ENERGA GDAŃSK MARATON

BROOKS

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

Week VII: February 18-23, 2025 | **Gdansk Marathon goal: 3:59:59** | **The plan was developed by: Marek Jaroszewski**

Training	Days to go	Date	km	Name	Time	Workout Details/Suggested Pace	Training description
25	47	2025-02-18	6km	Easy Run	40-50 minutes	Warm-up: 1km Pace 6:30 / Warm-up exercises 10 min 5 km Pace 6:30	Easy runs are an essential part of your training plan, offering a break from intense workouts. They should be done at a slow pace, allowing you to relax and save energy for more challenging sessions.
26	46	2025-02-19	6 km	Pace 2-1-0.5	40-50 minutes	Warm-up: 1km at 6:30 min/km pace / Warm-up exercises: 10 min / Main part: 1 x 2000m at 75% of your ability pace with 120s rest; 1x 1000m at 80% of your ability pace with 120s rest; 1x5000m at 85% of your ability pace with 120s rest / Cool-down: 1500m at 6:30 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 during the run, saving energy for the last repetition
27	44	2025-02-21	6km	Interval	40-50 minutes	Warm-up: 1km at a pace of 6:30 min/km / Warm-up exercises: 10 min / Main part: Interval run 10 x 200m at a pace of 5:00 min/km, 200m break at 6:00 / Cool-down: 1km at a pace of 6:30 min/km	Interval running is a workout that involves alternating fast and slow sections. In the case of 10x200m, you run 200 meters at a fast pace, then 200 meters at an easy pace for recovery. You repeat this cycle 10 times to improve your endurance and speed.
28	42	2025-02-23	13km	Long Run	1:10-1:20	Warm-up: 3km at 6:00 pace, with a break of about 1km for stretching / Main Part: 9km run at 5:45 / Cool-down: 1km run at 6:00 pace	This is the perfect time to pay attention to how our body responds after periods of greater effort and to regenerate before the next challenges.