ENERGA GDAŃSK MARATON

BROOKS

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

Week V: February 4 - 9, 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
17	61	2025-02-04	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.
18	60	2025-02-05	9km	Pace 1 km Repeats	45-60 minutes	Warm-up: 2km at 5:30 min/km pace / Warm-up exercises: 10 min / Main part: * 6 x 1000m at 80% of your ability with a 120s rest in between (3:30-3:40) depending on your condition and training / Cool-down: 1km run at 5:30 pace	1km repeats are an effective form of running training that combines speed and endurance. This session is short enough to work hard, but long enough not to require all-out effort from the start. It is recommended to start at a moderate pace and speed up as much as possible.
19	58	2025-02-07	8km	Pace 5km	30-35 minutes	Warm-up: 2km at a pace of 5:30 min/km / Warm-up exercises: 10 min / Main part: 1x5km at a pace of 80% of your abilities with a pace in between (3:50 -4:10) depending on your condition and training / Cool-down: 1km run at a pace of 5:30	The 5km block is a workout that shouldn't be done at max effort, but at a level that you can sustain for an hour. It's important not to start too fast, so that you can finish the rep with strength.
20	56	2025-02-09	24km	Long Run	1:40-2:00 H	Warm-up: 3 km at 5:00 pace, with a break every 1 km for strengthening exercises / Main part: 20 km run at a consistent pace / Cool-down: 1 km run at 5:30 pace	Crossing the half marathon barrier may seem like a challenge, but it doesn't have to be daunting. The key to success is running at a pace that is comfortable for you. If you have difficulty with terrain or weather conditions, it's worth focusing on your effort instead of sticking to a rigidly defined pace. This can be achieved by changing the training unit. Remember, the most important thing is to adapt your training to your individual abilities and conditions!