ENERGA GDAŃSK MARATON

BROOKS

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

Week IV: January 28 - February 2, 2025 | **Gdansk Marathon goal: 2:59:59** | **The plan was developed by: Marek Jaroszewski**

Training	Days to go	Date	km	Name	Time	Workout Details/Suggested Pace	Training description
12	70	2025-01-26	15km	Long Run	1:30-1:40	Warm-up: 3km at 5:00 pace, with a break of about 1km for stretching / Main Part: 11km run at 4:45 / Cool-down: 1km run at 5:00 pace	The first week of decompression in your running plan is a time to relax and enjoy a long run. It is recommended to do 15 km at a moderate pace to stay relaxed and in control.
13	68	2025-01-28	8km	Easy Run	40-50 minutes	Warm-up: 2km Pace 4:55min/km / Warm-up exercises 10 Min 6km Pace 4:50min/km	Today, it's recommended to focus on how your body feels during your run, paying attention to any parts that may not be in the best shape. These areas should be given special attention with additional stretching, strengthening, or recovery, such as using a foam roller.
14	67	2025-01-29	9km	800m Repeats	45-60 minutes	Warm-up: 2km at a pace of 5:30 min/km / Warm-up exercises: 10 min / Main part: * 6 x 800m at a pace of 85% of your abilities with a 90s rest in between (3:20 -3:40) depending on your well-being and training / Cool-down: 1km run at a pace of 5:30	To get an accurate measurement of your target pace, it is worth doing a few reps. It is crucial to be prepared to hold your pace up or down by a few seconds, but try to be as consistent as possible with each rep. It is also important not to speed up on the first rep before you have reached your target pace. This mistake can make it harder to maintain the right pace towards the end of your workout. Let's keep this in mind during our training sessions!
15	65	2025-01-31	9km	Pace 2 km Repeats	45-60 minutes	Warm-up: 2km at a pace of 5:30 min/km / Warm-up exercises: 10 min / Main part: * 3 x 2000m at a pace of 75% of your abilities with a 120s rest in between (3:40 -3:50) depending on your well-being and training / Cool-down: 1km run at a pace of 5:30	Today we will focus on 2km intervals. It is important to note the time you ran the first time you ran this distance and try to maintain the same time in the following runs. Our goal is to achieve consistent results. Today we will focus on 2km intervals. It is important to note the time you ran the first time you ran this distance and try to maintain the same time in the following runs. Our goal is to achieve consistent results. Instead of the 800 meters we ran in the previous field trainings, today we will focus on the full kilometer. I encourage everyone to find a fast but comfortable pace. Remember that the key to success is not only speed, but also endurance and the ability to manage energy during the run. Prepare for the training and give it your all!"
16	63	2025-02-02	21km	Long Run	1:40-1:50	Warm-up: 3 km at 5:00 pace, with a break every 1 km for stretching exercises / Main part: 15 km run with an increasing pace every 5 km by 15 sec/km, starting at 4:45 2nd section 4:30 km last 5km 4:15 / Cool-down: 3 km run at 5:30 pace	We're back to long runs, but this time we're going to add a bit more variety. In addition to focusing on energy and building endurance, we're going to add three segments to our training. These will be five-kilometer segments, where we'll aim to improve our average speed by 15 seconds for each additional 5 kilometers. The goal is to reach our marathon speed goal. This is a great way to increase the intensity of your training and prepare for the challenges ahead!