ENERGA GDAŃSK MARATON

BROOKS

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

Week VI: February 11-16, 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
21	54	2025-02-11	8km	Easy Run	40-50 minutes	Warm-up: 2 km at a pace of 4:55 min/km / Warm-up exercises: 10 Min 6km Pace 4:50min/km	Stay relaxed and calm today, no matter what the day brings. It is important to find time to rest and relax in the hustle and bustle of everyday life. Take a moment to switch off from the hustle and bustle of life and allow yourself to absorb your surroundings more deeply! Observe the details of nature around you, listen to the sounds of nature and smell the fresh air. It is these small moments of relaxation that can bring many benefits to your well-being and mental health.
22	53	2025-02-12	9km	400m Repeats	50-60 minutes	Warm-up: 2 km at a pace of 5:30 min/km / Warm-up exercises: 10 min / Main part: 5 x 400m at a pace of 85% of your abilities with a 90s rest, intermediate pace (3:20 -3:40) depending on your well-being and training 5 x 400m at a pace of 85% of your abilities with a 90s rest / Cool-down: 1 km run at a pace of 5:30	It is recommended that you aim for around 85% of your best effort for the first 400m and adjust your pace on subsequent reps to be as consistent as possible. Finally, you can try to speed up on the last reps.
23	51	2025-02-14	9km	1 km medley	50-60 minutes	Warm-up: 2km at 5:30 min/km pace / Warm-up exercises: 10 min / Main part: 3 x 1000m at 80% pace with 1km break, pace (3:45 4:00) depending on mood and training. 1km break at 70% pace (4:15- 4:30) / Cool-down: 1km run at 5:30 pace	Today we have a mixed run. The 1 km distance should be a bit faster 80% of your ability, while the next 1 km should be a bit slower 70% of your ability. The goal is to continue running without walking or static breaks between reps!
24	49	2025-02-16	26km	5km by 5km	1:40-2:00 H	Warm-up: 3 km at 5:00 pace, with a break of about 1 km for stretching exercises / Main part: Run 20 km alternating run every 5 km, starting at 4:45 2nd part 4:20 km 3rd part 4:45 4th part 4:15 / Cool-down: 3 km run at 5:30 pace	In the seventh Sunday training session we focus on practicing race pace, which is crucial for long distance running. It is important to practice at this pace for a longer period of time, while also taking care of recovery through slow running. In difficult conditions it is recommended to use your feeling instead of a steady pace.