x	x	35min VS	x	x	21km sacensības	x	x
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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