ENERGA GDAŃSK MARATON

BROOKS

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

Week VIII: February 15 - March 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
29	40	2025-02-25	8km	Easy Run	40-50 mins.	Warm-up: 2km Pace 4:55 min/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.
30	39	2025-02-26	9km	Interval 4x 400 by 400m	50-60 min	Warm-up: 2 km at 5:00 min/km pace / Warm-up exercises: 10 Min / Main part 4x1600 400m at 3:45 pace 400m at 4:45 min/km pace. 400m at 3:45 min/km pace; 400m at 4:45 min/km pace 120 s Cool-down: 500m run at 5:00 min/km pace	Each 1.6 km repeat consists of two slow and two fast sections. The fast sections should be intense, but not so intense that you have to walk the slower sections. The goal is to keep moving for the entire 1.6 km, with a good rest break between each repeat.
31	37	2025-02-28	14km	Variable 3km 2km 1km	1:30-1:40 min	Warm-up: 2km at 5:00 min/km pace / Warm-up exercises: 10 min / Main part 2x3km 2km 1km; 3km at 4:15 min/km pace; 2km at 4:05 min/km pace; 1km at 3:55 min/km pace; 120s rest / Cool-down: 500m run at 5:00 min/km pace	Today we're focusing on gradually increasing the pace of your run, so don't start too fast. It may seem slow at first, but it's worth getting into a rhythm so you can run harder at the end. Progressive runs are a good way to get your legs tired without the stress of running hard all the time. They're also a great opportunity to practice pacing and maintaining control and patience from start to finish.
32	35	2025-03-02	30km	4km by 6km	1:50-2:20 hrs	Warm-up: 3 km at a pace of 5:00 min/km, with a break every 1 km for stretching exercises / Main part: Run 20 km medley 4 km at 6 km starting at 4:45 min/km; section 2 4:20 min/km; section 3 4:45 min/km; section 4 4:15 min/km / Cool-down: 7 km run at a pace of 5:30 min/km	Another Sunday, this time we focus on practicing race pace, which is key 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.