GDAŃSK MARATON

BROOKS

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

Week III: January 19-25, 2025				Gdansk Marathon goal: 3:29:59		The plan was developed by: Marek Jaroszewski	
Trening	**Days to go**	**Date**	**km**	**Name**	**Time**	**Workout Details / Suggested Pace**	**Workout Details / Suggested Pace**
9.	77	2025-01-19	20 km	Long Run	1:30 - 1:40	**Warm-up:** 3 km at 5:40/km pace, with a break of about 1 km for stretching **Main part:** 14 km run at 5:15/km **Cool-down:** 3 km run at 5:40/km pace	Today is one of the longer runs towards the marathon. One of the sessions where you will practice your race pace. The time you spend at this pace will increase as you progress through the plan. This will prepare you both physically and mentally to maintain the pace on race day. Today we have 14 km at our goal pace, the rest is easy! Relax and enjoy your workout!
10.	75	2025-01-21	7 km	Easy Run	40 - 50 minutes	**Warm-up:** 2 km at a pace of 5:30/km, warm-up exercises 10 minutes **Main part:** 5 km at a pace of 5:30/km	On today's Easy Run, it's important to listen to your body and remember that your pace may vary from day to day. There's no such thing as too slow.
11.	74	2025-01-22	6 km	Tempo 2 - 1 - 0,5	40 - 50 minutes	**Warm-up:** 1 km at 5:50/km pace, 10 minutes of warm-up **Main part:** 1 x 2000m at 75% of your pace with a 120-second rest 1 x 1000m at 80% of your pace with a 120-second rest 1 x 500m at 85% of your pace with a 120-second rest **Cool-down:** 1000m at 5:50 min/km pace	The goal of the training session is to increase the running pace as the repetition distance decreases. It is recommended that when in doubt, start slower and increase the effort as you run, saving energy for the last repetition.
12.	72	2025-01-24	8 km	Undertakings	40 - 50 minutes	**Warm-up:** 2 km at a pace of 5:30/km, 10 minutes of warm-up exercises **Main part:** Uphill runs 10 x 200m at a pace of 4:00/km, with a 200 m break downhill **Cool-down:** 2000 m run at a pace of 5:40	Hill runs involve running uphill on a set route, then slowly running downhill to recover. Repeat this process several times, focusing on maintaining a steady pace and technique. It's a great way to increase leg strength and endurance!