GDAŃSK MARATON

BROOKS

TRAINING PLAN AS PART OF THE BROOKS, BE READY CAMPAIGN - PREPARING FOR GDAŃSK MARATHON 2025

Week I: January 5 - 11, 2025 | **Gdansk Marathon goal: 2:59:59** | **The plan was developed by: Marek Jaroszewski**

Trening	Days to go	Date	km	Name	Time	Workout Details / Suggested Pace	Training description
1.	91	2025-01-05	15 km	Long Run	1:10 - 1:20	**Warm-up:** 3 km run at a pace of 5:00/km, with a break of about 1 km for stretching exercises **Main Part:** 9 km run with increasing pace every 1 km by 5 sec / km, starting at 5:00 (1 km), 4:55 (2 km), 4:50 (3 km), 4:45 (4 km), 4:40 (5 km), 4:35 (5 km), 4:30 (6 km), 4:30 (7 km), 4:25 (8 km), 4:20 (9 km). **Cooling down:** 3 km run at 5:00 pace	The long run is a key part of the running plan, which helps build strength in the legs and feet. The distance will gradually increase, with reduced resistances every few weeks. The plan includes a variety of training methods, including progressive running, which allows you to practice tempo and endurance. It is important to be patient at the beginning and save energy for a strong finish, and the workout ends with an easy cool-down.
2.	89	2025-01-07	7 km	Easy Run	45 minutes	**Warmp-up:** 2 km run at a pace of 5:00/km, 10 minutes of warm-up exercises **Main Part:** 5 km run at a pace of 5:00/km	Easy runs are an essential part of your training plan, offering a break from intense workouts. They should be done at a slow pace, allowing you to relax and save energy for more challenging sessions.
3.	88	2025-01-08	7,5 km	300 meters sprints	45 - 50 minutes	**Warm-up:** 2 km run at a pace of 5:00/km, 10 minutes of warm-up exercises **Main Part:** 8 x 300 m at a pace of 3:45 / km, rest 300 m at a pace of 4:30 / km **Cooling down:** 500m run at 5:00 / km	Fartlek sessions are interval workouts that combine different levels of effort. Today's workout involves repeating 300m at pace and 300m at a steady effort. The goal is to get your body used to the variable speeds, which will improve your speed over longer distances. Maintaining a good effort during the slower repeat is important, and slowing down during the faster section is not a problem.
4.	86	2025-01-10	7 km	400 meters repeats	45 - 55 minutes	**Warm-up:** 2 km run at a pace of 6:30/km, 10 minutes of warm-up exercises **Main Part:** 2 x (4 x 400 m) at 80% of your ability with a 60 second rest, 120 second rest before the second repetition **Cooling down:** 1800m run at 6:30 / km	It is recommended that you run around 85% of your maximum effort for the first 400m and then try to repeat that time in the following intervals. It is important to adjust your pace if the first repetition was too fast or slow to maintain consistency. At the end of the workout, you can try to speed up in the last repetitions.

The file was downloaded from the website www.gdanskmaraton.com