



ANITAS SILIŅAS 6 KM TREIŅU PLĀNS

SAREŽĢĪTĪBA

AUGSTA

Sāc trenēties 23. martā, lai
SACENSĪBU DIENA būtu
17. maijā

*~5,7 km

SAĪSINĀJUMI

VS - VIEGLS SKRĒJIENS

ērts temps, kurā var brīvi skriet un mierīgi
sarunāties (klusā, vienmērīgā elpošana).

W - IEŠANA

5T - 5KM SACENSĪBU TEMPS

! - PAĀTRINĀJUMI

ar 80-90% atdevi no maksimālā ātruma.

K! - KALNI

paātrinājumi pret kāpumu ar 80-90% atdevi no
maksimālā ātruma.

T - TEMPA SKRĒJIENS

skriešanas temps starp vieglu skrējienu un
sacensību tempu.

AT - ATPŪTA

IEVĒRO!

Ja ir slikti laikaapstākļi vai tev ir sliktā
pašsajūta un nogurums – intervālus un
tempa treniņus aizvieto ar vieglu skrējienu.

NEDĒĻA	I	II	III	IV	V	VI	VII
01	AT	10min VS 8x (20sek !/30sek W + 30sek VS) 10min VS	AT	30min VS	AT	10min VS 2x (5min T + 5min VS) 5min VS	30min VS
02	AT	10min VS 8x (30m K!/30m W + 100m VS) 10min VS	AT	30min VS	AT	10min VS 2x (4min T + 1min 5T + 4min VS) 5min VS	35min VS
03	AT	10min VS 10x (30sek !/40sek W + 40sek VS) 10min VS	AT	35min VS	AT	10min VS 5x (2min 5T + 1min W + 2min VS) 5min VS	40min VS
04	AT	10min VS 10x (30m K!/30m W + 100m VS) 10min VS	AT	35min VS	AT	10min VS 6x (1min 5T + 30sek ! + 1min W + 2min VS) 5min VS	45min VS
05	AT	30min VS	AT	30min VS	AT	40min VS	AT
06	AT	10min VS 12x (40sek !/1min W + 1min VS) 10min VS	AT	40min VS	AT	10min VS 6x (2min 5T + 1min ! + 1min W + 2min VS) 5min VS	50min VS
07	AT	10min VS 12x (40m K!/40m W + 100m VS) 10min VS	AT	30min VS	AT	10min VS 3x (50m ! + 100m VS) 3x (4min 5T + 1min W + 4min VS) 5min VS	35min VS
08	AT	10min VS 3x (500m 5T +500m VS) 5min VS	AT	25min VS	AT	10min VS 3x (100m!/300m VS) 5min VS	SACENSĪBU DIENA 5,7 KM