

	Nr. Tyg	Tydz. Kal.	Pn	Wt	Śr	Czw	Pt	Sob	Nd	
Baza	3	27.12-02.01	Fast Finish 4	Foundation 6 Cross train	Speed Play 4	Foundation 5 Cross Train	Sila	Long 1	Yoga	
	4	03.01-09.01	Fast Finish 7	Foundation 5 Cross train	Hill Repetition 5	Recovery 6 Cross Train	Sila	Long 3	Yoga	
	5	10.01-16.01	Fast Finish 8	Foundation 6 Cross train	Hill Repetition 6	Recovery 6 Cross Train	Sila	Long 4	Yoga	
	6	17.01-23.01	Fast Finish 5	Foundation 6 Cross train	Hill Repetition 3	Recovery 6 Cross Train	Sila	Long 2	Yoga	
	7	24.01-30.01	Speed Play 7	Foundation 6 Cross train	Short Interval 4	Recovery 6 Cross Train	Sila	Fast Finish 9	Yoga	
	8	31.01-06.01	Speed Play 10	Foundation 6 Cross train	Short Interval 5	Recovery 7 Cross Train	Sila	Fast Finish 10	Yoga	
	9	07.02-13.02	Long Interval 2	Foundation 5 Cross train	Speed Play 6	Recovery 6 Cross Train	Sila	Fast Finish 7	Yoga	
	10	14.02-20.02	Long Interval 3	Foundation 6 Cross train	TB 3	Recovery 7 Cross Train	Sila	Fast Finish 10	Yoga	
	11	21.02-27.02	Long Interval 2	Foundation 5 Cross train	Mixed Interval 2	Recovery 6 Cross Train	Sila	Fast Finish 7	Yoga	
	12	28.02-06.03	Long Interval 4	Foundation 6 Cross train	Mixed Interval 3	Recovery 7 Cross Train	Sila	Fast Finish 10	Yoga	
	Odbiór i zerwanie	13	07.03-13.03	Long Interval 3	Foundation 5 Cross train	Mixed Interval 1	Foundation 4 Cross Train	Sila	Fast Finish 7	Yoga
		14	14.03-20.03	Speed Play 5	Foundation 3 Cross train	Fast Finish 3		Recovery 2 Cross Train		START 10K

Fast Finish Szybka końcówka	Technika Biegowa	Long Dłuższe wybiegania
FF 4 5'Z1 + 25'Z2 + 10'Z3 (40') FF 5 5'Z1 + 25'Z2 + 12'Z3 (42') FF 7 5'Z1 + 35'Z2 + 12'Z3 (52') FF 8 5'Z1 + 35'Z2 + 15'Z3 (55')	TB 3 Z1-2,4+ 6 x 60 x (skip A + skip C + wielokok/zołnierz + przebieżka) + Z1-2	Long 1 Z1-1,6 + Z2-7,2 + Z1-0,8 (9,6) Long 2 Z1-1,6 + Z2-8,8 + Z1-0,8 (11,2) Long 3 Z1-1,6 + Z2-10,6 + Z1-0,8 (12,8) Long 4 Z1-1,6 + Z2-12 + Z1-0,8 (14,4)
Foundation/Cross Train Podstawowa spokojna jednostka lub inne zajęcia np. pływanie, rower, spacer itd.	Hill Repetition Bieg Pod Górę	Sila
Found 3 5' Z1 + 20' Z2 + 5' Z1 (30') Found 4 5' Z1 + 25' Z2 + 5' Z1 (35') Found 5 5' Z1 + 30' Z2 + 5' Z1 (40') Found 6 5' Z1 + 35' Z2 + 5' Z1 (45') Found 7 5' Z1 + 40' Z2 + 5' Z1 (50')	HL 3 5'Z1 + 5'Z2 + 6 x (1'Z5/2'Z1) + 5'Z1 (33') HL 5 5'Z1 + 5'Z2 + 12 x (30'Z5/90'Z1) + 5'Z1 (39') HL 6 5'Z1 + 5'Z2 + 8 x (1'Z5/2'Z1) + 5'Z1 (39')	
Recovery Regeneracja		Yoga
Rec 2 25' Z1 (25') Rec 3 30' Z1 (30') Rec 4 35' Z1 (35') Rec 5 40' Z1 (40') Rec 6 45' Z1 (45') Rec 7 50' Z1 (50')		
Speed Play Zabawy z szybkością	Short Intervals Krótkie interwały	Fast Finish Szybka końcówka
SP 4 5'Z1 + 5'Z2 + 6 x (1'Z5/2'Z1) + 5'Z1 (33') SP 5 5'Z1 + 5'Z2 + 5 x (2'Z4/2'Z1) + 5'Z1 (35') SP 6 5'Z1 + 5'Z2 + 7 x (1'Z5/2'Z1) + 5'Z1 (36') SP 7 5'Z1 + 5'Z2 + 8 x (2'Z4/2'Z1) + 5'Z1 (39') SP 10 5'Z1 + 5'Z2 + 7 x (2'Z4/2'Z1) + 5'Z1 (43')	SI 4 5'Z1 + 5'Z2 + 10 x (1'Z5/2'Z1) + 5'Z1 (45') SI 5 5'Z1 + 5'Z2 + 8 x (1,5'Z5/2,5'Z1) + 5'Z1 (47')	FF 7 5'Z1 + 35'Z2 + 12'Z3 (52') FF 9 5'Z1 + 40'Z2 + 15'Z3 (60') FF 10 5'Z1 + 45'Z2 + 15'Z3 (65')
Long Intervals Długie interwały	Mixed Intervals Fajne pomieszczenie z popłataniem	
L1 2 5'Z1 + 5'Z2 + 4 x (3'Z4/2'Z1) + 5'Z1 35 L1 3 5'Z1 + 5'Z2 + 3 x (5'Z4/3'Z1) + 5'Z1 39 L1 4 5'Z1 + 5'Z2 + 5 x (3'Z4/2'Z1) + 5'Z1 40	MI 1 5'Z1 + 5'Z2 + 1'Z5/2'Z1 + 3'Z4/2'Z1 + 5'Z3 + 2'Z1 + 3'Z4/2'Z1 + 1'Z5/2'Z1 + 5'Z1 (36') MI 2 5'Z1 + 5'Z2 + 1,5'Z5 + 2'Z1 + 5'Z4 + 2'Z1 + 10'Z3 + 2'Z1 + 5'Z4 + 2'Z1 + 1,5'Z5 + 5'Z1 MI 3 5'Z1 + 5'Z2 + 2 x (1'Z5/2'Z1) + 2 x (3'Z4/2'Z1) + 10'Z3 + 2'Z1 + 2 x (3'Z4/2'Z1) + 2 x (1'Z5/2'Z1) + 5'Z1 (58')	