GDAŃSK MARATON

BROOKS

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

Week II: January 12 - 18, 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	Workout Details / Suggested Pace
5.	84	2025-01-12	15 km	Long Run	1:10 - 1:20	**Warm-up:** 3 km run at 5:00/km pace, with a break of about 1 km for stretching **Main part:** 9 km run with a pace increase of 5 sec/km every 1 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), 4:25 (7 km), 4:20 (8 km), 4:15 (9 km). **Cool-down:** 3 km run at 5:00 pace	A slight increase in pace from last week.
6.	82	2025-01-14	7 km	Easy Run	30 - 35 minut	**Rozgrzewka:** 2 km biegu w tempie 5:00 / km, 10 minut ćwiczenia dogrzewające **Część główna:** bieg 5 km w tempie 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.
7.	81	2025-01-15	10 km	Fast 8-4-2	40 - 45 minut	**Warm-up:** 2 km run at 5:30/km pace, 10 minutes of warm-up **Main part:** 2 x 800 m at 75% of your pace, 90 seconds rest 6 x 400 m at 80% of your pace, 90 seconds rest 5 x 200 m at 85% of your pace, 90 seconds rest **Cool-down:** 1000 m run at 5:30 pace	It is recommended that you run at around 75% of your maximum effort for the first 800m and then try to increase the pace in the following intervals. It is important to adjust the 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. Shorter training intervals improve maximum speed and running efficiency, which translates into better results over longer distances and at more accessible paces.
8.	79	2025-01-17	8 km	400 m sprints	40 - 50 minut	**Warm-up:** 2 km run at 5:30/km pace, 10 min warm-up **Main part:** 6 x 400 m at 3:45/km pace, 400 m rest at 4:30/km pace **Cool-down:** 1000 m run at 5:00 pace	Fartlek sessions are interval workouts that combine different levels of effort. Today's workout involves repeating 400m at 3:45/km pace and slowing down 400m at 4:30/km pace. The goal is to get your body used to the variable speeds, which will improve your speed over longer distances. Maintaining a good pace during the slower repeat is important, and slowing down during the faster section is not a problem.