



TRENIŅU PLĀNS

5KM EASY

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

1

x	x	x	x	20min VS	x	x	x	x	10min M + 3x3min VT caur 3min soļojot + 7min M	25min VS
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2

x	x	x	x	25min VS	x	x	x	x	10min M + 3x5min VT caur 3min soļojot + 7min M	40min M
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3

x	x	x	x	10min M + 5min VT + 5min M + 3min VT + 3min M + 1min VT + 10min M	x	x	x	x	10min M + 5x3min T caur 2min M + 10min M	40min M
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4

x	x	x	x	15min M + 5x20s T caur 1:10min M + 10min M	x	x	x	x	10min M + 10min T + 10min M + 5min T + 10min M	45min M
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5

x	x	x	x	15min M + 3x2min VT caur 2min M + 10min M	x	x	x	x	30min M	10min M + 10min VT + 5min M + 10min T + 5min M + 5min T + 10min M
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6

x	x	x	x	35min VS	x	x	x	x	10min M + 3-4x3min T caur 2min M + 3-4x2min T caur 2min M + 10min M	50min M
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7

x	x	x	x	10min M + 5x1min VT caur 2min M + 10min M	x	x	x	x	15min M + 5min T + 5min M + 2x3min T caur 3min M + 10min M	45min M
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8

x	x	x	x	15min M + 5min VT + 5min M + 2min VT + 5min M	x	x	x	x	5km 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