



ANITAS SILIŅAS 6 KM* TREIŅU PLĀNS

SAREŽĢĪTĪBA

VIDĒJĀ

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 laikapstākļi vai tev ir sliktā
pašsajūta un nogurums – intervālus un
tempa treniņus aizvieto ar vieglu skrējieni.

NEDĒĻA	I	II	III	IV	V	VI	VII
01	AT	10min VS 5x (20sek !/30sek W +30sek VS) 10min VS	AT	10min VS 3x (2min T +1min W +3min VS) 5min VS	AT	30min VS	AT
02	AT	10min VS 5x (30m K!/30m W +100m VS) 10min VS	AT	10min VS 3x (2min T +1min 5T + 1min W 3min VS) 5min VS	AT	35min VS	AT
03	AT	10min VS 7x (30sek !/40sek W +40sek VS) 10min VS	AT	10min VS 4x (2min 5T + 1min W +2min VS) 5min VS	AT	35min VS	AT
04	AT	10min VS 7x (30m K!/30m W +100m VS) 10min VS	AT	10min VS 5x (1min 5T +30sek ! + 1min W + 2min VS) 5min VS	AT	45min VS	AT
05	AT	25min VS	AT	30min VS	AT	30min VS	AT
06	AT	10min VS 10x (30sek !/1min W + 1min VS) 10min VS	AT	10min VS 4x (2min 5T +1min ! + 1min W + 2min VS) 5min VS	AT	50min VS	AT
07	AT	10min VS 10x (30m K!/30m W + 100m VS) 10min VS	AT	10min VS 3x (50m ! + 100m VS) 4x3min 5T +1min W + 3min VS) 5min VS	AT	40min VS	AT
08	AT	10min VS 3x (500m 5T +100m W + 400m VS) 5min VS	AT	AT	10min VS 3x(100m!/ 300m VS) 5min VS	AT	SACENSĪBU DIENA 5,7 KM