Date:

10.06.2026

NAPREDNI NIVO <<<

Distance **1600** m

Time **05:50** min

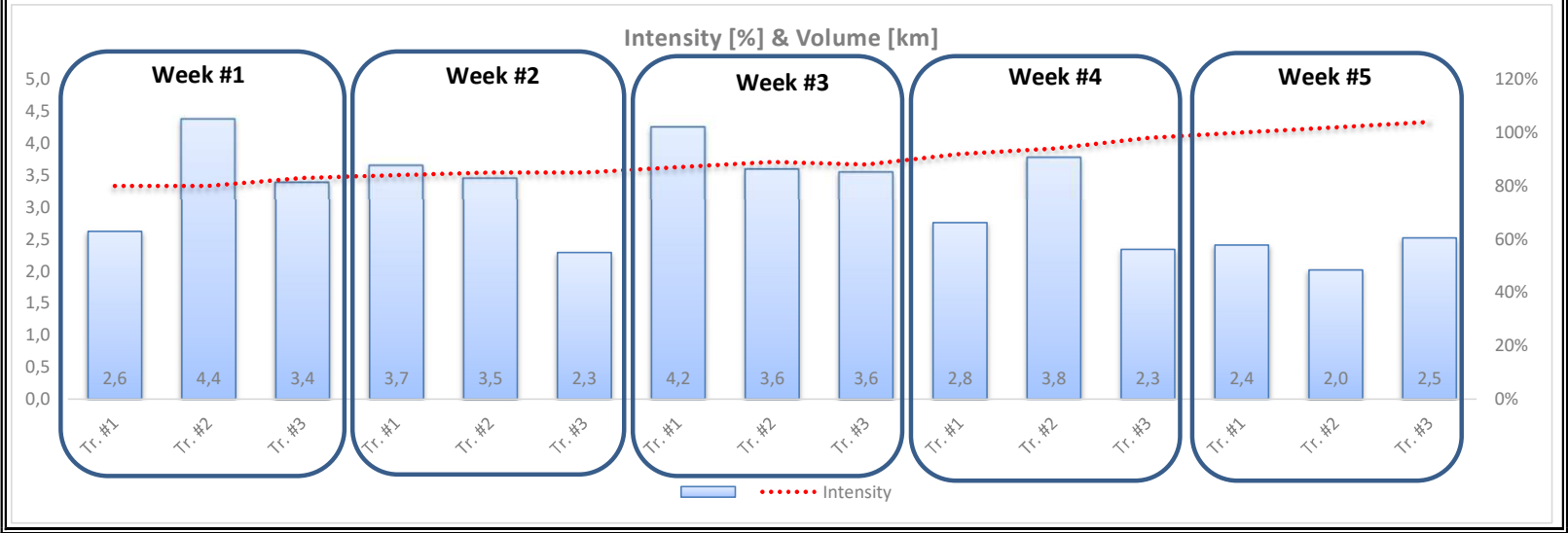
MAS **4,57** m/s

Week_No. <<<

VO2max **57,6** ml/kg/min

Notes:

Daily or Weekly Sessions	HIT or Training	Work [min:sec]	@ [%]	No. Of Shuttles	Surface	Shuttle Distance [m]	Total Distance [m]	W : R	Rest [min]	Sets	Reps	Total distance [km]	Total times [min]	Tempo 1000 m
Week #1	Tr. #1	03:00	80%	1	No Loss	655 m	655 m	1: 3/4	02:15	1	4	2,6	00:21:00	04:34,8
	Tr. #2	04:00	80%	1	No Loss	874 m	874 m	1: 3/4	03:00	1	5	4,4	00:35:00	04:34,6
	Tr. #3	03:00	83%	1	No Loss	679 m	679 m	1: 1/2	01:30	1	5	3,4	00:22:30	04:25,1
Week #2	Tr. #1	02:00	84%	1	No Loss	457 m	457 m	1: 2/3	01:20	2	4	3,7	00:26:40	04:22,6
	Tr. #2	01:30	85%	1	No Loss	346 m	346 m	1: 1/2	00:45	2	5	3,5	00:22:30	04:20,1
	Tr. #3	01:00	85%	1	No Loss	229 m	229 m	1: 3/4	00:45	2	5	2,3	00:17:30	04:22,0
Week #3	Tr. #1	01:30	87%	1	No Loss	354 m	354 m	1: 3/4	01:10	3	4	4,2	00:32:00	04:14,2
	Tr. #2	01:00	89%	2	No Loss	120 m	240 m	1: 3/4	00:45	3	5	3,6	00:26:15	04:10,0
	Tr. #3	01:00	88%	1	No Loss	237 m	237 m	1: 1	01:00	3	5	3,6	00:30:00	04:13,2
Week #4	Tr. #1	00:45	92%	2	No Loss	92 m	184 m	1: 1	00:45	3	5	2,8	00:22:30	04:04,6
	Tr. #2	01:00	94%	3	No Loss	84 m	252 m	1: 1	01:00	3	5	3,8	00:30:00	03:58,1
	Tr. #3	00:30	98%	2	No Loss	65 m	130 m	1: 1	00:30	3	6	2,3	00:18:00	03:50,8
Week #5	Tr. #1	00:20	100%	2	No Loss	43 m	86 m	1: 1	00:20	4	7	2,4	00:18:40	03:52,6
	Tr. #2	00:15	102%	3	No Loss	21 m	63 m	1: 1	00:15	4	8	2,0	00:16:00	03:58,1
	Tr. #3	00:20	104%	3	No Loss	30 m	90 m	1: 1	00:20	4	7	2,5	00:18:40	03:42,2
Total/Average		**01:25**	**90%**	**0 COD**			**325 m**		**01:03**			**47 km**	**05:57:15**	04:11



© SuperTrening 2025 | All Rights Reserved | info@supertrening.si