



# TRENIŅU PLĀNS

# 5KM EASY

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

1

x	x	x	x	20min <b>VS</b>	x	x	x	x	10min <b>M</b> + 3x3min <b>VT</b> caur 3min soļojot + 7min <b>M</b>	25min <b>VS</b>
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2

x	x	x	x	25min <b>VS</b>	x	x	x	x	10min <b>M</b> + 3x5min <b>VT</b> caur 3min soļojot + 7min <b>M</b>	40min <b>M</b>
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3

x	x	x	x	10min <b>M</b> + 5min <b>VT</b> + 5min <b>M</b> + 3min <b>VT</b> + 3min <b>M</b> + 1min <b>VT</b> + 10min <b>M</b>	x	x	x	x	10min <b>M</b> + 5x3min <b>T</b> caur 2min <b>M</b> + 10min <b>M</b>	40min <b>M</b>
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4

x	x	x	x	15min <b>M</b> + 5x20s <b>T</b> caur 1:10min <b>M</b> + 10min <b>M</b>	x	x	x	x	10min <b>M</b> + 10min <b>T</b> + 10min <b>M</b> + 5min <b>T</b> + 10min <b>M</b>	45min <b>M</b>
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5

x	x	x	x	15min <b>M</b> + 3x2min <b>VT</b> caur 2min <b>M</b> + 10min <b>M</b>	x	x	x	x	30min <b>M</b>	10min <b>M</b> + 10min <b>VT</b> + 5min <b>M</b> + 10min <b>T</b> + 5min <b>M</b> + 5min <b>T</b> + 10min <b>M</b>
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6

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

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

x	x	x	x	15min <b>M</b> + 5min <b>VT</b> + 5min <b>M</b> + 2min <b>VT</b> + 5min <b>M</b>	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