ENERGA GDAŃSK MARATON

BROOKS

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

Week IX: March 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
33	33	2025-03-04	8km	Easy Run	40-50 minutes	2 km 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.
34	32	2025-03-05	8km	Incremental 4x 400m	50-60 minutes	Warm-up: 2 km at 5:00 min/km pace / Warm-up exercises: 10 Min / Main part 3x1600. 400m at 4:15 min/km pace; 400m at 4:05 min/km pace; 400m at 3:55 min/km pace; 400m at 3:45 min/km pace; 120s rest / Cool-down: 1000m run at 5:00 min/km pace	Each repeated 1.6 km consists of 4 sections running faster and faster. The goal is to maintain movement for the entire 1.6 km, the effort should be increasing every 400 m 70% then 75%, another 80% and max 85%. After each repetition there is a 2 min rest
35	30	2025-03-07	8km	Easy Run	40-50 minutes	km. Pace 4:55 min/km / Warm-up exercises 10 min. 6 km - 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.
36	28	2025-03-09	34 km	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. / Main part: Run 30 km medley 4 km at 6 km starting at 4:45 min/km; section 2 4:25 min/km; section 3 4:45 min/km; section 4 4:20 min/km; section 6 4:45 min/km; section 7 4:15 min/km / Cool-down: 1 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.