

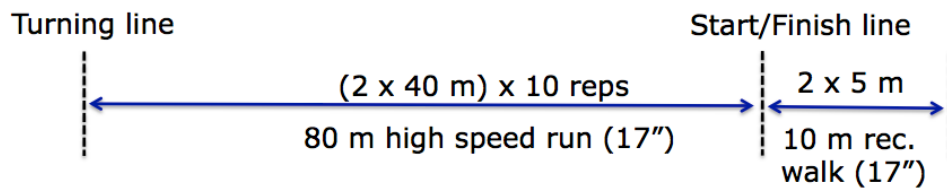
### Trening 3.

Mjesto izvođenja : teren za igru (atletska staza)

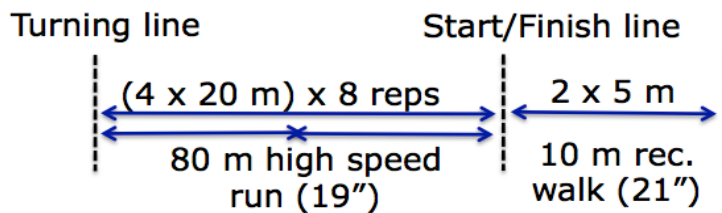
Trajanje treninga : cca 90 minuta

Zagrijavanje : 10 minuta trčanja na 65-75% H<sub>rmax</sub>  
10-20 minuta dinamičkog zagrijavanja i istezanja, 5 progresivnih akceleracija (ubrzanja) vježbe za stabilnost trupa  
4-6 kratkih i eksplozivnih šprinteva

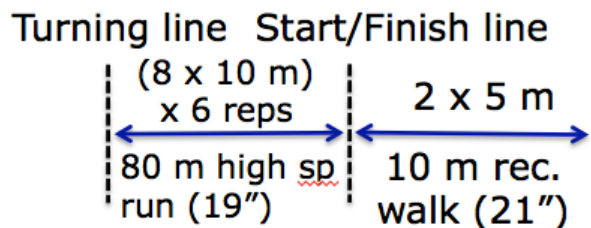
- Set 1:
- 2 x 40 m (40 m – turn – 40 m) in 17"
- 17" recovery walk (10 m)
- 10 reps in total
- 2' recovery between sets



- Set 2:
- 4 x 20 m (20 m – turn – 20 m – turn – 20 m – turn – 20 m) in 19"
- 19" recovery walk (10 m)
- 8 reps in total
- 2' recovery between sets



- Set 3:
- 8 x 10 m (10 m – turn – 10 m – turn – 10 m – ...) in 21"
- 21" recovery walk (10 m)
- 6 reps in total
- 2' recovery



- ukupno trajanje vježbe 21'  
(6' Set 1 + 2' rec. + 5' Set 2 + 2' rec. + 4' Set 3 + 2' rec.).

- 1920 m trčanja visokog intenziteta, 240 m hodanja, 72 okreta ukupno.

\* Smirivanje - 5' jogiranja andšetnje, 10' statičkog istezanja.

Ukupno trajanje treninga : 71'